

# COUNTY LINES

MAGAZINE

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MARCH 2025

# COUNTY LINES

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## Women Leaders

Profiles • Women's Health • History • Books • Datebook Calendar  
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NEW  
LISTING



### Fairville Inn

*Historic Inn for Sale*

The Award Winning Fairville Inn Bed and Breakfast is now for sale. This landmark property includes the historic Main House, as well as the Springhouse and Carriage House. The owners have conducted a complete makeover, transforming the inn into a stylish retreat and thriving business ready for the next owner. The property features 10 tastefully decorated guest rooms. The Carriage House offers four rooms and two suites, each with a private deck with garden views. The Springhouse has four rooms, each with a deck and a panoramic view down the meadow to the neighboring pond. Eight of the rooms have gas fireplaces. The Main House features the guest reception area, a living room with a gas fireplace, an after-hours sitting room, a dining room and a commercial kitchen. There is also a commercial laundry and storage area in the lower level of the Carriage House. The Main House has the potential to add 5 more rooms. One room has been beautifully renovated to show the potential. Alternatively, the second level of the Main House could be easily converted into the Innkeeper's residence. At present, there is parking for up to 25 cars, with more parking potential on the 2 acre property. Check the Village Commercial Zoning for additional revenue potential, including the possibility for a restaurant in the Main House.  
\$3,500,000



### Chadds Ford

*Set in Sought-After Area*

Located in sought-after Chadds Ford is this stunning 5 bed, 4.5 bath brick colonial set on 2.5 private acres. Entering into the stately foyer, there is a large formal living room and dining room, as well as a gourmet kitchen off of which sits a soaring family room with fireplace and glass doors to the brick patio at the rear of the home. The primary bedroom suite includes a large bathroom and huge walk-in closet. There are two further bedrooms on this level and a full bath. On the third floor is a large bedroom with a full bath. A fifth bedroom and full bath are located in the finished lower level, where there is direct access to the large 3-car garage.  
\$1,250,000



### East Bradford

*Grand home in Bradfords Square!*

Your chance to own an updated 4 bed, 3.1 bath townhouse near West Chester! On the main level, the home features a large Living Room with a fireplace, Dining Room, and updated Kitchen. On the upper level, the Primary Bedroom has an updated bathroom and large closet. The two additional bedrooms share a hall bath. The third floor is accessed from the hallway and has new carpet. It is a great space for an office, hobby room or use your imagination. The full basement is finished with a family room, fourth bedroom and full bath. The home has new flooring throughout and is freshly painted. Great schools and low taxes!  
\$569,000



### Royersford

*Wonderful twin with upgrades!*

This Victorian Style three story twin in Royersford features numerous upgrades like central air conditioning and forced air heat, and stainless Kitchen appliances. The huge Living Room connects to the Dining Room making a grand space for entertaining. The Kitchen features granite counters and an attached Breakfast Area with a lofted ceiling and skylight. On the Second Level are three large bedrooms, one of which has built-in shelving with storage cabinets below plus a renovated bathroom. On the Third Level are two additional bedrooms, one of which is carpeted. The third level also features the wonderful 1880's front windows.  
\$389,000





from the  
**EDITOR**

March is Women's History Month, and in that spirit, our Women Leaders issue features profiles of six exceptional local women who are making history. Each tells the story of her rise to leadership, challenges she confronted and advice for future generations.

Drawing from local history, Jennifer Green shares the story of Chester County's Dr. Ann Preston, who graduated in the first class from the country's first women's medical college and went on to a life of more firsts. Learn more in "Chester County Pathfinder."

Read how women bring unique perspectives, experiences and approaches to leadership in "Books that Inspire." Cathy Fiebach of Main Point Books asks six local women bookstore owners to recommend books on female leadership. And learn more ways to support women and girls, as Shannon Montgomery highlights local nonprofits that help and suggests ways to get involved.

Three medical experts discuss developments in areas of particular concern to women: teen anxiety, hair loss in women, and important updates on menopause treatment options.

Ed Malet finds that "Independent Schools are Having a Strong Season," especially the girls' teams, with some among the top in the state. And for parents, we have a guide to summer camps.

March also has at least three major reasons to celebrate. For Oscar and March Madness parties, Liz Tarditi, of Fine Wine & Good Spirits, offers suggestions for adult beverages in "Game On and Glam On." And for St. Patrick's Day, Brandywine Table's Courtney Diener-Stokes suggests Irish pubs where you can score a Guinness. Plus, in "Comfort Foods of Ireland to Round Out the Winter," she shares recipes for shepherd's pie, Guinness short ribs, colcannon and more.

Finally, our always outstanding events coverage includes a special annual feature, our Datebook Calendar, with top fundraisers and fun events throughout the year. And of course, we have plenty of March fun, too.

Thank you for reading.

  
Jo Anne Durako  
Editor

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Volume XLVIII Number 7

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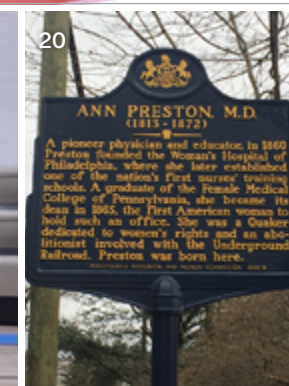


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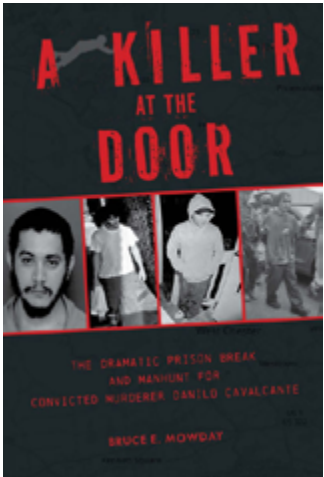


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## [Good to Know] *Just a few things we'd thought you'd like to know this month*

**Captivating Story.** True crime fans will love “*A Killer at the Door*” (Schiffer Publishing) by local author Bruce E. Mowday. The



new book details the circumstances leading to the 2023 escape, two-week manhunt and capture of convicted murderer Danilo Cavalcante from Chester County Prison. To learn more, attend Mowday’s March 13 gala dinner and book talk at The General Warren in Malvern (call for reservations). Find the book at your local independent bookstore. *Mowday.com*.

**The Show Must Go On.** Good news for movie buffs: the historic *Anthony Wayne Theater* is here to stay. A group of local business and arts leaders, including Ishana Night Shyamalan, have leased the shuttered theater and created a nonprofit to transform it into an arts hub for films, performances and cultural programs. The revamped Anthony Wayne will have three auditoriums — two for screening movies and one for live events. For more, contact *Info@AnthonyWayneTheater.org*.



**Slice of Pi.** March 14 (3.14) marks *Pi Day*, celebrating everyone’s favorite mathematical constant. This year, impress your friends by memorizing pi’s first 100 digits with “The Pi Song” by AsapSCIENCE on YouTube. Set to the tune of “In the Hall of the Mountain King,” this song will soon have you rattling off the numbers with ease (perhaps explaining its 36 million views). Learn 100 more digits with “The Pi Song 2.0”! *YouTube.com/@AsapSCIENCE*.

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**Fight for Future Farmers.** West Chester’s *Sugars Bridge Farm* needs your help. Threatened by a co-owner who wants to redirect its use, the farm welcomes 300 families each year through Camp Barnyard, a summer camp for kids 6 to 12 that provides hands-on educational experiences. Campers learn about animal care, agriculture and environmental stewardship. Help preserve 15 acres of open space and agricultural education for the next generations by signing the petition at *Change.org/SugarsBridge*.



**Inspiring Tale.** Celebrate Women’s History Month by reading “*Women’s Suffrage in Pennsylvania 1840-1920*” (Queen’s Perch Press) by Media resident Robyn S. Young. Commemorating the 100th anniversary of the 19th Amendment, Young’s second book focuses on the history of the suffrage movement, including 165 local suffragists and “suffragents.” Attend book signings at Maggiano’s Little Italy in King of Prussia (March 20) and Avon Grove Library (March 27), and order copies at *WomenInPennsWoods.com*.





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## best Local Events

### Brandywine Museum of Art Presents ...

Through June 1



"Tell Me a Story Where the Bad Girl Wins: The Life and Art of Barbara Shermund." The exhibition spotlights the career of one of the first women cartoonists to work for *The New Yorker* magazine, which marks its 100th anniversary this year. Over 75 original drawings by Barbara Shermund highlight her takes on modern womanhood in letters, photographs and other

materials that tell her story. *1 Hoffman's Mill Rd., Chadds Ford. Wed.-Sun., 10 a.m. to 4 p.m. \$8-\$20. Brandywine.org.*

### The Kalmar Nyckel Foundation's 10th Annual LEGO Shipbuilding Day

March 1

This is fun for all ages and skill levels. Build STEM-based historic and naval ship models or design



your own creation for the annual contest. The event culminates with prizes for ships built on site and at home. *Cope-land Maritime Center, 1124 E. 7th St., Wilmington. 10 a.m. to 3 p.m. For details visit, KalmarNyckel.org/LegoDay.*

### 2025 PHS Philadelphia Flower Show — Gardens of Tomorrow

March 1-9



This year's theme explores the future of garden-ing through the eyes of visionary designers, gardeners and green enthusiasts. Special events include educational ses-

sions, Kids Cocoon, Artisan Row, Family Frolic, Butterflies Live and much more. *PA Convention Center, 1101 Arch St., Phila. Daily, 10 a.m. to 8 p.m.; closes at 6 p.m. on March 9. \$25-\$50. TheFlowerShow.com.*

## March Picks

by Marci Tomassone

### Whiskey Rovers at Uptown

March 16

Immerse yourself in the authentic sounds of Ireland with the Whiskey Rovers as they bring a riveting performance of traditional Irish folk songs, sea shanties, work songs and spirited shenanigans — the perfect precursor to St. Patrick's Day. *Uptown! Knauer Performing Arts Center, 226 N. High St., West Chester. 4 p.m. \$25. UptownWestChester.org.*



### Hedgerow Theatre U.S. Premiere — "Nora: A Doll's House"

March 26-April 6

Henrik Ibsen's brutal portrayal of womanhood caused outrage when it was first performed in 1879. This bold new version by Stef Smith reframes the drama in three different time periods — the fight for women's suffrage, the Swinging Sixties and the modern day — intertwined in this urgent, poetic play that asks, "How far have we really come in the past hundred years?" *64 Rose Valley Rd., Media. Times and tickets, 610-565-4211; HedgerowTheatre.org.*





# FAMILY FUN

MARCH 1 & 2

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

MARCH 6, 13

**Children's Read Aloud Tours at Brandywine Museum of Art.** Young children and their grown-ups hear a story, interact with art in the Museum and make their own creative works in this popular program. *1 Hoffman's Mill Rd., Chadds Ford. 10:30 am. \$6. Brandywine.org.*



MARCH 7

**Books and Boots at Myrick Conservation Center.** Books come to life at the Center as Potter the Otter reads a book to inspire. The story continues with an outdoor adventure and take-home craft. *1760 Unionville-Wauaset Rd., West Chester. 10 am, \$13. BrandywineRedClay.org.*



MARCH 7-9

**Greater Philadelphia Pet Expo.** Fun for the family with special attractions including The Dynamo Disc Dogs, Rainforest Reptile Shows, Piggyville and more. *Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Fri, Family Night, 3 to 8; Sat, 10 to 7; Sun, 10 to 5. \$5–\$13. FamilyPetShows.com.*



MARCH 8

**Science Saturday at Hagley—Space Rocks!** Celebrate International Women's Day by learning about some of the women who have traveled to space and their contributions to science. Activities are included in admission. *200 Hagley Creek Rd., Wilmington. 11 to 3. \$16–\$20. Hagley.org.*



MARCH 8-30

**Media Theatre Youth Ensemble Presents "Honk! Jr."** Travel along with Honk as he discovers his true beauty, love and acceptance. "Honk!" is witty and heart-warming and will delight audiences of all ages. *104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.*

MARCH 9

**Family 2nd Sunday at Delaware Art Museum.** Children up to age 12 and their families can participate in an activity that explores a new medium or technique each

month from a professional teaching artist. *2301 Kentmere Pkwy., Wilmington. 10, 11, noon. \$5. DelArt.org.*

MARCH 11

**Charter Day at Brandywine Battlefield Park.** A living history event that celebrates Pennsylvania's birthday and the Battle of Brandywine. Enjoy live music, guest speakers and a display of William Penn's charter. *1491 Baltimore Pk., Chadds Ford. Visit website for hours, BrandywineBattlefield.org.*

MARCH 26

**Sesame Street Live.** Say hello, sing, dance and play alongside your favorite furry friends, all while you follow Elmo's puppy, Tango, in a fun game of hide and seek. *Keswick Theatre, 291 N Keswick Ave., Glenside. Time and tickets, 215-572-7650; KeswickTheatre.com.*



APRIL 8

**WCU Live! Presents Tamagawa University Taiko Drumming & Dance.** Nearly 30 drummers and dancers from Tamagawa University make a return appearance on campus for an athletic and graceful appearance that includes thundering taiko drumming and Japanese folkloric dance. *Emilie K. Asplundh Concert Hall, 700 S. High St., West Chester. 7:30 pm. \$20–\$25. 610-436-2266; WCUPA.edu/Live.*



ART, CRAFTS & ANTQUES.....

MARCH 14 & 15

**Antique & Collector Fair in Oaks.** Featuring over 65 quality dealers specializing in primitives, architectural salvage, home and garden finds, and more. Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Sat, 10 to 6; Sun, 10 to 4. \$8–\$10. AC-Fair.com.



BOAT SHOWS .....

THROUGH MARCH 2

**The Atlantic City Boat Show.** Celebrate life on the water. Climb aboard hundreds of boats for every budget and lifestyle. Atlantic City Convention Center, One Convention Blvd., Atlantic City, NJ. Wed–Fri, noon to 8; Sat, 10 to 8; Sun, 10 to 6. \$20; under 12, free. ACBoatShow.com.

BOOKS.....

MARCH 5-20

**Wellington Square Bookshop. Classics Book Club:** *Mar. 5*, "King Lear," 2 pm. **Non-Fiction Book Group:** *Mar. 6*, "Ghosts of Honolulu: A Japanese Spy, a Japanese American Spy Hunter, and the Untold Story of Pearl Harbor," by Mark Harmon with Leon Carroll, 7 pm. **Fiction Book Group:** *Mar. 19 & 20*, "The Frozen River" by Ariel Lawhon, Wed, 2 pm, Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

MARCH 5-26

**Reads & Company. The Big Reads Book Group:** *Mar. 5*, "By Any Other Name" by Jodi Picoult. **International Voices Book Group:** *Mar. 12*, "Purple Hibiscus" by Chimamanda Ngozi Adichie. **Kiss and Tell Romance Book Group:** *Mar. 19*, "First-Time Caller" by BK Borison. **Then and Now Book Group:** "James" by Percival Everett. **The What's the Tea? Book Club:** *Mar. 26*, "Hombrecito" by Santiago Jose Sanchez. 234 Bridge St., Phoenixville. 7 pm. ReadsAndCompany.com.

MARCH 18, 26

**Main Point Book Club. Fiction Book Group:** *Mar. 18*, "The Berry Pickers" by

Amanda Peters, 1 pm. *Mar. 26*, "Lincoln's Peace: The Struggle to End the American Civil War" by Michael Vorenberg, 7 pm at Radnor Public Library, Wayne. 116 N. Wayne Ave., Wayne. MainPointBooks.com.

BRIDAL .....

MARCH 15

**Chester County Wedding Connection Spring Showcase.** Wedding professionals, entrepreneurs and innovators gather to help you plan the perfect celebration of your special

day. The High Point, 2475 Saint Peters Rd., Malvern. 2 to 4:30. \$5/couple. ChesterCounty-WeddingConnection.com.



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DANCE.....

MARCH 21 & 22  
**Brandywine Ballet Spotlight Performance.** Enjoy a memorable evening where classical ballet meets contemporary innovation. Uptown! Knauer Performing Arts Center, 226 N. High St., West Chester. Fri, 7:30; Sat, 2 pm. \$40. UptownWestChester.org.

FOOD & BREWS.....

MARCH 4  
**Chester County Community Foundation's Sweet Charity Event.** A charitable evening filled with delicious food and great company. This dessert competition supports CCCF's mission to connect people who care with causes that matter. Downingtown Country Club, 85 Country Club Dr., Downingtown. 4:30. Tickets \$125 and up. ChesCoCF.org.

FUNDRAISERS.....

See Datebook Calendar in this issue.

GARDENS .....

THROUGH MARCH 23  
**Winter Wonder at Longwood Gardens.** Bask in the beauty of the new West Conservatory as this architectural showstopper begins its peak

flowering season. Stroll the conservatories, where lush, colorful gardens and the soothing sounds of water transport you to another world. 1001 Longwood Rd., Kennett Square. Wed–Mon, 10 to 5. \$13–\$25. LongwoodGardens.org.



MUSEUMS.....

THROUGH MAY 11  
**Brandywine Museum of Art.** “Robert Frank & Todd Webb: Across America, 1955.” 1 Hoffman’s Mill Rd., Chadds Ford. Wed–Mon, 9:30 to 4:30. \$8–\$20. Brandywine.org.

MARCH 1–SEPTEMBER 7

**Delaware Art Museum.** *Mar. 1–July 27*, “Inked Impressions: Etchings in the Age of Whistler.” *Mar. 15–Sept. 7*, “Marisol to Warhol: Printmaking and Creative Collaboration.” 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.

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**Local Farm Markets**

Since many farmers markets switch to winter hours or close in inclement weather, we suggest checking websites before heading out.

**Artisan Exchange**, 208 Carter Dr. West Chester. Sat, 10 to 1. ArtisanExchange.net.

**Berwyn Farmers Market**, 511 Old Lancaster Rd. Jan–Apr, 2nd and 4th Sun, 10 to noon. BerwynFarmersMarket.com.

**Bryn Mawr Farmers Market**, Lancaster Ave. Bryn Mawr train station lot. Jan–Mar, 1st, 3rd and 5th Sat, 10 to noon. FarmToCityMarkets.com.

**Downingtown Farmers Market**, Kerr Park, Log House Field, 28 E. Pennsylvania Ave. Jan–Apr, 2nd, 4th Sat, 10 to noon. GrowingRootsPartners.com.

**Eagleview Farmers Mkt.**, Eagleview Town Ctr., 570 Wellington Sq., Exton. Jan–Apr, 1st, 3rd Thurs, 3 to 5. GrowingRootsPartners.com.

**Kennett Square Farmers Mkt.**, 600 S. Broad St. Jan 3–Apr, bi-weekly Fri, 3 to 5:30. 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. Jan–Apr, 1st, 3rd Sat, 10 to noon. 484-753-6363; GrowingRootsPartners.com.

**Media Farmers Market**, Edgemont St. between Front & State Sts. Dec–Mar, 1st and 3rd Sun, 10 to noon. FarmToCityMarkets.com.

**Newtown Square Farmers Mkt.**, 3625 Chapel Rd. Fri, 3 to 6. Facebook.com/NewtownSquareFoodAndMakersMarket.

**Phoenixville Farmers Market**, 200 Mill St. Jan 6–Mar 30, Sat, 10 to noon. PhoenixvilleFarmersMarket.org.

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

**West Chester Growers Mkt.**, Chestnut & Church Sts. Jan–Apr, 1st, 3rd & 5th Sat, 10 to noon. WestChesterGrowersMarket.com.

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

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



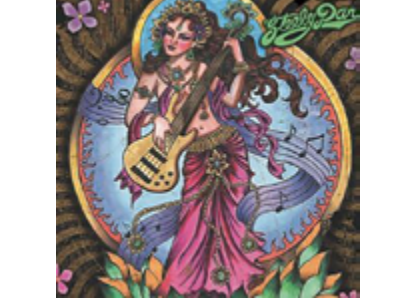
MUSIC & ENTERTAINMENT .....

THROUGH APRIL  
**Longwood Gardens Indoor Performance Series.** In celebration of the opening of the new Mediterranean-inspired West Conservatory, Longwood welcomes artists with ties to, and showcasing the cultures of, Mediterranean climates from around the world. 1001 Longwood Rd., Kennett Square. Times and tickets, LongwoodGardens.org.

MARCH 1–28  
**American Music Theatre.** *Through Mar. 2*, Riverdance; *Mar. 8*, Scotty McCreery with special guest Spencer Crandall; *Mar. 14*, Gary Allan; *Mar. 22 & 23*, The Oak Ridge Boys; *Mar. 28*, Chubby Checker with Chris Ruggiero. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.



MARCH 1–29  
**Uptown! Knauer Performing Arts Center.** *Mar. 1*, Jesse Garron’s Tribute to Elvis; *Mar. 6*, Dueling Pianos; *Mar. 7*, On the Lash; *Mar. 8*, Countdown to Ecstasy: Tribute to Steely Dan; *Mar. 13*, Laugh Lounge; *Mar. 20*, Denise King celebrates The Legendary Ladies of Song; *Mar. 23*, The Beat Goes On: Tribute to Cher; *Mar. 27*, The Breakers: A Tom Petty Tribute; *Mar. 29*, AM Radio Tribute Band. 226 N. High St., West Chester. Times and tickets, 610-356-2787; UptownWestChester.org.



MARCH 1–29  
**The Keswick Theatre.** *Mar. 1*, A Live Conversation with John Cusack; *Mar. 7*, Mandy Patinkin in Concert: Being Alive; *Mar. 13*, The High Kings & Mary Black; *Mar. 15*, Spyro Gyra & Lee Ritenour; *Mar. 29*, The Best of Doo Wop Vol. 7. 291 N. Keswick Ave., Glenside. Visit website for more. Times and tickets, KeswickTheatre.com.



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MARCH 2, 7  
**At The Colonial Theatre in Phoenixville.** *Mar. 2*, Marc Broussard: Time is a Thief Tour; *Mar. 7*, Seven Wonders: A Tribute to Fleetwood Mac. 227 Bridge St., Phoenixville. Visit website for more. Times and tickets, TheColonialTheatre.com.

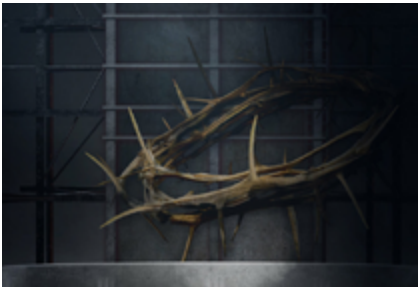
MARCH 7-23  
**At The Grand in Wilmington.** *Mar. 7*, Seldom Seen; *Mar. 7*, Red Hot Chilli Pipers in Copeland Hall; *Mar. 8*, TR3 with Tim Reynolds; *Mar. 9*, Louisiana Calling; *Mar. 14*, Cherish the Ladies; *Mar. 14*, The Drifters, The Platters and Cornell Gunter's Coasters; *Mar. 15*, Elton John and Billy Joel Tribute Concert; *Mar. 23*, Gaelic Storm. 818 N. Market St., Wilmington. Visit website for more. Times and tickets, TheGrandWilmington.org.



MARCH 8-29  
**Kennett Flash.** *Mar. 8*, Beatlemania Again!

A Tribute to the Beatles; *Mar. 14*, Belfast Connection: St. Paddy's Celebration; *Mar. 15*, The Dukes of Destiny; *Mar. 29*, The Sin City Band with Kid Davis & The Bullets. 102 Sycamore Alley, Kennett Square. Visit website for more. Times and tickets, 484-732-8295; KennettFlash.org.

**THEATER.....**  
THROUGH MARCH 9  
**"Jesus Christ Superstar" at The Fulton.**  
A timeless work, the edgy rock opera is set against the backdrop of an extraordinary and universally known series of events but seen through the eyes of Judas Iscariot. 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.



THROUGH MARCH 9  
**"Tuesdays With Morrie" at Delaware**

**Theatre Company.** Based on the best-selling memoir, the play is a tender yet profound recounting of teacher and student reuniting for one final lesson. 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

THROUGH MARCH 16  
**"The Irish ... And How They Got That Way" at The Fulton.** Enjoy an irreverent history of the Irish through the 20th and 21st centuries through the eyes of Pulitzer Prize-winning author Frank McCourt ("Angela's Ashes"). 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

THROUGH MARCH 30  
**"A Raisin in the Sun" at People's Light.** Lorraine Hansberry's pivotal drama portrays three generations sharing a cramped apart-



ment on the segregated South Side of 1950s Chicago. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

THROUGH APRIL 28  
**Murder Mystery Dinner Theater at Mount Hope Mansion.** This is an interactive who-done-it dinner theater, so put on your hats, place your bets and make sure your juleps are strong—there's a mystery to solve. 2775 Lebanon Rd., Manheim. Times and tickets, PARen-Faire.com.



MARCH 7-9  
**"Ink & Paint" at Media Theatre.** A new historical musical that follows the first women

animators at Walt Disney Studios in the 1930s and 1940s. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

MARCH 15  
**Finding Wonderland: Broadway and Beyond.** Brandi Burkhardt shares her heartfelt journey through the roles she never got to play, the ones that shaped her path and the behind-the-scenes moments that defined her career. Media Theatre, 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

**TOWNS, TALKS & TOURS.....**  
MARCH 7  
**1st Fridays**  
**Coatesville**, 484-786-8896; DowntownCoatesvillePA.com. **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; ArtLoopWilmington.org.

APRIL 4  
**West Chester University President's Speaker Series Presents Robin Roberts.** Famed journalist and co-host of ABC's "Good Morning America" will speak and answer ques-

tions in a Q&A session. Emilie K. Asplundh Concert Hall, 700 S. High St., West Chester. 7 pm. \$20-\$55. WCUPA.edu/WCULive! ♦



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# Chester County Pathfinder

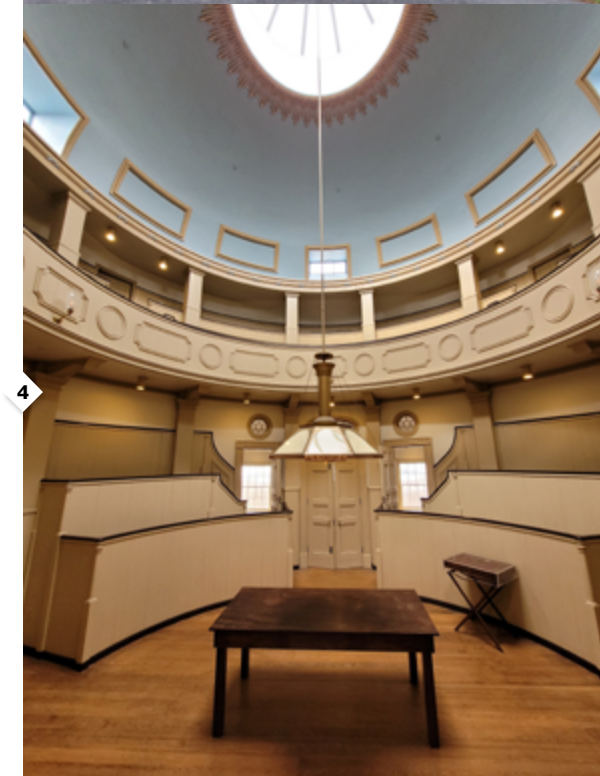


PHOTO COURTESY OF THE DREXEL UNIVERSITY COLLEGE OF MEDICINE ARCHIVES AND SPECIAL COLLECTIONS

## HOW ANN PRESTON BLAZED A TRAIL FOR WOMAN DOCTORS

Jennifer Green

IN OCTOBER 1847, THE GENEVA MEDICAL COLLEGE of New York accepted Elizabeth Blackwell as a student. She became the first woman to earn a medical degree in the United States.

But years before Blackwell's achievement, the subject of women in medicine was already being discussed in Chester County. In 1846, Dr. Bartholomew Fussell of Kennett Square invited a very select company of local doctors to his home to discuss the subject of training women in medicine.

Despite Dr. Fussell planting these early seeds, it was a Bucks County Quaker named Joseph Longshore who spearheaded the opening of the Female Medical College of Pennsylvania in 1850 (the name was later changed to Woman's Medical College of Pennsylvania, or WMCP). The first graduating class in December 1851 included Chester County's Ann Preston.

Dr. Preston was born in West Grove in 1813, into a Quaker family active on the Underground Railroad. Six months after graduating from medical school, Dr. Preston was invited to speak at the first Pennsylvania Woman's Rights Convention in June 1852, held in Horticultural Hall in West Chester (now the Chester County History Center). In 1853, the Woman's Medical College offered Ann

Preston the position of chair of physiology, and she became the first female professor in a regular medical college in the country.

Many medical students of the time graduated without ever having interacted with an actual patient, but Dr. Preston believed that hands-on experience was critical. When she approached Pennsylvania Hospital to allow her students to attend clinical demonstrations with male students, the hospital refused. Undaunted, Dr. Preston poured her energy into opening the Woman's Medical College's own hospital in 1861, which provided a place for female medical students to diagnose and treat diseases.

In 1865, the Woman's Medical College offered Dr. Preston the position of dean, making her the first female dean of a degree-granting medical college in the United States.

### THE JEERING EPISODE

Dr. Preston played a central role in the Jeering Episode, one of the most shameful events in the history of American medicine. In November 1869, Dr. Preston again requested that Pennsylvania Hospital allow her students to attend clinical demonstrations, and for the first time the hospital agreed.

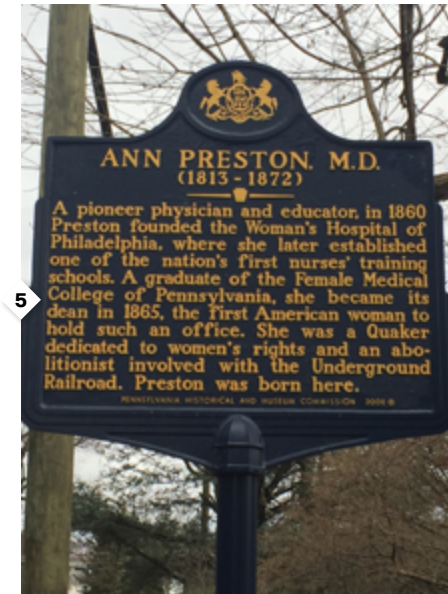
When the female medical students entered, the male students shouted, hissed, threw wads of paper with insulting notes and spit tobacco juice on them. Afterward, male students blocked the sidewalk, forcing the women to walk in the muddy road. The men also sang "The Rogue's March," a song meant to show contempt and sometimes used for executions by firing squad.

### ANN PRESTON'S LEGACY

Dr. Preston never married nor had children. In 1871, she began to feel unwell — she couldn't eat, sleep or find a comfortable sitting position. This final affliction lasted for months, and though she tried to continue her work, she ultimately realized that she would not recover.

She arranged for Emeline Horton Cleveland, one of the most brilliant doctors in the country, to take over from her as dean, ensuring a seamless transition for her

1. Ann Preston
2. First Woman's Medical College
3. Ann Preston's childhood home in West Grove
4. Pennsylvania Hospital operating theater
5. Historical marker in West Grove



beloved medical school. Preston died on April 18, 1872 at just 58 years old.

### TODAY'S WOMAN PHYSICIANS

In 2017, for the first time in history, more women entered American medical schools than men. Today, women account for 38% of active physicians country-wide, which represents an increase from 26% in 2004. Despite this growth, women remain a minority in almost all of the 20 largest specialties except for pediatrics, obstetrics and gynecology, and dermatology. ♦

PHOTOS COURTESY OF THE CHESTER COUNTY HISTORY CENTER

Jennifer Green,  
Director of Education at the Chester County History Center, wrote this

article as part of Chesco250. The Brandywine Stories series is designed to raise awareness of the expansive history and culture of Chester County and build excitement for 2026, the 250th anniversary of the Declaration of Independence.



## More Pioneering Woman Doctors

Ann Preston's legacy was not just in the medical college, the hospital or women's rights. It was in the people. In 2023, the Chester County Archives and Records Services highlighted the following Woman's Medical College of Pennsylvania (WMCP) alumnae as part of their "Chester County's Pioneer Female Physicians" project.

• **Clara Marshall:** Born in 1847, Clara Marshall's family lived in several towns in Chester County, including Kennett Square. Dr. Marshall enrolled in WMCP in 1871, graduated in 1875 and became a professor there in 1876. In 1888 she was named dean and held that position until 1917.

• **Jane Rogers Baker:** Born in 1867 in Glen Mills, Dr. Baker graduated from WMCP 1892. In 1900 she was named superintendent of the newly established Chester County Asylum in Embreeville, and in 1911 she opened a private care facility in West Chester for patients with mental illness and developmental disabilities.

• **Mary Hickman Cheyney:** Dr. Cheyney was raised on a farm on what's now the grounds of Cheyney University. She graduated from WMCP in 1885 and was the first and only female physician on the staff of the Chester County Hospital when it opened in 1892.

• **Ida Virginia Reel:** Born in Philadelphia, Dr. Reel graduated from WMCP in 1882 and established a private practice in Coatesville in 1889. In 1898 she was elected the first female President of the Chester County Medical Society. Even after she moved her practice to Philadelphia, some Coatesville patients chose to make the journey to keep her as their doctor.

• **Anna Broomall:** Dr. Broomall, from Delaware County, graduated from WMCP in 1871 and was one of the students involved in the Jeering Episode. She established one of the country's first clinics for outpatient maternity care. After retirement, she volunteered as librarian at the Delaware County Historical Society.





# BOOKS

## — that Inspire —

### INDIE BOOKSTORES' WOMEN OWNERS SHARE SOME FAVORITES

Cathy Fiebach, Main Point Books

FEMALE LEADERS BRING unique perspectives, experiences and approaches to leadership that foster inclusivity, innovation and empathy. Locally, we're fortunate to witness strong female leadership that continues to thrive and make a lasting impact.

As Sheryl Sandberg wisely said, "Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence." This philosophy resonates with the efforts of a group of local female-owned bookstores

that have banded together to support each other and their communities.

As chain and online stores continue to expand, independent bookstores remain vital to their communities, offering curated selections, expert staff and special events. These "third spaces" serve as gathering points where people can engage with local authors, attend talks and connect with their community. As independent bookstore owners, we believe there's a book for every question, and we take great joy in offering personalized recommendations, especially

when it comes to inspiring books on female leadership.

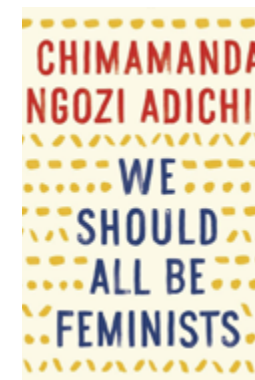
Leadership books don't always have to be nonfiction. I found "Circe" by local author Madeline Miller incredibly inspiring. This powerful retelling of the mythological story of Circe, a sorceress who learns to wield her powers, find her voice and lead her own destiny, challenges traditional gender roles. In fact, Miller chose Circe's story to create an empowered ending for this strong female character.

Dana Looker of Looker Books in Coatesville agrees, recommending "The Bog Wife" by Kay Chronister, a Coatesville author. Looker said, "On the surface, this book is about a creepy bog in West Virginia and the family that tends it. But underneath the soil, this is a story about family dynamics, legacy and identity. All five of the Haddesley children have their own views and roles within the family legacy passed down by generations of patriarchs. But when they find out the truth about their family 'tree,' they must decide what their individual legacy will be."

Another female leadership favorite is "We Should All Be Feminists" by Chimamanda Ngozi Adichie. This short but impactful essay argues that feminism advances both women and men and discusses how gender equality benefits society as a whole. Adichie explains why women in leadership roles can help drive more equitable progress.

One of my favorite books of the year was "When Women Ran Fifth Avenue" by Julie Satow. Satow explores themes of ambition, perseverance and the evolving roles of women in society. She illustrates how trail-blazing women used their power to change the fabric of New York City and beyond. Department stores, which were among the first spaces where women could go unchaperoned and earn their own income, played a key role in helping women establish financial independence.

Another inspirational book is "The Small and the Mighty" by Sharon McMahon, the creator of "Sharon Says So." This book reminds us that change doesn't always



come from the biggest or most powerful figures — it can start with anyone, anywhere. McMahon shares stories of individuals, particularly women, who took seemingly small steps or faced significant challenges but made a big difference.

Ellen Trachtenberg, owner of Narberth Bookshop, recommends "In the Company of Women" by Grace Bonney. Trachtenberg notes that this book not only explores creativity and entrepreneurship but also highlights the power of women supporting one another, offering wisdom and advice from 100 female leaders. It's a great resource for anyone seeking inspiration or guidance in creative fields or business.

Maybe you're looking to inspire the next generation. Nadia Alwaya, owner of Mavey Books, a new independent bookstore in Ardmore, shares her admiration for "Pippi Longstocking" by Astrid Lindgren. This classic story of an unconventional and self-assured girl celebrates individuality, strength and the creativity that come with embracing one's true self.

Heather Hebert, owner of Children's Book World in Haverford, continues the

theme of empowering young girls with "Grace for President" by Kelly DiPucchio and illustrated by LeUyen Pham. The picture book follows a young girl who, upon realizing there's never been a female president, sets out to make a change by running for president of her school. It's a story that inspires courage, gender equality and the importance of taking initiative.

Another inspiring book, recommended by Jaclyn Maki of Character Development, a book and toy store in Narberth, is "Born Reading: 20 Stories of Women Reading Their Way Into History" by Kathleen Krull and Virginia Loh-Hagan. This book celebrates the power of books in the lives of 20 remarkable women who made significant contributions to history. Through stories of writers, activists, scientists and artists, readers learn how these women used reading and education to break barriers and create lasting change.

Lisa Strohl, owner of Bookmarks in West Chester, had a similar thought. Strohl really liked "She Changed the World: 100+ Portraits & Essays Celebrating Inspiring Female Icons Whose Actions

Transformed the Way We Live" edited and illustrated by Karen Hallion. This YA nonfiction book highlights accomplishments and achievements of historical and prominent women through essays written by women inspired by them. This book demonstrates that women have played influential roles throughout our past and present and continue to encourage, empower and inspire the women who can change our future. "It's a great book for any girl who believes she can achieve anything," said Strohl.

As Melinda Gates once said, "When women support each other, incredible things happen." Women are changing the world, and books reflect their impact. Visit your local independent bookstore to discover inspiring stories of extraordinary women leading the way. ♦

Cathy Fiebach is the owner of Main Point Books, an independent bookstore in Wayne offering a carefully curated selection for all ages. Check out their events, book groups and children's activities at [MainPointBooks.com](http://MainPointBooks.com) or on social media. Order online for delivery or pickup at 484-580-6978; 116 N. Wayne Ave., Wayne.







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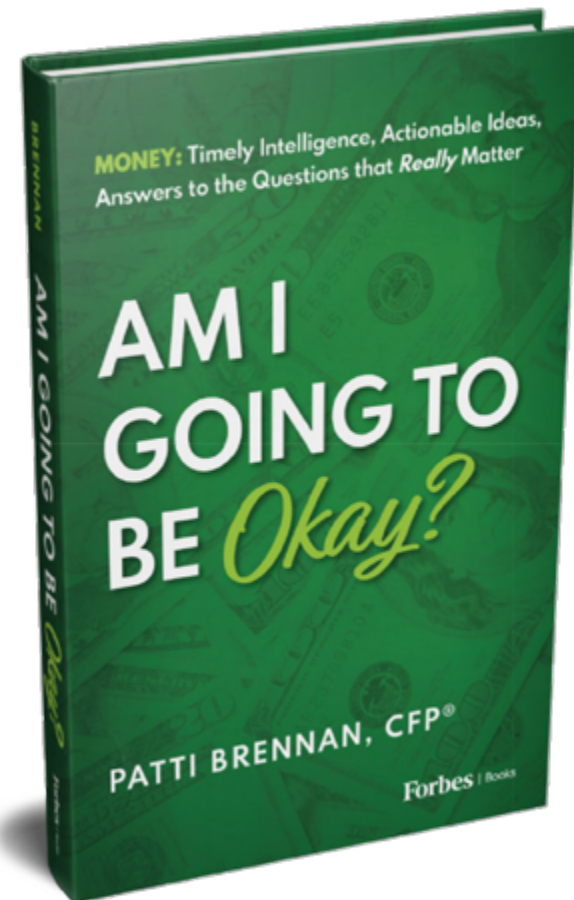
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# WOMEN LEADERS

## Exceptional Women Leaders in our Community

As part of our celebration of 2025's Women's History Month, we've interviewed six exceptional women from our area. This collection of women leaders represents diverse fields — from the arts and philanthropy, to banking and hospitality, to government service and those who help small businesses.

These inspirational women come from a range of backgrounds and life experiences. Yet every one demonstrates excellence in her field, no matter if she's the third-generation woman leader or the first in her family in her chosen profession. All generously shared their stories, their challenges and their successes.

Following this year's theme of "Moving Forward Together! Women Educating & Inspiring Generations," we hope these stories — and the advice to future generations of women leaders — will inspire you, this month and beyond.

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The Forbes ranking of America's Top Wealth advisors, is based on an algorithm of qualitative and quantitative data, rating thousands of wealth advisors with a minimum of seven years of experience and weighing factors like revenue trends, assets under management, compliance records, industry experience and best practices learned through telephone and in-person interviews. There is no fee in exchange for rankings. Forbes "Best In State Wealth Advisors 2024" list (Feb. 2024). The ranking for this list by SHOOK Research is based on due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including assets under management and revenue generated for their firms. Forbes is a trademark of Forbes Media LLC. All rights reserved. Rankings and recognition from Forbes/SHOOK Research are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results and such rankings should not be construed as an endorsement of the advisor.

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# Abigail Adams | Executive Artistic Director Emerita, People's Light

People's Light is celebrating its golden anniversary. For half a century, the Malvern theater company has brought professional theater, world premieres and acclaimed educational programming to Chester County. And Abigail Adams has played a major role in shaping People's Light into the renowned cultural institution it is today.

Growing up in Rose Valley, Adams developed her passion for the stage at the Hedgerow Theater Company, taking classes and working as an apprentice in the summers. After high school, she studied at the Royal Academy of Dramatic Art in London, where she learned the values she wanted to instill in her own theater. "After three years, it was pretty clear that I didn't want to be an actor unless I could choose the play, director and cast," she said.

Unsure of her next steps, Adams returned home and reached out to Danny Fruchter, a fellow Hedgerow alum and cofounder of the fledgling People's Light, which she soon joined. "Everybody did everything in those days," Adams recalled. In those early years, she acted in shows and wrote children's plays, but more and more found herself drawn to directing.

In the four decades that followed, Adams directed over 80 plays at People's Light, earning two Barrymore Awards along the way. She rose through the ranks to associate artistic director, then artistic director and later executive artistic director — breaking the mold in a largely male-dominated field. All the while, Adams taught aspiring actors at New York University, Bryn Mawr College, Carnegie Mellon University, Ontario's Shakespeare Festival and Swarthmore College, where she was a faculty member for 10 years.

Adams' approach as People's Light's artistic director mirrored how she directs her plays. "I thought of the institution as an artistic enterprise, an ongoing rehearsal in which we were constantly adjusting what we did based on what we were learning," Adams said. "My job was to keep an eye on the big picture."

Over the years, Adams worked with many talented people who shaped her leadership style — actors, fellow teachers and directors, consultants. Her most important mentor, however, was her late husband, Lee Devin. "He was a marvelous acting teacher and a very fine writer about theater. He helped shape a lot of my ideas," said Adams.

Though Adams stepped down as executive artistic director in 2022, she's stayed on part-time as the senior director of special projects and continues to direct plays. When it comes to her legacy at People's Light, Adams is most proud of the values she's instilled in the organization: "putting people first, curiosity, a wide-ranging aesthetic and working together as an ensemble." Her legacy also extends across generations. "There are a number of women in the People's Light company ... that you could say I mentored," Adams said. "I've felt I've been the one who benefited most!"

As People's Light enters its 50th season, Adams is excited by where the theater is headed. "It's a very challenging time, but People's Light will continue to address those challenges with vigor, turn them into opportunities and thrive."



== To Future Women Leaders ==

*"Here are my five pieces of advice: Do what you need to do to be healthy. Seek thought partners who can both challenge and affirm. Take the long view. Listen deeply but follow your intuition — you've been hired to be the scout up ahead. Values and mission should infuse all that you do. And remember that in any organization, it's always a 'we,' never an 'I.'"*



Mary Elizabeth Scallen and Claire Inie-Richards in "Off by One," directed by Abigail Adams

PHOTO CREDIT: MARK GARVIN

# Lydia Willits Bartholomew Board Chair & Vice President, National Bank of Malvern



The only woman-owned bank in Pennsylvania — and one of just 17 in the country — is located in Malvern and has been in Lydia Willits Bartholomew's family since its founding in 1884. "The women in my family have been active in the bank for generations," said Bartholomew about the National Bank of Malvern.

The legacy of women bankers started with Bartholomew's grandmother, Aida Highley, who inherited shares in the bank in 1905 when her father, William Penn Evans, a bank founder, died. Aida joined the board upon her husband's death in the 1920s.

Bartholomew's mother, Lydia Willits, happened to be born in the brick Victorian building on King Street that's still the main bank branch location, back when the upper floors were apartments. "My mother was also my mentor and champion. She remained involved in the bank until shortly before her death in 2012 at age 99," said Bartholomew.

Beginning as a teller at age 15, Bartholomew became branch manager in 1975 before ultimately holding her current position as Board Chair. Her daughter, Jamie Bartholomew Aller, is now General Counsel for the bank — making the fourth generation of women playing vital roles in a profession that's overwhelmingly male at the higher levels. Although the current CEO, a 40-year employee, is male, most of other roles at the bank are filled by women.

Strong women bankers kept the bank running through the Great Depression in the 1920s and the Recession of 2008. Bartholomew's grandmother was also active in the women's suffrage movement, marching for women's voting rights in West Chester, and her mother worked with Margaret Sanger on family planning. When asked how she learned the banking business, Bartholomew said, "I learned from my mother. On the job, going into the bank on weekends. My mother started Saturday banking in Chester County. And she started drive-through banking."

Founded on Quaker values, this small, independent, full-service community bank has played a significant role helping residents and small businesses for generations. Quaker values of stewardship put the bank at the forefront by helping family farmers and other landowners, especially those with land under conservation easements. "We've played a key role in preserving thousands of acres of land," said Bartholomew.

And Quaker values of equity ensured over the generations that women got fair treatment when seeking loans to start their businesses. "My mother was keen to support women in business, especially those who had real estate to secure their loans." And that support continues.

Quaker values of community also helped the bank survive — with its \$200 million in assets and about 4,000 individual and small business customers. "We have Olympic equestrians as well as shop owners who come into our bank," said Bartholomew. Many local equestrians are no doubt attracted by Bartholomew's decades-long avocation, including at the reins of her carriage in steeplechase parades and Devon marathons.

Today, granddaughter Lydia Aller is primed to join the next generation of female bankers — sometime after she finishes the sixth grade at Episcopal Academy.

== To Future Women Leaders ==



*"Believe in yourself. Treat people the way you'd like to be treated. Be friendly. Meeting new people builds your skills as a leader. Have the courage to meet challenges and seize opportunities. Think of your job as a journey from one generation to the next."*



## Glenda Brion | Founder & CEO, Community Warehouse Project

Glenda Brion has been helping families in need for decades. Raised by a single mother, Brion grew up knowing how financial hardships can impact a family. “I didn’t realize until much later in life how much that influenced my interest in helping those who are struggling financially,” she said.

Early in her career, Brion worked for Legal Aid of Chester County, helping clients facing eviction stay in their homes. Later, she joined Friends Association, a West Chester nonprofit that works with children and families facing homelessness. Starting as a volunteer, she went on to serve as a board member and development director.

Her work at Friends Association led Brion to realize a simple yet important need in the community: furniture. While Friends Association helps families secure housing, many have few belongings to furnish their new home. Using her fundraising contacts, Brion developed an “SOS list” of generous donors to call when families needed furniture. “I was shocked by how much quality stuff people had to donate,” she said.

After a “short retirement stint,” Brion decided to start the Community Warehouse Project (CWP), a nonprofit organization that collects and distributes gently used furniture to those in need. Partnering with over 100 agencies, including Friends Association and Safe Harbor of Chester County, the organization brings Brion’s important work to individuals and families across the county. In the last fiscal year, CWP served 546 households, including 742 adults, 601 children and 124 veterans.

Brion leads her team, comprised of 50 volunteers, a board of directors and a single staff member, first and foremost by modeling. “Everyone knows that I will do the grunt work necessary at the warehouse: unloading donations, organizing the furniture, et cetera,” she explained. This involves prioritizing what’s most important — beds and bedding, then dishes, a sofa, dresser and so forth — and focusing on what they *can* do, rather than worrying about what they can’t. “As long as we’re following our mission, I know it will all fall into place as best it can.”

Brion draws inspiration from Regina Lewis, Friends Association’s former executive director. “She was no-nonsense but with a smile on her face,” Brion recalled. “She had a lot of confidence in her leadership. She wasn’t afraid to make hard decisions, even if they were sometimes controversial.”

Through it all, Brion has been driven by her mission to help children. “My experience at Friends Association shaped me for what was yet to come with the Community Warehouse Project: being a volunteer, holding the hand of a child who was in the shelter, taking them to a parade in West Chester, seeing firsthand what these families were facing with homelessness and the difficulties that caused for children,” she said. “Ultimately, that’s what motivates me the most.”

You can help families in need by supporting the Community Warehouse Project: donating clean, gently used furniture and household items, shopping CWP’s Amazon wish list, contributing financially or volunteering. Learn more at [CommunityWarehouseProject.com](http://CommunityWarehouseProject.com).



== To Future Women Leaders ==

*“I think it is very important to use your time and experiences to do the kind of work you love and have a passion for. I am convinced that if you do what you believe in, you will become a leader because you want your passion project to be successful. This can happen at any age, so don’t give up! Believe in yourself and follow your instincts.”*



## Carolyn Comitta | Pennsylvania Senator



“always wanted to be the first woman on the moon,” said Senator Carolyn Comitta when asked what goals she’d yet to attain. Moving from the classroom to the boardroom to 20 years in government service, Comitta has kept alive this childhood dream, sparked from evenings looking at the starry sky, searching for Sputnik.

Growing up in Downingtown, graduating from Downingtown High School and West Chester University, Comitta’s local roots run deep. Early experiences participating in the first Earth Day, Outward Bound and living in Chester County led to a lifelong passion for protecting the environment, still prominent in her policy agenda. Playing musical instruments and being in the band evolved into ongoing support for the arts.

Other early influences came from books — “Anne of Green Gables,” “Silent Spring,” “Miracle Worker” (story of Helen Keller and teacher Anne Sullivan) — and strong female role models from history, like Abigail Adams, wife and mother of presidents. “I’ve often asked myself what Abigail Adams would do,” said Comitta.

Beginning her career as a teacher and curriculum advisor in Octorara’s school district started Comitta on a path of teaching, learning and communicating. After a break to raise her family, she was urged (again) to run for West Chester Borough Council in 2006. “After talking to a hundred people, I decided I was ready,” said Comitta. “And I loved it! I loved engaging with people.”

Next, lunch with West Chester University’s first woman president, Madeleine Wing Adler, prompted Comitta to run for mayor of West Chester. Again, she talked with a hundred people and decided she’d give it a try. “I was the first woman and first bipartisan-elected mayor of West Chester,” said Comitta, a Democrat, who was also the write-in Republican candidate. “The mayor’s office was a chance to bring people together. That’s what I wanted to do.”

After two terms as mayor, Comitta was committed to public service, leading to the Pennsylvania House of Representatives, which she won in 2016 by only 25 votes. “If there was ever a lesson of how every vote counts, this was it!” she said. Her reelection was by a comfortable 13-point margin.

When a Pennsylvania senate seat opened up in 2020, Comitta asked herself, “Am I good enough? Then I looked around and realized I could do at least as well as others in leadership roles.” This time she didn’t need to ask a hundred people. She won with 57% of the vote and continued her advocacy for issues that mattered to her district — quality education, affordable healthcare, clean air and water, a competitive economy.

Grateful for the support of other women leaders, Comitta prioritizes mentoring others, especially young women and students through such efforts as the Student Advisory Council for high school students who learn about government service and share their perspectives. Her past and present committee assignments — Environmental Resources and Energy, Education — and appointments — Commission on Women, Women’s Health Caucus — demonstrate lifelong values.

“I’m working to leave behind a stronger, safer, cleaner, healthier planet for future generations,” Comitta said. Perhaps so a young woman can walk on the moon.

== To Future Women Leaders ==

*“Take good care of yourself — both for yourself and so you have the energy and joy to help others. Lead with your own gifts. And try not to be your own biggest critic — too many women do this. Fortunately, young women now are getting better at being less self-critical.”*





## Sydney Grims | Director of Business Development, Fearless Restaurants

A third-generation restaurateur, Sydney Grims was quite literally raised in the family business. Some of her earliest memories are in the pastry kitchen at Passerelle, her father's (Fearless Restaurants' Marty Grims) French restaurant in Wayne. At 12, she started checking coats on Saturday nights. "It was a great way to learn the value of a dollar," Grims reflected. She spent her first paychecks at the Anthony Wayne Theater and saved up for a pair of sunglasses, which she's kept to this day.

In high school, Grims worked as a greeter at the Four Seasons in Philadelphia. "On my first day, Snoop Dogg walked in, and the Dalai Lama walked out," she recalled. When the 2008 recession threatened her job, Grims was determined to stay at the hotel. She took a job as a laundress alongside two women from Cambodia who taught her hard work and compassion, sharing their experiences as immigrants. This experience served her well in her career, when she's worked with people from around the world.

Grims went on to Cornell's prestigious Nolan School of Hotel Administration, graduating magna cum laude. While in school, she interned for Hersha Hospitality Trust but soon realized her true passion was in restaurant operations. "I wanted to be with people, not behind a desk," said Grims. After graduation, she moved to Manhattan, where she worked for industry giant Hillstone Restaurant Group and later as hospitality director for billionaire and philanthropist Ron Perelman, overseeing service in his 18 homes, yachts and superjet.

In 2017, the University of Pennsylvania approached Fearless Restaurants to open a new eatery near campus. Her father tapped her for the job, and Grims returned home to the family business, opening Louie Louie, a French-inspired bistro, in 2018.

By the end of 2025, Grims will have opened 10 restaurants with Fearless, including The Deck at Moshulu, Rosalie at the Wayne Hotel and new White Dog Café locations in Glen Mills and Chester Springs. The latter was their largest investment, taking four years to develop the historic Vickers Tavern property, now one of Fearless Restaurants' biggest — and busiest — locations.

Though Grims has seen many successes, it hasn't always come easy. Her biggest challenge has been adapting to the Fearless company culture, vastly different from her experiences in New York, where leaders rule with an iron fist. "It's hard to unlearn bad culture, and to learn and enact good culture, when you were taught through a fear-based approach," Grims said. She credits Joel Halperin, her mentor at Hillstone, for teaching her to be a positive leader, as well as her father and coworkers at Fearless.

In 2025, Grims has two more restaurants on the horizon. Triple Crown Restaurant, Events and Garden opens at the Radnor Hotel this spring. Later this year, a second Testa Rossa, Fearless' "funky" Italian American kitchen, comes to Wayne (the first opened late 2024 in Glen Mills).

Looking ahead, Grims aspires to one day return to the hotel business. She dreams of another local hotel on the Main Line and later, a bed-and-breakfast somewhere — maybe Italy, New England or North Carolina's Blue Ridge Mountains. "I want to provide boutique, customized service that I would feel really proud of," Grims said.



To Future Women Leaders

*"Have an outlet outside of work that you're passionate about, something that keeps you going every day and really sets your soul on fire. Don't be afraid to negotiate your salary. Know that it's okay to outsource things — you can't do everything. Most importantly, surround yourself with good friends. Female friendships are really important, so surround yourself with women who challenge you and are in a similar place professionally."*



## Katie Walker | President, Greater West Chester Chamber of Commerce



When Katie Walker was named president of the Greater West Chester of Commerce in 2021, there was no shortage of confidence that she would succeed — after all, she'd done it before.

Walker described her career path as "a little nontraditional." A psychology major at Cabrini University, she was unsure what to do after graduation. She spent a year selling ads in the Yellow Pages, and though it was an important learning experience, it wasn't the right fit for her. That's when she heard from a friend that the Delaware County Chamber of Commerce was looking for a membership salesperson.

In her six years with that chamber, Walker rose to Vice President of Membership Development, leading a sales team and growing the chamber to over 1,000 members. When the Greater West Chester Chamber of Commerce sought a new president, Walker told her boss, chamber president Jack Holefelder, that she was interested in the position. "He was amazing, as any boss should be for employees looking to grow," Walker said. He coached her through the application and interview process, and Walker got the job.

At just 27, Walker faced questions about her age and experience level. "There were assumptions to overcome," she said. And she certainly overcame them — Walker again grew the chamber's membership, this time to be one of the largest in the county.

After nearly seven years as chamber president, Walker was ready to try other leadership roles, first at the YMCA of Greater Brandywine then as executive director of Greater Harleysville and North Penn Senior Services, SkillsUSA Council and the Association of Title IX Administrators, a national organization.

At the onset of the pandemic, Walker moved back to West Chester to be closer to friends and family. She reached out to Christy Cosgrove, incoming chamber board chair, hoping to volunteer with the chamber. Instead, Cosgrove offered Walker her old job back. "I had never considered it," she admitted. "But next thing you know, I was president again!"

Through all the moves she's made in her career, Walker is especially proud of the relationships she's built. "Being part of a chamber of commerce, you get to meet so many smart, hardworking, interesting people," she said. "I've always really admired small business owners who take a risk and build something from the ground up, especially those who take it one step further — giving back to the community, sponsoring events, sitting on boards, volunteering."

This emphasis on relationships has shaped Walker's leadership style. "I've never really been comfortable with people calling me their boss," she said. "I'm a big believer that as a leader, your role is to hire, work with and encourage your team members to be even better than you."

After successfully navigating the chamber through the pandemic, Walker is optimistic about West Chester's future. "We have a new hotel, new restaurants and an amazing partnership with West Chester University," she said. The chamber runs around 85 to 90 events per year, from the Christmas parade, attracting 20,000 spectators annually, to networking events and ribbon cuttings.

"I absolutely love this community. I live here, I have a five-minute commute, my friends and family are all close by," said Walker. "My focus is here in West Chester."

*"Embrace your unique perspective and lead with confidence. Stay true to your values, build strong networks and never underestimate the power of collaboration. Prioritize continuous learning, resilience and self-care."*



*Leadership is about inspiring others, so foster an inclusive environment where every voice matters. Stay focused, stay passionate and lead with purpose."*





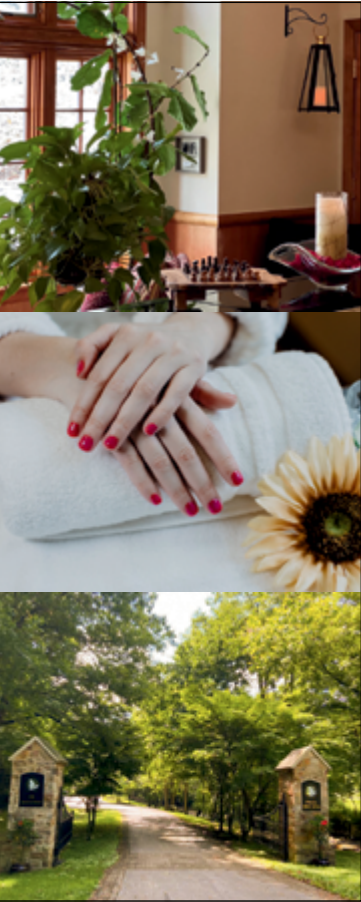
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# Women's HEALTH

Once again, we've asked local medical experts to share the latest on health topics of special interest to women and girls. They tell us about special concerns with anxiety among teen girls, the complexities and treatments for hair loss in women, and menopause having a moment. Good to know! Read on to learn more.

## Teen Anxiety WITH A LOOK AT ANXIETY IN GIRLS

Yesenia A. Marroquin, PhD, *Children's Hospital of Philadelphia*

TEEN YEARS ARE TOUGH. SO IT'S NO WONDER teenagers are especially susceptible to anxiety. The usual combination of hormonal changes, environmental stresses and developmental challenges — plus life during the pandemic — resulted in about 30% of teens having had an anxiety disorder. And almost 50% more of those anxious teens are girls (38% girls vs. 26% boys).

Recent surveys of what worries our teens noted such topics as climate change, politics, school shootings, bullying, school grades, acceptance by peers, and their future. These worries play on teens' feelings (as well as those of even younger children) of uncontrollability, unpredictability and despair.

Is it any wonder that today's teens are anxious?

### WHAT IS ANXIETY?

Some background: anxiety is a term used to describe feelings of worry or uneasiness. Anxiety can be healthy, when it's reasonable, manageable, brief and mobilizes us to act. But it becomes problematic when it's excessive (the intensity doesn't fit the facts of a situation), uncontrollable, paralyzing, persistent, distressing and getting in the way of life, and restricts what we're able to do. In short, anxiety is a problem when it makes our world smaller.

When considering if anxiety is a problem, it's important to understand the difference between anxiety and stress. Specifically, stress is a physical and emotional reaction to circumstances that frighten, irritate, confuse, endanger or excite us. Stress helps us build resilience.

Here's an example to help highlight the difference. It's Saturday morning and you're getting ready for a hike. *Stress* would be feeling frustrated or overwhelmed preparing for the hike — but it's



motivating you to get things done. During the hike, there may be feelings of *fear* if you happen to see a snake on the hiking trail. But *anxiety* is worrying that a snake might be on the hiking path — it's something that hasn't happened yet. Although it could happen, it's not happening now.

In this example, regardless of the primary feeling, the key is to continue forward and go on the hike anyway. Don't let your world get smaller by letting anxiety keep you from doing things. And certainly keep a reasonable distance from any reptilian friends along the way!

### SIGNS, SYMPTOMS AND CAUSES

The symptoms caused by anxiety are distressing. They may include such things as difficulty breathing, racing heart, muscle tension, difficulty sleeping, challenges with concentration, excessive

*Continued on page 36*



Dr. Yesenia A. Marroquin is a bilingual (Spanish/English) clinical psychologist in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia. She serves as the Clinical Director of the Anxiety Behaviors Clinic and provides talks on youth behavioral health locally and internationally for Spanish-speaking countries. Areas of expertise include youth anxiety, depression, trauma and suicide prevention. CHOPedu





# Hair Loss in Women

## NAVIGATING THE COMPLEXITIES AND TREATMENTS

Nikhil Shyam, MD, *Main Line Dermatology*

ONCE A TOPIC ONLY SHARED IN WHISPERS, now hair loss in women is increasingly in the news. Aziza Shuler, a local CBS Philadelphia reporter, opened up about her struggles with a chronic autoimmune type of hair loss or alopecia (the medical term) in 2023. And social media has become a space where women often share their personal stories, offer support and highlight their journey toward regaining confidence after losing their hair.

There's also been an increase in marketing for hair loss products, from celebrity and TikTok influencer-inspired hair growth serums to vitamin supplement commercials promising to grow thick, luscious hair. It can be challenging to determine what treatment options are actually effective and for what types of hair loss.

With this in mind, here are some facts regarding hair loss — the various causes and the best evidence-based treatment options.

### THE NUMBERS

Hair loss affects millions of women across the country, with 40% experiencing some form of noticeable hair loss by the time they reach 40. This number increases after menopause. While there are many causes of hair loss, the psychological impact of losing hair is

always profound. Nearly 50% of women with hair loss report feeling stressed, anxious and depressed.

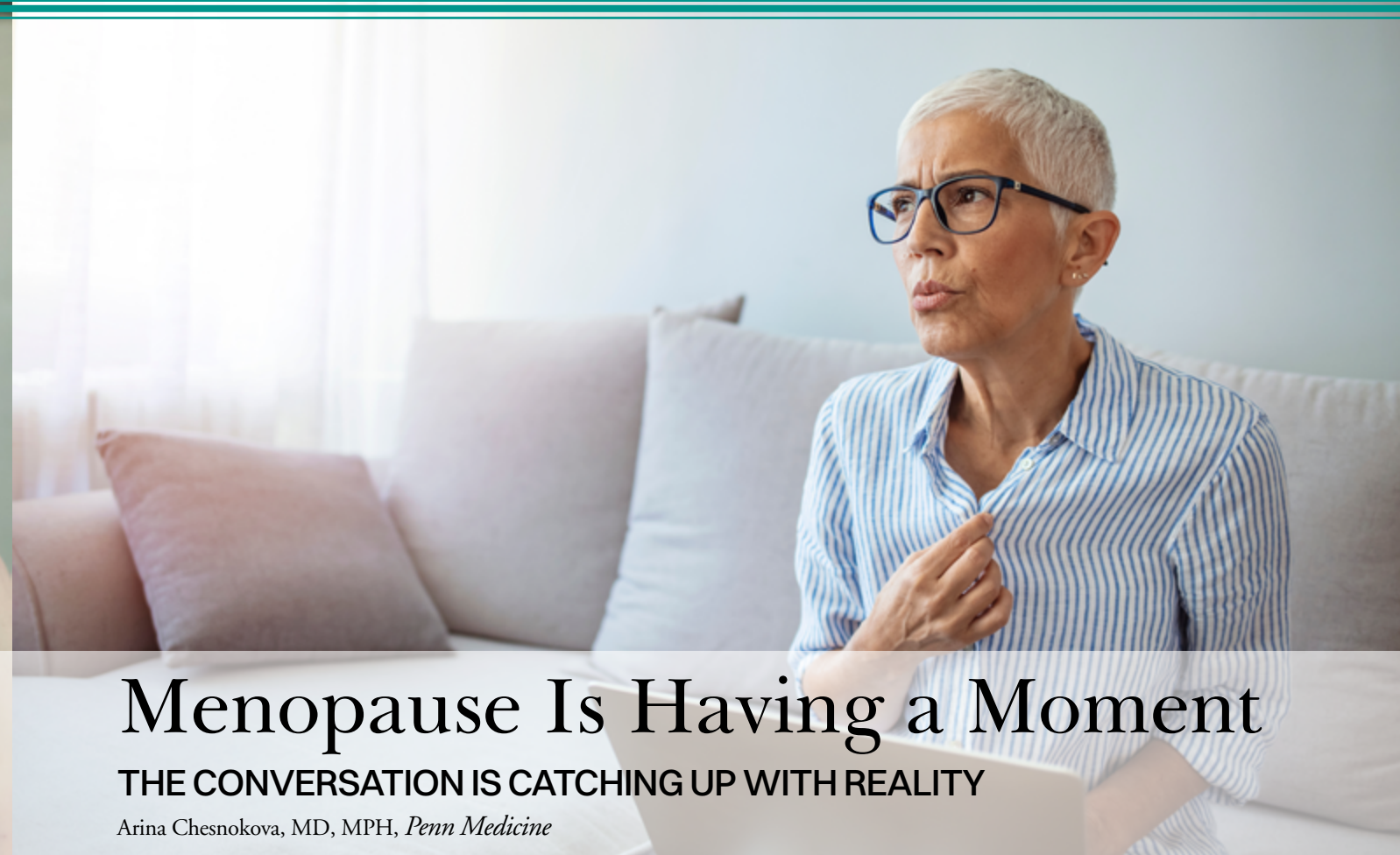
### ALOPECIA

Hair loss or alopecia can affect just your scalp or your entire body and can be temporary or permanent. It's broadly classified as either scarring or non-scarring. Scarring alopecia is a serious medical condition as hair follicles are permanently lost, resulting in scars that limit the ability to regrow. Early diagnosis and shutting down the inflammation quickly are critical, similar to putting out a forest fire before it spreads. Conditions such as lupus-related hair loss are an example of scarring alopecia.

*Continued on page 37*



*Nikhil Shyam, MD, is a nationally recognized and board-certified member of the American Academy of Dermatology. Dr. Shyam received his undergraduate degree from Cornell University and completed his residency in dermatology at Johns Hopkins University. He completed a fellowship in medical and surgical hair restoration with Dr. Marc Avram and currently practices at Main Line Dermatology, MainLineHairRestoration.com*



# Menopause Is Having a Moment

## THE CONVERSATION IS CATCHING UP WITH REALITY

Arina Chesnokova, MD, MPH, *Penn Medicine*

DID YOU KNOW AROUND 1.3 MILLION WOMEN in the U.S. enter menopause every single year? And with the average age of menopause at 51, most women spend more than 40% of their lives in menopause or beyond.

Many of us have heard about hot flashes and night sweats, but there's actually a wide range of symptoms that can appear even in the years before menopause officially begins. These so-called perimenopausal years — often in our 40s — can come with a roller coaster of hormone shifts and related changes.

For many women, symptoms like hot flashes and night sweats — also known as vasomotor symptoms — can be incredibly bothersome. Up to 80% of women experience these flashes of heat, which can happen as often as every half hour, sometimes accompanied by palpitations or anxiety. But that's just part of the picture. Mood swings, new or worsening anxiety and depression, brain fog, weight gain (especially around the midsection), skin and hair changes, vaginal dryness, pain during sex, and urinary issues are all possible. These symptoms can last around seven years after menopause begins, but for some women, they linger even longer.

None of this is new — menopause is a natural phase that every woman experiences if she lives long enough. What has changed is the

amount of attention menopause is finally getting. Why does it seem like everyone is talking about it now when it's been around forever?

### MORE THAN A MOMENT

If you've noticed more conversations about menopause in the media, on social platforms or among celebrities, you're not alone. It's hard to pinpoint what triggered this, but we're seeing a real shift in public interest and dialogue. Part of this comes from well-known figures sharing their own journeys. Halle Berry famously declared "I'm in menopause," and Naomi Watts wrote a book about her early menopause experience. Physicians like Dr. Mary Claire Haver have also published guides aimed at empowering women to seek help.

*Continued on page 38*



*Arina Chesnokova, MD, MPH, MSHP, MSCP, is an Academic Specialist in Obstetrics & Gynecology and a health services researcher. A Menopause Society Certified Practitioner, she directs the menopause clinic at the Helen O. Dickens Clinic and predominantly sees patients there and at Penn OBGYN Associates in University City. Her research focuses on equitable menopause care delivery, value-based care and care delivery to underserved communities. PennMedicine.org*



**Teen Anxiety:** *Continued from page 33*

worries, increased irritability, and avoiding situations that cause or increase anxiety.

While avoiding an anxiety-producing situation may decrease discomfort in the short term, this behavior maintains anxiety in the long term. Avoidance robs teens from learning they can tolerate their anxious distress.

There are a variety of factors that contribute to developing an anxiety disorder in young people. Chief among these are family and psychological factors. Family factors, including genetics, have been linked to childhood anxiety and may play a role in teens being predisposed to anxiety. In addition, parents of anxious kids are more likely to model anxious thoughts and behaviors, plus they may act in restrictive ways that grant less autonomy to their teen.

Psychological factors can also contribute to anxiety, such as perceiving situations as threatening, even when there is minimal to no risk of physical danger. For example, a socially anxious teen may believe that most people in their class will make fun of them during a class presentation. This can lead to avoidance behaviors because of the teen's intolerance of uncertainty — being unable to know with 100% certainty that no one in class will make fun of them.

Parents often ask, “what can set anxiety off?” The answer is ... everything. When thinking about persistent anxious distress in teens, it's helpful to look at the things that change with age and stages of development. Examples include school transitions, difficulty with peers and bullying, rejections by peers or romantic partners, and unexpected changes in routine.

## DIAGNOSIS & BEHAVIORAL HEALTH SUPPORT

As parents and caregivers, you play an important role in accurately assessing your teen's anxiety symptoms. It's important to note that young children tend to think in the moment and may misrepresent symptoms or their severity. On the other hand, adolescents may under-report their anxious symptoms (especially boys).

Certain anxiety disorders, such as social anxiety, may be misdiagnosed or missed completely. A study found that teens under-reported social anxiety symptoms, and the diagnosis was made based on parent report of avoidance behavior.

As a first step, if your child or teen has shared that their anxiety is overwhelming or if you've noticed the toll anxious distress is having, offer them the opportunity to talk to their primary care provider. These healthcare providers will have strategies, resources and tools to help your family face these concerns.

Typically, a behavioral health assessment by a behavioral health clinician includes a diagnostic clinical interview and self-report, parent-report and teacher-report questionnaires (if feasible). Following the initial appointment, the provider informs the family of a potential anxiety disorder diagnosis, provides information about the specific diagnosis, and offers treatment recommendations.

If your teen expresses suicidal thoughts, then it's important to reach out *immediately* to their primary care provider or their current behavioral health provider if they're in treatment. These professionals will offer guidance on what best to do in the moment. In a situation where the teen is unable to keep themselves physically safe at home, parents are advised to seek crisis emergency services.

## TREATMENT APPROACHES

The most evidence-based treatment for anxiety disorders is cognitive behavior therapy (CBT), which is designed to address thoughts, feelings and behaviors in an integrated manner. When discussing treatment with a therapist, they may ask whether there are any cultural or familial considerations to take into account when providing care.

The most critical component of CBT for anxiety is exposure. This means systematically and purposefully, in a collaborative manner, placing the teen in situations that evoke anxiety. Exposure may occur in the therapy office or the community. Depending on the level of anxiety, this treatment may begin with imaginal exposure — a written scenario that purposefully evokes anxiety-driven thoughts, feelings and mental images in the teen during session.

During the CBT sessions, the therapist takes note of the teen's level of distress and highlights the “bravery muscles” they're building as they face anxiety-producing situations.

Depending on the duration, intensity and severity of a young person's anxious distress, medication may be an important tool to provide their brain with a needed boost to help ensure therapy is as effective as possible.

If a teen does not want to engage in therapy, there are other approaches and programs available, such as Supportive Parenting of Anxious Childhood Emotions (SPACE). The main component of SPACE is helping parents identify ways in which their teen's anxious distress has influenced their own behaviors, and developing a plan on how to peel back what they are currently doing because of their child's anxiety (e.g., informing a child with social anxiety disorder that they will no longer order for them at restaurants).

## FINAL THOUGHTS ON ANXIETY IN TEEN GIRLS

For teenage girls, surveys indicate as many as 20% have symptoms of an anxiety disorder. One study found the number of teen girls with anxiety-related symptoms increased by 55% over five years, and many girls report being anxious about being anxious. Add to this the impact family and society play to understand anxiety in teen girls, particularly the expectations placed on them.

For the teen girls in your life, consider normalizing conflict in friendships and relationships — what's typical and what's cause to reconsider the relationship — while helping them build skills to be able to stand up for themselves and respect others.

**Hair Loss in Women:** *Continued from page 34*

Fortunately, the most common types of hair loss are non-scarring, which means hair follicles retain the ability to regrow. The most common types are:

- **Female Pattern (Androgenetic Alopecia):** This is the most common type of hair loss. It has a genetic component with a strong family history and typically manifests as diffuse thinning across the scalp. Women will often notice widening of their part line and more scalp visibility around the temples.
- **Patchy (Alopecia Areata):** This autoimmune disorder causes sudden, round patches of hair loss. In its severe forms, it can cause complete hair loss on the scalp and the body. Though it can affect anyone, there's often a genetic history of autoimmune conditions in the family.
- **Temporary Shedding (Telogen Effluvium):** This temporary condition is characterized by intense shedding of hairs that occurs diffusely, usually four to 12 weeks after a stressor event. It can be triggered by physical or emotional stress, nutritional deficiencies, illness or major lifestyle changes. Hairs will usually begin to regrow in about six to 12 months, provided the underlying issues have been addressed.
- **Traction Alopecia:** Caused by tight hairstyles (braids, ponytails, buns) that put constant strain on the hair, it commonly results in thinning along the temples. It can damage the follicles over time, leading to permanent hair loss if untreated.

## CAUSES

Hair loss in women is often the result of many factors. Other important aspects to consider include:

- **Hormonal changes** surrounding pregnancy, childbirth and menopause can trigger a drop in estrogen levels. PCOS (polycystic ovarian syndrome) and thyroid disorders can also disrupt hormone levels, resulting in hair shedding.
- **Medications**, including chemotherapy, blood pressure, weight loss and depression medications, can also cause hair loss as a side effect.
- **Nutritional deficiencies**, including inadequate protein, iron, vitamin D, B12, folate and zinc can limit hair growth and result in temporary shedding.

## EVIDENCE-BASED TREATMENT OPTIONS

The good news is that there are a number of treatments available for women experiencing hair loss, ranging from medical interventions to lifestyle changes. Here are some of the treatments with most reliable scientific evidence:

- **Minoxidil (Rogaine):** The only FDA-approved over-the-counter treatment for hair loss, minoxidil can be applied topically to the scalp to stimulate hair growth. It's effective in many women, although results may vary. Minoxidil can

also be prescribed off-label as a pill and has shown to be as effective as its topical formulation.

- **Platelet-Rich Plasma (PRP) Therapy:** This treatment involves drawing the patient's own blood, processing it to concentrate the platelets, and then injecting it back into the scalp to stimulate hair follicles and promote growth. There's no standardization to this treatment and results are highly dependent on being the right candidate, ensuring adequate concentration of platelets and precise injection depth. It's crucial to seek out a board-certified dermatologist specializing in this procedure to obtain the best results.
- **Spironolactone:** This medication is used off-label to help with hormonal-related causes of hair thinning, specifically related to menopause or PCOS.
- **Hair Transplants:** For women with more severe hair loss, hair transplant surgery can be an option. This involves moving healthy hair follicles from areas with abundant hair (usually the back of the scalp) to thinning areas around the temples, front hairline or mid-scalp.
- **Lifestyle Changes:** In some cases, addressing underlying causes like stress, poor diet or nutrient deficiencies can significantly improve hair health. But note that an overdose of nutrients does not correlate with improved hair health and can be harmful. For example, an overdose of biotin can lead to lab errors in diagnosing thyroid and heart disease.
- **Photo-biomodulation:** Low-level, red-light devices including laser caps and combs provide an energy source to hair follicles to support their growth.
- **Treatments for Alopecia Areata:** These include topical and intralesional steroid injections. For severe cases, new oral medications known as JAK inhibitors have provided much-needed options for therapy.

Other treatment options with limited evidence include finasteride (usually prescribed for male-pattern hair loss) and microneedling (incorrect use can lead to permanent scarring of hair follicles).

## A CHANGING LANDSCAPE

Whether it's through medical treatments, lifestyle changes or simply embracing the journey, women no longer need to face hair loss in isolation. While social media has empowered women to discuss their hair loss, it has also led to the rise of numerous direct-to-consumer products, influencer advertising and hair loss subscription services. For many, it can be challenging to discern facts from fiction.

The key to learning the facts is to seek consultation early with a board-certified dermatologist specializing in hair loss to get an accurate diagnosis and prepare a well-rounded treatment plan that can provide the best results. ♦



### Menopause Is Having a Moment: *Continued from page 35*

Publications such as *The New York Times* have run major stories on menopause, including the widely shared piece “Women Have Been Misled About Menopause.” It struck a nerve because many women realized the information they’d received — particularly about hormone therapy — was outdated or incomplete.

At the same time, the workplace is paying more attention to this life stage. Many women in their 40s and 50s are at the peak of their careers, stepping into leadership roles or juggling major responsibilities at work. Menopause symptoms can seriously disrupt productivity, contributing to an estimated \$1.8 billion in annual economic losses, which are mostly preventable.

The bottom line? Menopause has long been ignored and stigmatized, but the conversation is finally catching up with reality. Women deserve accurate information, and they need real options for treating symptoms that can be debilitating and interfere with daily life.

### SOME BACKGROUND

If you’re wondering why menopause seemed to go off the radar for a long time, a big reason is the history of hormone therapy and how it was viewed after a pivotal research study called the Women’s Health Initiative (WHI).

The WHI was a large trial looking at the effects of hormone therapy, specifically oral estrogen (conjugated equine estrogen) combined with a form of progesterone in women who still had a uterus, and estrogen alone for those without a uterus. The study results, first released in 2002 and again in 2004, suggested an increased risk of heart disease and breast cancer for women in the estrogen and progesterone arm of the study. The news caused alarm among doctors and patients. Prescriptions plummeted from over 22% of menopausal women to below 5%. In the years since, that number has not budged.

But as more experts examined the WHI data, they realized the results weren’t always applied correctly to the wider population. One reason? The average age of participants in the WHI was 63 — much older than the typical onset of menopause (around 51). In fact, only about 10% of those in the WHI were between 50 and 54, and the trial also excluded women who were already on hormone therapy and couldn’t tolerate going off it because their symptoms were so severe.

Over time, additional analyses of the original data plus new studies have revealed a more complete picture.

### WHAT’S NEW?

We now know that hormone therapy can be both safe and effective for many women — especially if it’s started before age 60 or within 10 years of menopause onset, and particularly if it’s given transdermally (through the skin), which significantly lowers the risk of blood clots and stroke compared to taking a pill. Of course, there are still risks, and it’s important to consult with clinicians well-versed in menopause management. But the fear that followed the original

WHI results likely kept many women from getting relief for symptoms severely affecting their quality of life.

Another consequence of these controversial results was that many clinicians stopped focusing on menopause. Unfortunately, this means there are still relatively few specialized menopause practitioners, so some women turn to alternative treatments that might be ineffective, pricey or even risky. Compounded hormones and hormone pellets, for example, are marketed as “natural” or “customized,” but they aren’t regulated in the same way as FDA-approved hormone medications. Over-the-counter supplements may not be harmful, but they can still be expensive, and there’s no evidence for their effectiveness.

So what’s the good news? The recent shift in attention to menopause has brought renewed interest in research and safer, more precise hormone treatments. Doctors now better understand how to personalize menopause care, considering each woman’s medical history, symptoms and concerns. And the data reassures us that, for women without certain risk factors, hormone therapy — especially transdermal estrogen — can improve hot flashes, night sweats and more.

### BOTTOM LINE

Hormone therapy remains the first-line treatment for women dealing with moderate to severe hot flashes and night sweats, provided they don’t have certain contraindications. These contraindications can include active liver or kidney disease, a personal history of hormone-sensitive cancers like breast cancer, a history of blood clots or stroke, or significant heart issues. Even then, decisions about whether to use hormone therapy aren’t always cut-and-dried. A team of healthcare providers — often including specialists — may look at a woman’s situation individually to see if hormone therapy could be right for her.

If vasomotor symptoms aren’t the main issue, hormone therapy may not always be the go-to option. Still, because some women have several menopause-related problems at once, solutions often require a comprehensive approach. Hormone therapy isn’t a magic fix for everything, but for many women it can mean the difference between sleepless nights and disruptive hot flashes versus feeling more like themselves again.

All this new attention on menopause is well deserved. For far too long, women have been told to simply “deal with it” or were given outdated information about what’s safe. Thankfully, we’re moving in a better direction. More research and a clearer understanding of the risks and benefits of hormone therapy mean that women have better choices today than a generation ago.

If you’re going through perimenopause, menopause or post-menopause and struggling with symptoms, know that you’re not alone — and help is out there. Working with a knowledgeable healthcare team can guide you to the right treatments, ensuring this stage of life is as healthy and you thrive, not survive. ♦

Inaugural  
**Nemours Children’s Health**  
**Run & Walk**  
**September 20, 2025**  
**8 a.m. | Nemours Estate**  
**5K AND ONE-MILE FUN RUN**

Runners, walkers and rollers, join us for this family-friendly event featuring a scenic course through Nemours Estate and a runner’s village of fun activities for all!



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# Supporting WOMEN & GIRLS

MAKE A DIFFERENCE  
IN OUR COMMUNITY

Shannon Montgomery

THROUGHOUT THIS ISSUE, YOU’LL FIND STORIES of dedicated women who have made a difference in our community. Feeling inspired? There’s no better time to get involved! This Women’s History Month and beyond, consider volunteering or contributing to a local nonprofit. Here are just a few of the many organizations helping women and girls in our area. Find more on our website, [CountyLinesMagazine.com](http://CountyLinesMagazine.com).



1. Home of the Sparrow      2. Unite for HER      3. The Wardrobe

### Domestic Violence Center of Chester County

The Domestic Violence Center of Chester County (DVCCC) aims to reduce domestic violence by supporting survivors and advancing prevention strategies. Services include a 24-hour hotline, adult counseling, housing programs, legal services, public education and prevention programs, as well as a children’s support group.

**Get involved:** Volunteer opportunities include answering hotline calls, accompanying clients to court, cleaning and readying rooms for new residents, hosting tables at community events, providing presentations to local schools, filing paperwork and assisting with mailings. DVCCC accepts donations of household items and supplies, used or broken cell phones and tablets, and monetary gifts.

Offices in Coatesville, Kennett Square, Phoenixville and Oxford  
610-431-3546; [DVCCPA.org](http://DVCCPA.org)

### The Fund for Women & Girls

The Fund for Women & Girls uses philanthropy and advocacy to ensure that women and girls in our community have resources and opportunities to thrive. The Fund has provided nearly \$4.5 million to over 95 nonprofit organizations in Chester County through its grantmaking programs.

**Get involved:** Fill out The Fund’s volunteer interest form to be notified about volunteer opportunities. Giving options include one-time donations, matching gifts, stock and asset donations, and legacy donations. You can also support The Fund by shopping at over 1,000 stores via the ShopRaise app, available on iOS and Android.

113 E. Evans St., West Chester  
484-356-0940; [TheFundCC.org](http://TheFundCC.org)

### Home of the Sparrow

For over 30 years, Home of the Sparrow has partnered with single women and mothers facing homelessness to secure housing and achieve long-term stability. Services include eviction prevention, women’s reentry and assessment, pre-senior housing, shared housing and supportive housing programs.

**Get involved:** Volunteer opportunities include maintenance projects at Home of the Sparrow’s Exton, West Chester and Coatesville locations, participating in holiday and seasonal programs, and hosting fundraising events and donation drives. Donations are accepted online, by phone and by mail.

969 Swedesford Rd., Exton  
610-647-4940; [HomeOfTheSparrow.org](http://HomeOfTheSparrow.org)

### Maternal & Child Health Consortium of Chester County

The Maternal & Child Health Consortium (MCHC) is committed to ensuring that children and families have what they need to build the foundation for lifelong health and wellbeing. Programs include prenatal and postpartum care, parenting support, benefits enrollment assistance and child advocacy services.

**Get involved:** Volunteer opportunities include assisting at fundraisers and other events, organizing donation drives and behind-the-scenes tasks like stuffing envelopes and organizing donation inventory. MCHC accepts donations of new or gently used infant care items as well as financial contributions, or shop their Amazon wish list.

1475 Phoenixville Pk., Ste. 12, West Chester  
610-344-5370; [CCMCHC.org](http://CCMCHC.org)

### Regional Center for Women in the Arts

The Regional Center for Women in the Arts (RCWA) encourages and promotes local women artists while raising money for charities that benefit women in need. RCWA also supports a library for the study of women in the arts, presents lectures and panel discussions about women’s arts issues and provides a space for visiting artists and lecturers.

**Get involved:** Support RCWA’s mission by attending their exhibitions and purchasing works from participating artists. View their latest virtual exhibition, “Four Women – Four Lenses: Photographic Observations 2025,” on their website.

P.O. Box 510, Westtown  
484-354-6275; [RCWAWeb.org](http://RCWAWeb.org)

### Unite for HER

Unite for HER supports breast and ovarian cancer patients by providing integrative therapies, services, education, resources and support at no cost to patients. Through the Wellness Passport Program, patients can receive services like acupuncture, massage, yoga, reiki, meditation, nutrition services and professional counseling.

**Get involved:** Volunteer opportunities include assisting with signature fundraising events, organizing educational and fundraising events, and hosting a care box building event. Contribute to Unite for HER by donating funds, appreciated stock, mutual funds or bonds, creating an online fundraiser or shopping their online wish list.

22 E. King St., Malvern  
610-883-1177; [UniteForHER.org](http://UniteForHER.org)

### The Wardrobe

In 2024, Chester County-based Wings for Success merged with The Wardrobe to provide clothing, career coaching and educational workshops throughout Southeastern Pennsylvania. The Wardrobe offers professional clothing for interviews, business casual attire, special attire like scrubs and non-skid shoes, and casual clothing for those in need.

**Get involved:** Volunteer opportunities include working with clients to select clothing, processing inventory, conducting coaching sessions and workshops, and assisting with fundraising events. The Wardrobe accepts donations of clean clothing, accessories and footwear, new and unused toiletries and undergarments, as well as financial contributions.

Locations in Exton, Kennett Square, Philadelphia and Upper Darby  
215-568-6693; [CareerWardrobe.org](http://CareerWardrobe.org)

### Women’s Resource Center

For 50 years, the Women’s Resource Center (WRC) has helped women and girls successfully navigate life transitions by providing resources, tools and support. Programs include the Information & Referral Helpline, Girls Lead leadership and life skills program, family law services, counseling, financial coaching and career services.

**Get involved:** Volunteer opportunities include answering helpline calls, hosting WRC programs, representing WRC at events, administrative assistance, data entry and pro bono family law consults. Donate to WRC programs, the Linda Rice Emergency Fund, or shop over 700 stores through iGive.com.

113 W. Wayne Ave., Wayne  
610-687-6415; [WomensResourceCenter.net](http://WomensResourceCenter.net) ♦



# DATEBOOK Calendar

There are so many great local events in our area—from galas to steeplechase to incredible food festivals and golf outings—and all for worthy causes. Take a look at this selection and mark your calendars to attend as many fundraisers as you can.

Some dates have not yet been set (marked “TBD”), so check websites often for updates. Have fun!

## JANUARY

### 24th Annual A Taste of Phoenixville—2026

TBD

Enjoy creative cuisines, silent auction, live music, local wine and beer. Benefits Good Samaritan Services, helping with homelessness in the area. *Franklin Commons, 400 Franklin Ave., Phoenixville. TasteOfPhoenixville.com.*

## FEBRUARY

### Cheers for CHOP

TBD

An evening of live music, cocktails, dancing and a silent auction. Benefits Behavioral Health at Children's Hospital of Philadelphia. *The Fillmore Philadelphia, 29 E. Allen St., Philadelphia. CheersForCHOP.edu.*

### Kennett Winterfest

TBD

Enjoy winter brews from 60 unique craft breweries, live music and food trucks. Benefits Kennett Square. *KennettBrewfest.com.*

## MARCH

### The Concept School

### Capital Campaign

ONGOING

Support The Concept School's \$2.8M campaign to expand and enhance its campus, improving facilities for all students. For details, visit *TheConceptSchool.org.*

### Snowball Shuffle 5K Run & 1 Mile Walk

MARCH 1

Communities That Care of Greater Downingtown's annual fundraiser to help create a healthy, supportive and engaged community where all young people are empowered to achieve their full potential. *Eag-*

*leview Town Center, 565 Wellington Sq., Exton. DTownCTC.org.*

### DE Breast Cancer Coalition Lights of Life Gala: A Night in Paris

MARCH 1

Delaware Breast Cancer Coalition's gala evening with dinner, dancing and auctions. *Bally's Dover Casino Resort, 1131 N. Dupont Hwy., Dover, DE. DEBreastCancer.org.*

### The Philadelphia Flower Show—Gardens of Tomorrow

MARCH 1-9

Explore the future through the eyes of designers, gardeners and passionate green enthusiasts. Benefits the Philadelphia Horticultural Society. *PA Convention Center, 1101 Arch St., Phila. TheFlowerShow.com.*

### King of Prussia Restaurant Week

MARCH 3-14

KOP's only restaurant week spotlights its world-class dining scene while raising money for Children's Hospital of Philadelphia. *KOPRestaurantWeek.com.*

### Chester County Community Foundation Food for Thought: Sweet Charity Edition

MARCH 4

Sample delicious desserts made

by local chefs while supporting the Foundation's mission to grow legacy philanthropy in the region. *Downingtown Country Club, 85 Country Club Dr., Downingtown. ChesCoCF.org.*

### Chester County Futures Strikes for Futures

MARCH 9

Bowling event for CC Futures, whose mission is to connect students with opportunities, resources and mentorship. *Palace Bowling & Entertainment Center, 977 E. Lancaster Ave., Downingtown. CCFutures.org.*

### St. Paddy's Day Party Fundraiser

MARCH 13

A fun-filled evening of celebration and giving back with drinks, food, raffles and more. Benefits Safe Harbor of Chester County's Cheers for Change. *Ryan's Pub, 124 W. Gay St., West Chester. SafeHarborOfCC.org.*

### 76th Annual Chadds Ford Art Sale & Show

MARCH 15

Local and regional artists auction work in an array of mediums. Benefits educational enrichment programs at Chadds Ford Elementary School. *3 Baltimore Pk., Chadds Ford. CFES.UCFSD.org.*

### 18th Annual Wild & Scenic Film Festival

MARCH 20

Celebrating over 20 years of inspiring activism through film and art. Benefits Stroud Water Research Center and Brandywine Red Clay Alliance. *Upland Country Day School, 420 W. Street Rd., Kennett Square. StroudCenter.org.*

### Chester County Hospital Gala at Longwood Gardens—Stetsons, Sparkles and Spurs

MARCH 21

Celebrate the hospital's mission and support community outreach programs. *Longwood Gardens, 1001 Longwood Rd., Kennett Square. ChesterCountyHospital.org/Giving.*



People's Light Birthday Bash, July

### Zoobilee Dinner Dance

MARCH 22

Celebrating the 120th anniversary of the Brandywine Zoo with funds raised supporting the transformation of the zoo. *DuPont Country Club, 1001 Rockland Rd., Wilmington. BrandywineZoo.org/Zoobilee.*

### Community Warehouse Project—Furnishing Hope Event

MARCH 26

CWP provides furniture, house-

wares and bedding at no cost to households throughout Chester County. *Chester County History Center, 225 N. High St., West Chester. CommunityWarehouseProject.com.*

## APRIL

### Rails & Ales at the Railroad Museum of PA

APRIL 5

Enjoy food and brews at the museum. Benefits the museum. *300 Gap Rd., Strasburg. RailsAndAles.org.*

### Philadelphia Red Ball

APRIL 5

Cocktails, dinner, dancing and auction at this gala event. Benefits the Red Cross of Southeastern Pennsylvania. *Bellevue Hotel, Broad & Walnut Sts., Philadelphia. RedCross.org.*

### The Junior League of Wilmington Kitchen Tour

APRIL 5

Showcasing recently renovated kitchens throughout Wilmington,



Chester County Balloon Festival, June



Chester County Day, October





Bike the Brandywine, September

Radnor Hunt Races, May  
PHOTOGRAPHY BY BOB PLANT

Alex's Lemonade Stand Great Chefs Event, June

southern Chester County and surrounding areas and features a sampling of local cuisine. Benefits Junior League, an organization to advance women's leadership. [JLWilmington.org/Kitchen-Tour](http://JLWilmington.org/Kitchen-Tour).

### Delaware Marathon Running Festival

APRIL 6  
Benefits Delaware College Scholars and the Cardiac Center, Nemours/Alfred I. du Pont Hospital for Children. *Tubman Garrett Riverfront Park, 815 Justison St., Wilmington. DelawareMarathon.org.*

### Delaware Hospice Jazz Brunch

APRIL 6  
Enjoy an afternoon of food, beverages, auctions and musical entertainment. *Harry's Savoy Grill, 2020 Naamans Rd., Wilmington. DelawareHospice.org.*

### 82nd Running of Brandywine Hills Point-to-Point

APRIL 6  
The oldest point-to-point in the Delaware Valley. Benefits Brandywine Red Clay Alliance. *Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. BrandywineRedClay.org.*

### People's Light High Five-O Event—Growing Up with People's Light

APRIL 10  
An evening to celebrate and support the power of theater experiences for young people. Benefits the theater. *39 Conestoga Rd., Malvern. PeoplesLight.org.*

### Ryerss Run for the Horses

APRIL 12  
Benefits the farm's retired and rescued horses. *1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.*

### Valley Forge Revolutionary 5-Mile Run

APRIL 13  
Benefits VF National Historical Park. *To register, ValleyForge.org/Revolutionary-Run.*

### Greater West Chester Chamber Annual 10 Grand Club Event

APRIL 25  
This event merges cocktail party with fundraiser with a game of chance. Greater West Chester Chamber of Commerce annual fundraiser. *Providence Church, 430 Hannum Ave., West Chester. Tickets, GWCC.org.*

### Canine Partners for Life Unleashed: Puppies in Bloom Spring Gala

APRIL 25  
Enjoy food, music, live and silent auctions. CPL dogs and puppies will be there. Benefits CPL's mission to increase the independence and quality of life of individuals with disabilities. *Hartefeld National, 1 Hartefeld Dr., Avondale. K94Life.org.*

### The Philadelphia Show

APRIL 25-27  
Antique, art and design show benefits Philadelphia Art Museum. *2600 Benjamin Franklin Pkwy., Phila. ThePhiladelphiaShow.com.*

### 52nd Annual Yellow Springs Art Show Events

APRIL 25-MAY 11  
Featuring over 4,000 works from more than 220 regional artists. Benefits the arts, education, preservation and environmental protection of Historic Yellow Springs. *1685 Art School Rd., Chester Springs. YellowSprings.org.*

### 40th Annual Thorncroft Victory Gallop

APRIL 26  
A black-tie evening for the benefit of the farm with dinner and dancing. *The The Pumphouse at Pencoyd Iron Works, 615 Righters Ferry Rd., Bala Cynwyd. Thorncroft.org.*

### Unite For HER—Bloom Spring Fashion Show & Luncheon

APRIL 27  
View the latest spring fashions and celebrate members of Unite for HER Wellness Program. Proceeds support local breast and ovarian

cancer patients. *Drexelbrook, 4700 Drexelbrook Dr., Drexel Hill. Unite-ForHER.org.*

### Celebrity Chefs' Brunch

APRIL 27  
Guests indulge in tastings prepared by world-renowned chefs as well as brunch cocktails, live entertainment and a silent auction. Benefits Meals on Wheels in Delaware. *DuPont Country Club, 1001 Rockland Rd., Wilmington. MealsOnWheelsDE.org.*

### Bucks County Designer House and Gardens

APRIL 27-MAY 26  
This year, visit Hidden Trail Farm, a 14-acre property and farmhouse in Ivyland. Benefits Doylestown Health and Village Improvement Assoc. *BucksCountyDesignerHouse.org.*

## MAY

### Bournelyf Special Camp 5K Run/2K Walk

MAY 1  
Bring the family and enjoy the after party. Benefits the camp. *Wrong Crowd Beer Company, 342 Hannum Ave., West Chester. Register or sponsor, BSCWC.org.*

### Notable Kitchen Tour & Chefs' Tastings

MAY 1  
Tour special kitchens, enjoy chefs' small plates and view floral and table displays. The Main Line Committee for the Philadelphia Orchestra hosts this fundraiser. *NotableKitchens.org.*

### All That's Purple Affair

MAY 1  
The Domestic Violence Center of Chester County's annual fundraising gala. *Penn Oaks Golf Club, 150 Penn Oaks Dr., West Chester. DVCCCPA.org.*

### 25th Annual Bringing Hope Home Great Guys Dinner

MAY 1  
Join the great guys (and gals) for dinner, cocktails, auctions and more.

Benefits families dealing with the financial hardships of a cancer diagnosis. *Springfield Country Club, 400 W. Sproul Rd., Springfield. Bringing-HopeHome.org.*

### Kennett Education Foundation Spring Soiree

MAY 2  
Join in for an evening of food, drinks and fun. Benefits Kennett Consolidated School District. *Hartefeld National, 1 Hartefeld Dr., Avondale. KennettEducationFoundation.org.*

### Kennett Run—Small Town, Big Race

MAY 3  
Benefits area nonprofits. *405 N. Walnut Rd., Kennett Square. KennettRun.net.*

### Humane Pennsylvania's 48th Annual Walk for the Animals

MAY 3  
Supports Humane PA's mission and the animals they serve. *Reading Fairgrounds, 1216 Hilltop Rd., Leesport. HumanePA.org.*

### Blue Cross Broad Street Run

MAY 4  
10-mile race benefits the American Cancer Society. *BroadStreetRun.com.*

### 47th Winterthur Point-to-Point

MAY 4  
Enjoy a day of elite horse racing at Winterthur Estate. A signature event complete with antique carriage parade and antique car exhibit. Enjoy tailgating, hospitality tents and shopping. Benefits Winterthur's programs. *5105 Kennett Pk., Wilmington. Winterthur.org.*

### ACT in Faith's Annual Chef's Best

MAY 8  
Guests taste the offerings from competing food trucks and vote for their favorite. Proceeds support ACT in Faith of Greater West



The Philadelphia Flower Show, March



Chester County Hospital Gala, May



Delco Gives, May





The Junior League of Wilmington Kitchen Tour, April



Radnor Hunt Concours d'Elegance, September



Surrey Services Holiday House Tour, December

Chester. Goodwill Fire Hall, 552 E. Union St., West Chester. ACTIn-FaithGWC.org.

### 2nd Annual Delco Gives

MAY 8-9

Hosted by The Foundation for Delaware County, this is a community-wide celebration supports local nonprofits. [DelcoGives.org](http://DelcoGives.org).

### Showcase of Homes at Hershey's Mill

MAY 8

This tour includes six renovated and decorated homes, a luncheon at Hershey's Mill Golf Club, vendor boutique and raffle. Paoli Hospital Auxiliary hosts this fundraiser to benefit Paoli Hospital's Inpatient Bed Expansion Campaign. 1500 Greenhill Rd., West Chester. [PaoliAuxiliary.org](http://PaoliAuxiliary.org).

### Bridge of Hope Spring Gala

MAY 9

Celebrate the mission to end family homelessness. Doubletree, 2400 Willow Street Pk., Lancaster. [BridgeOfHopeInc.org/Gala](http://BridgeOfHopeInc.org/Gala).

### Wildflower, Native Plant & Seed Sale

MAY 9-11

Sale benefits the Brandywine Conservancy & Museum of Art's Garden Program. Brandywine Museum of Art, 1 Hoffman's Mill Rd., Chadds Ford. [Brandywine.org](http://Brandywine.org).

### 14th Annual Main Line Animal Rescue Tails & Trails 5K Run/2K Walk

MAY 10

Supports the mission to save animal lives. Ready. Set. Rescue! 1149 Pike Springs Rd., Chester Springs. [PSPCA.org](http://PSPCA.org).

### 32nd Running of Willowdale Steeplechase

MAY 10

World-class steeplechase racing, pony races, Jack Russell terrier races, boutique shopping, tailgate, hat and best dressed competitions, food vendors and fun for kids. Benefits Stroud Water Research Center and Penn Veterinary Medicine's New Bolton Center. 101 E. Street Rd., Kennett Square. [WillowdaleSteeplechase.org](http://WillowdaleSteeplechase.org).

### Phoenixville Dogwood Festival & Parade

MAY 14-17

Phoenixville Jaycees Foundation hosts this annual event. Benefits local nonprofits. Reeves Park, 148 3rd Ave., Phoenixville. [PhoenixvilleDogwoodFestival.org](http://PhoenixvilleDogwoodFestival.org).

### People's Light High Five-O Event-In Good Company

MAY 16

Company artists gather to toast 50 years of ensemble work through

performances and reminiscence. Benefits the theater. 39 Conestoga Rd., Malvern. [PeoplesLight.org](http://PeoplesLight.org).

### The 94th Radnor Hunt Races

MAY 17

Racing for Open Space. Race day is about steeplechase racing, fashion and tradition at this signature event. Benefits the Brandywine Conservancy. Radnor Hunt Grounds, 826 Providence Rd., Malvern. [RadnorHuntRaces.org](http://RadnorHuntRaces.org).

### The Arc of Chester County Bubble Walk & Fun Day

MAY 18

The Arc advocates for individuals with disabilities and their families. West Goshen Community Park, 900 Lawrence Dr., West Chester. [ArcOfChesterCounty.org](http://ArcOfChesterCounty.org).

### The Devon Horse Show & Country Fair

MAY 21-JUNE 1

See Olympic-caliber riders, the best local riders, junior classes and munchkins on the lead line or come for the fun outside the ring at the country's oldest and largest outdoor multi-breed horse show. Visit the Country Fair's midway attractions and boutiques. Benefits Bryn Mawr Hospital. 23 Dorset Rd., Devon. [DevonHorseShow.net](http://DevonHorseShow.net).

### Therapeutic Riders Division

MAY 24

Over 175 riders of all abilities compete in equitation, dressage and trail classes. Benefits Thorncroft. 190 Line Rd., Malvern. [Thorncroft.org](http://Thorncroft.org).

### Willistown Conservation Trust Barns & BBQ

MAY 31

Enjoy The Willistown Morning Barn Tour or the Barns & BBQ, both featuring the tour and access to barns and farms. Barns & BBQ attendees ending the evening with a cocktail hour, three-course meal and live music. Benefits the Trust's conser-

vation works. 925 Providence Rd., Newtown Square. [WCTrust.org](http://WCTrust.org).

## JUNE

### Pints with a Purpose & Cornhole for Charity Tournament

JUNE 4

Enjoy food and beverages, cornhole tournament and raffle. Benefits Safe Harbor of Chester County. Locust Lane Craft Brewery, 50 Three Tun Rd., Suite #4, Malvern. [SafeHarborOfCC.org](http://SafeHarborOfCC.org).

### Stardust! Summer Celebration

JUNE 6

Kick off summer at this annual fundraiser with an outdoor evening of cocktails, roving supper and merriment all under the stars. Benefits Natural Lands. Location to be announced. [NatLands.org](http://NatLands.org).

### Alex's Lemonade Stand Great Chefs Event

JUNE 7

Culinary superstars along with local stars from the best bars, wineries and craft breweries share their creations at this annual fundraiser at the Navy Yard. Urban Outfitters Headquarters, Bldg. 543, 5000 S. Broad St., Phila. [AlexsLemonade.org](http://AlexsLemonade.org).

### 23rd Annual French Creek Iron Tour-Cycling for Open Space

JUNE 8

Rides for all levels—from beginners to accomplished cyclists—with courses from 11 to 100 miles. Benefits French & Pickering Creeks Conservation Trust. Kimberton Fairgrounds, 762 Pike Springs Rd., Phoenixville. [IronTour.org](http://IronTour.org).

### Historic Sugartown Pop-Up Biergarten

JUNE 12

Featuring local food, craft beer, wine and music. Benefits the Village of Historic Sugartown. 690 Sugartown Rd., Malvern. [HistoricSugartown.org](http://HistoricSugartown.org).

### Chester County Balloon Festival



French Creek Iron Tour, June



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



To Love A Canine Rescue Event, October





West Chester Chili Cook-Off, October

Willowdale Steeplechase, May  
PHOTO BY TISA DELLA-VOLPE

Willistown Conservation Trust Barns &amp; BBQ, June

JUNE 13-15

Hot air balloons from all over the country are featured along with a balloon glow, balloon rides and a walk-through balloon. Benefits Scouting America Troop 52, Chester County Hero Fund, local police, fire and fire police plus EMS. *Willowdale, 101 E. Street Rd., Kennett Square. CCBalloon-Fest.com.*

### Historical Society of the Phoenixville Area Strawberry Festival & Flea Market

JUNE 14

Food, games and music for the whole family. Benefits the Historical Society. *204 Church St., Phoenixville. HSPA-PA.org.*

### Habitat For Humanity Hops for Homes Beer Festival

JUNE 14

Join in sampling Chester County craft brews, cider, spirits and wine and help build affordable homes. Benefits Habitat for Humanity. *Chester County Art Association, 100 N. Bradford Ave., West Chester. HFHCC.org.*

### Schuylkill River Sojourn

JUNE 14-20

Annual guided paddling trip on the Schuylkill River. Benefits Schuylkill River Greenways National Heritage Area. *Location varies. SchuylkillRiver.org/Sojourn.*

### Surrey Services Scottish Garden Party

JUNE 18

An English garden party to celebrate older adults and the community that supports them. Benefits Surrey Services. *Bryn Clovis Farm, Malvern. SurreyServices.org.*

### Friday Night Lights

JUNE 20

Live music and refreshments under the evening sky. Benefits Natural Lands. *ChesLen Preserve, 1199 Cannery Rd., Coatesville. NatLands.org.*

## JULY

### The Colonial Theatre Presents Blobfest

JULY 11-13

A weekend of events surrounding the classic film, "The Blob." Benefits the theater. *227 Bridge St., Phoenixville. TheColonialTheatre.com/Blobfest.*

### People's Light High Five-O Event—Birthday Bash

JULY 20

Live music, food, fun and games at this parking lot barbecue. Benefits the theater. *39 Conestoga Rd., Malvern. PeoplesLight.org.*

## AUGUST

### Historic Sugartown Pop-Up Biergarten

AUGUST 21

Featuring local food, craft beer, wine and music. Benefits the Village of Historic Sugartown. *690 Sugartown Rd., Malvern. HistoricSugartown.org.*

### Annual Run for Thorncroft Equestrian Center

AUGUST 28

Featuring a 5K and Move As You Please, 1-Mile Fun Run/Walk/Wheel or Ride. Post-race features live music, craft beer and food trucks. Benefits the farm and the care of horses. *190 Line Rd., Malvern. Thorncroft.org/5K-Run.*

### Delaware Burger Battle

TBD

Delaware's top chefs put their best burgers forward as guests sample the burger-licious options. Benefits Ministry of Caring's Emmanuel Dining Room. *Cauffiel House, 1016 Philadelphia Pk., Wilmington. DEBurgerBattle.com.*

## SEPTEMBER

### Radnor Hunt Concours d'Elegance

SEPTEMBER 5-7

This nationally recognized event includes a Friday Night Barbecue,

Chester County Road Rally and Black Tie Gala. Benefits Thorncroft Equestrian Center. *Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org.*

### Family Promise of So. Chester County—Day of Promise

SEPTEMBER 8

A golf tournament fundraiser helping families with children experiencing homelessness achieve sustainable housing and stability. *Kennett Square Golf and Country Club, 100 E. Locust Ln., Kennett Square. FamilyPromiseSCC.org.*

### Golftoberfest Benefit 2025: Golf & Pickleball

SEPTEMBER 15

Benefits Safe Harbor of Chester County. *White Manor Country Club, 831 Providence Rd., Malvern. SafeHarborOfCC.org.*

### Coatesville Invitational Vintage Grand Prix

SEPTEMBER 19-21

Experience authentic early American sports car racing, with rare and unique historic cars and motorcycles. Benefits the Coatesville community. *Start and finish at 3rd Ave. & Lincoln Hwy., Coatesville. CoatesvilleGrandPrix.com.*

### Canine Partners for Life Fall Festival Featuring Cow Bingo

SEPTEMBER 20

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

### Bike the Brandywine

SEPTEMBER 20

The ride features three scenic loops along the Brandywine Creek Greenway. Benefits the Brandywine Conservancy's Open Space and Clean Water Programs. *Chadds Ford Historical Society, 1736 N. Creek Rd., Chadds Ford. Brandywine.org/Conservancy.*

### Natural Lands Beats & Brews

SEPTEMBER 20

Live music under open skies. Benefits Natural Lands. *Binky Lee Preserve, 1445 Pikeland Rd., Chester Springs. NatLands.org.*

### Whitford Classic

TBD

Players gather to play in golf, tennis and pickleball tournaments. Benefits the Whitford Charitable Fund. *Whitford Country Club, 600 Whitford Hills Rd., Exton. ChescoCF.org/Fund/Whitford-Charitable-Fund.*

### Up On The Roof

TBD

Cocktail party and dinner benefit the beautification of West Chester held on the roof of the Chestnut Street Garage. *14 E. Chestnut St., West Chester. DowntownWest-Chester.com.*

## OCTOBER

### Chester County Day House Tour

OCTOBER 4

Celebrate the history and architecture of Chester County on this self-driving tour taking you inside homes and historic buildings. Benefits the Women's Auxiliary's Integrated Cancer Care Campaign pledge to Chester County Hospital. *ChesterCountyDay.com.*

### Ryerss Farm Blessing of the Animals

OCTOBER 4

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

### West Chester Chili Cook-Off

TBD

Cooking teams line the streets for this cook-off and compete for prizes. Organized by Fiorenza's Food For Friends, a nonprofit organization that is taking steps to eradicate hunger in America. *Downtown West Chester. West-ChesterChiliCookOff.com.*

### Miles for Mutts To Love a Canine Rescue Event

TBD



Yellow Springs Art Show, April



Bucks County Designer House &amp; Gardens, April-May



Chadds Ford Art Show, March



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

### 47th Annual Radnor Run

TBD  
Lace up your shoes and join the 5-mile timed running race, 1-mile walk/fun run and a health fair. Benefits the American Lung Association. *Radnor Twp. Bldg., 301 Iven Ave., Wayne. Lung.org/RadnorRun.*

### Main Line Animal Rescue Annual Bark & Whine Gala

TBD IN OCT./NOV.  
The group's most important fund-raising event. *Visit PSPCA.org.*

## NOVEMBER

### French & Pickering Creek Trust's Annual Auction Party

NOVEMBER 1  
Enjoy live and silent auctions plus food and beverages. Benefits the Conservation Trust. *Stonewall Links, 375 Bulltown Rd., Elverson. FrenchAndPickering.org.*

### Harvest-Unite for HER Chef/Wine Tasting

NOVEMBER 6  
The region's best chefs, wines, brews and spirits, plus an auction and live music at this event. Benefits local women affected by breast and ovarian cancer. *Phoenixville Foundry, 2 N. Main St., Phoenixville. UniteForHER.org.*

### Delaware Antiques Show

NOVEMBER 6-9  
Featuring 60 distinguished dealers in art, antiques and design. Benefits Winterthur Museum, Garden & Library. *Chase Center on the Riverfront, 815 Justison St., Wilmington. Winterthur.org.*

### Phoenixville Chamber of Commerce Charity Gala

NOVEMBER 15  
Benefits the Phoenixville Senior Center and Barnstone Art for Kids. *RiverCrest Golf Club & Preserve, 100 RiverCrest Dr., Phoenixville. PhoenixvilleChamber.org.*

### 91st Running of the Pennsylvania Hunt Cup

TBD  
Steeplechase event benefits the Chester County Food Bank, Work to Ride program and Upland Country Day School. *North*

*of Rt. 926 & Newark Rd., Unionville. PAHuntCup.org.*

## DECEMBER

### Surrey Services Holiday House Tour

DECEMBER 5  
Get your tickets early for this very popular tour on the Main Line. Benefits Surrey Services' many services. *SurreyServices.org.*

### West Chester Charity Ball

TBD  
Major gala benefits The Friends Association for Care and Protection of Children's outreach, family shelter and homeless prevention. *West Chester Golf and Country Club, 111 W. Ashbridge St., West Chester. FriendsAssoc.org.* ♦

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



The Philadelphia Show, April



Blue Cross Broad Street Run, May  
PHOTOGRAPHY BY ELAINE COLE



Unleashed Puppies in Bloom  
Canine Partners for Life Spring Gala, April

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**UPPER SCHOOL PREVIEW EVENT FOR 7TH GRADE STUDENTS**

*Wednesday, April 9*



# Independent Schools Are Having a Strong Season

ESPECIALLY FOR GIRLS' BASKETBALL

Edwin Malet

1. Westtown School's Jordyn Palmer
2. Friends' Central School's Logyn Greer
3. Villa Maria's Ella Cellini
4. Episcopal Academy's Maya Bright, right



Lily Leun was an 'enthusiastic leader when things went well and a steadying force when we were working through difficult matches.' – Coach Sachs



PHOTO CREDIT: ED CUNICELLI



PHOTO CREDIT: PAOLA NOGUERAS



PHOTO CREDIT: JAMES QUINN BQ PICTURES

AREA PRIVATE SCHOOLS ONCE AGAIN ARE yielding exceptional athletes, especially the girls' teams. Westtown School is leading the way in girls' basketball, ranking #1 of Pennsylvania's 723 teams at mid-season. In addition, among the state's field hockey teams, Villa Maria Academy was ranked #1 of 157 teams in Pennsylvania. And Tower Hill School girls were ranked #1 in volleyball of 62 teams in Delaware.

The boys' side was also impressive. In football last season, Malvern Prep was ranked #3 among 567 schools sporting teams.

## GIRLS' WINNING TEAMS

Looking more closely, you'll find some real stars. For example, the Westtown girls' basketball team was 22–3 in late January. Jordyn Palmer, the team's 6'2" forward, who won a gold medal in the 2024 Under-17 World Cup and was named as a member of USA's 2024 under-17 team, averages 23 points per game. She'll be heading for University of Colorado ... eventually. She's only a sophomore!

Villa Maria's field hockey team was 18–1 last fall, 9–0 in its conference and ranked 11th nationally. Its senior captains, Gabby Balzano and Ella Cellini, were outstanding. Balzano, who played defense and was part of a defensive unit that allowed only 5 goals in 8 post-season games, was named All-State and has signed with St. Joseph's University. Cellini was also named to the All-State Team, and she plans to head to the University of Delaware.

Overall, Tower Hill's girls' volleyball team was 19–1 and undefeated in the Independent DISC league. Its top two athletes are Lydia Spencer, a senior, and Lily Leung, a junior. Spencer was ranked the #2 player in Delaware by *Delaware Online* and has hit 265 kill shots during the season, served 34 aces and led the team with a 2.38 server rating. On defense, she had 15 blocks and 179 digs. On Spencer's leadership skills, Coach Michael Sachs commented, "As a team we were never rattled, in part, because Lydia was never rattled."

Leung, ranked the #6 player in Delaware, focused on defense. She's known for her "spectacular digs," scoring 276 digs, 45 aces

and 52 assists over the season. She was an "enthusiastic leader when things went well and a steadying force when we were working through difficult matches," according to Coach Sachs.

## MORE BASKETBALL

Extraordinary performances are not limited to the top teams. Friends' Central School, for instance, is 19–7 overall, ranked #14 in Pennsylvania — not bad out of 723 teams. Senior Logyn Greer, a 6'3" forward, has been dominant. Through the start of the season, she'd scored 1270 points, 796 rebounds, 301 assists and 212 blocks and was named to the All-City team and twice to the Friends League First Team. Coach Vincent Simpson said of Greer, "Her leadership skills took us to the championship game two years straight, and it also took us around the world to compete at a national level." Ranked at #80 nationally by ESPN, she's been recruited by the University of Colorado next year.

Academy of Notre Dame de Namur is sitting atop the highly competitive Inter-Ac league as of early February with a record of 22–2 overall. Its leading scorers are both sophomores: Riley Davis, averaging 16 points, 6 rebounds and 5 assists, and Grace Nasr, averaging 11 points, 12 rebounds and 3 blocks per game. Davis is also getting attention as a lacrosse recruit, while Nasr is getting interest from Ivy League and other Division I schools. Coach Terry Mancini credits them and their senior co-captains, Catie Kelly and Sophia Hall, with the team's outstanding performance.

## GIRLS' VOLLEYBALL

Bishop Shanahan High School was ranked 7th in Pennsylvania with a record of 22–4–2 in girls' volleyball and was undefeated in the Ches-Mont league. Maddie Metcalf, one of four senior captains, led the Eagles this fall with almost 489 digs — 140 in the six-match playoffs! Coach Greg Ashman reported that she led the





5. Agnes Irwin's Dylan Ohm
6. Malvern Prep football team

team with “her relentless work ethic. I can’t say enough good things about Maddie. Every time you see her play, it’s a joy.”

Also stellar was senior Cat Detweiler. A major force at the net, a very dangerous hitter and dominating blocker, she recorded 260 kills, 53 blocks and maintained a hitting percentage of .308. Ashman said, “She worked very hard to be the best she could.” Detweiler was an All-State first team selection and All-District 1 4A first team pick.

## GIRLS’ SOCCER

In soccer, Episcopal Academy and Agnes Irwin had strong seasons. Episcopal scored 9 Inter-Ac wins and were 15–3–1 overall. Agnes Irwin wasn’t far behind, with 8 Inter-Ac wins and a 16–6 overall record.

For the third time, Maya Bright, Episcopal senior, was selected to the first team All Inter-Ac, All-Main Line and All-Delco. For the season, she scored 6 goals and had 3 assists and is now committed to the University of Pittsburgh.

At Agnes Irwin, freshman forward Dylan Ohm had an impressive total of 32 goals and 14 assists across all games, accounting for over half her team’s total goals. Ohm was recognized as Main Line Athlete of the Week and was awarded First Team All-Inter-Ac, All-Delco and All-Main Line honors as well as Team MVP. Recently, she’s been ranked as the 10th best player in the 2028 recruiting class by Top Drawer Soccer.

## FIELD HOCKEY

Wilmington Friends School had a superb field hockey season, finishing 15–2–1. There were, however, no individual stand-outs, and Coach Scott Clothier credits “excellent chemistry” among the

school’s 15 players for its success. Four players scored at least 10 goals, while the defense allowed only 9 goals during the regular season.

## AS FOR THE BOYS’ TEAMS

Though clearly a major year for the girls, the boys’ teams also had some excellent performances.

Malvern Prep won the top football title in the Inter-Ac league, and was ranked #3. Senior Andrew Pelicciotta rushed for 618 yards on 78 carries — an average of almost 8 yards per carry. He caught 20 passes for 298 yards and scored 8 touchdowns. Named All Inter-Ac MVP, he’ll join Duke University next year. Linebacker Jake Bauer, headed to the University of North Carolina, also distinguished himself and accounted for 42 points plus 2 interceptions.

In basketball, Zane Conlon, a 6’5” senior playing small forward for Devon Prep, itself ranked #18 of 763 in Pennsylvania as of the end of January, averaged 16 points and 8.9 rebounds. Devon Prep was 11–4, finishing second in the Philadelphia Catholic League.

As a team, Haverford School’s basketball record is 16–4 and ranked #32 at the end of January. Its stars are sophomore Silas Graham and senior Jacob Becker. Graham is averaging 14.9 points, 7 rebounds, 3 assists and 3 steals per game and became the first freshman since 1975 to earn first team All Inter-Ac honors. Becker is averaging 10.1 points and 6.5 rebounds per game and is being recruited by many Division III schools.

Senior Ryan Tattersall plays small forward for Wilmington Friends, ranked #22 in Delaware at the end of January. At 6’5”, he averages more than 14 points per contest and leads the team in rebounding. He was All-Conference in 2023 and 2024 and will attend Harvard next year, playing wide receiver on its football team.

Sanford School is currently ranked #3 of 62 teams in basketball, posting a record of 12–4, in Delaware. Khareem Hart and Jayden Taylor, both seniors, are leading the team with 15 and 14 points each. They’re shooting about 50% from the field. Taylor has over 11 rebounds and 2.5 blocks per game.

In field hockey, soccer, volleyball and football ... some true stars emerged. In basketball, the schools have made some amazing players. And, as their seasons end, you still can root for all of them. ♦

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# SUMMERCAMPS

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



## AIM Academy Summer Enrichment Program

1200 River Rd., Conshohocken  
215-483-2461; [AIMPA.org/SummerAIM](http://AIMPA.org/SummerAIM)

June 30–July 25

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



## Delaware Museum of Nature & Science Camps

4840 Kennett Pk., Wilmington  
302-658-9111; [DelMNS.org](http://DelMNS.org)

Ages 3 & under: Summer Camp for Tiny Explorers (with caregiver)

Wed: June 4–August 20; Thurs: June 5–August 21  
(9–9:45 a.m., not July 2–3)

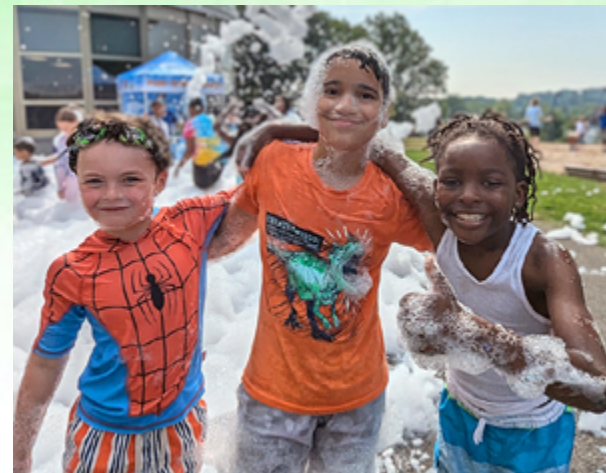
4–6 years: June 9–13, July 14–18, Aug. 4–8 (half day a.m.)

5–6 years: June 16–27, July 7–11, July 21–Aug. 1,  
Aug. 11–22 (full day)

7–8 years: June 16–27, July 7–Aug. 22 (full day)

9–14 years: STEAM Workshops, June 23–27, July 21–25,  
Aug. 18–22 (full day)

Campers will have an incredible summer getting their bodies and brains moving. Each day they'll play and learn as counselors ask questions, explore answers, create, experiment, build and expand their knowledge and enthusiasm for science. The Science Camp offers several themes for different age levels and developmental stages.



## Center School

2450 Hamilton Ave., Abington  
215-657-2200; [CenterSchoolPA.org](http://CenterSchoolPA.org)

July 7–August 1

Center School's Summer Learning and Enrichment Program offers students in grades 1 through 8 a unique experience that combines targeted literacy and math instruction with hands-on STEAM-inspired activities. This four-week program is designed to keep students engaged, inspired and prepared for success, giving campers a summer filled with learning, discovery and fun. The prestigious Janet L. Hoopes Award has recognized Center School's commitment to excellence. Enroll today.



## Media-Providence Friends School — Summer Friends

125 W. 3rd St., Media  
610-565-1960; [MPFS.org/Camp](http://MPFS.org/Camp)

June 16–August 22

**Cool Off with Swimming:** enjoy refreshing dips at Knowlton Pool (for K–grade 5) and exciting Splashday events. **Explore Beyond Campus:** enjoy activities in the beautiful sprawl of Glen Providence Park, a short walk from MPFS, and embark on a series of thrilling field trips to explore the wonders of the region. The camp is committed to providing a high-quality and unforgettable summer camp experience for all campers.



## Wilmington Friends School

101 School Rd., Wilmington  
302-576-2989; [Wilmingtonfriends.org](http://Wilmingtonfriends.org)

June 16–August 8

This camp offers an enriching summer program experience for children ages 3 to 14. With a focus on community, curiosity and creativity, the program provides a welcoming environment where campers can explore their interests, develop new skills and build lasting friendships. In addition to weekly themes, there is swimming, bowling and ice skating. Plus Before- and After-Camp Care.





# Game On and Glam On

## YOUR GO-TO GUIDE FOR MARCH MADNESS AND OSCAR PARTIES

Liz Tarditi

### WHATCHA WATCHIN'?

Whether it's the glitz and glamor of the Academy Awards or the roaring adventure of March Madness, every host aims to create an unforgettable watch party experience. To elevate your get-together, the right beverages make all the difference.

Here's a guide to the best tips and tricks for special and hassle-free entertaining, so you won't miss a minute of the action!

### PRE-GAME LIKE A PRO

First tip: One of the biggest secrets to success for athletes, actors and professional caterers is advance preparation — so why not adopt their winning strategy? Embrace make-ahead recipes for delicious dishes and batch cocktails that you can set up in advance, allowing your guests to help themselves at their leisure and during commercial breaks.

That leaves you free to enjoy your party and the action, too.

### CALIFORNIA KNOWS HOW TO PARTY

When the Academy Awards are broadcast on Sunday, March 2, capture the California-casual vibe in your entertaining for a blend of

award-worthy elegance and relaxed enjoyment. The regional light, fresh elements will pair effortlessly with refreshing beverages. An easy menu theme could include gourmet snack boards featuring plenty of bright fruits, veggies and artisanal cheeses.

Complement your food with some juicy California wine, like the highly rated [Bernardus Chardonnay Monterey County 2020](#) (\$14.99) with juicy citrus notes of lemon curd, pear nectar and a touch of sweet butter from the oak aging. Consider serving a signature floral-infused margarita, such as the delightful combination of [1800 Tequila Blanco](#) (\$31.99) with a kiss of [St-Germain Elderflower Liqueur](#) (\$36.99) paired with mini tacos and pasta salad cups.

For a tropical twist to stave off the dregs of the mid-Atlantic winter, offer a pineapple-coconut cooler made by mixing [Malibu Coconut Rum](#) (\$19.99) with your favorite coconut water, pineapple juice, fresh lime juice and seltzer. Pair it with a sliders bar and you'll tempt a starlet to break her diet.

Keep your guests feeling like A-listers with delicious zero-sugar [Ketel One Botanical Vodkas](#) (\$25.99–\$26.99) available in Cucumber & Mint, Grapefruit & Rose, Peach & Orange Blossom and Citroen.

And no Oscar party would be complete without sparkling wine to toast the winners. [La Marca Prosecco](#) (\$17.99) has a crisp, clean palate that brings fruity flavors of green apple, juicy peach and ripe lemon framed by hints of mineral-ity that pair with the entire menu. For a West-Coast flair, serve it in individual-sized bottles served with colorful sipping straws and paired with a gourmet popcorn bar and mini-dessert table.

### GET YOUR GAME ON

You'll need a different game plan for the sports fans you entertain. And as every opposing team has learned, Philly-area sports fans bring high enthusiasm and avid devotion to their beloved teams. We take fandom to new levels (both high and low!). Our gatherings to cheer on teams, even those outside the Delaware Valley, reflect that passion, with great food and great times.

When your party roster is a grazing menu of nachos, Buffalo wings, soft pretzels, six-foot hoagies, little hot dogs and a Crock-Pot of meatballs, fill your cooler with a mix of beverages that balance the hot and savory flavors. This is where ready-to-drink party packs, like [High Noon Vodka Hard Seltzer Variety Pack](#) (\$20.99) and [Stateside Surfside Cocktail Variety Pack](#) (\$19.99), promise to keep the energy high and the good times flowing.

And don't leave wine lovers out of your winning strategy: [Black Box Tart & Tangy Sauvignon Blanc](#) and [Black Box Cabernet Sauvignon](#) (\$23.99 each) have won over 70 gold medals and 34 "Best Buy" awards from *Wine Enthusiast* critics.

### ALL-STAR CELEBRATIONS

While the main event that's the cause for the gathering is undoubtedly thrilling, it's often the little moments that create lasting memories. Prepare some fun games to keep guests entertained throughout the evening, such as a red-carpet interview station where guests can share "who they're wearing," or provide Oscar ballots for them to make their predictions.







For basketball-themed parties — which can run from Selection Sunday on March 16 to the NCAA Championship on April 7 — ask guests to submit their brackets. Offer gift bags as a token of appreciation for their participation or as prizes to those who made the best predictions. Add some ready-to-drink pizzazz with [On the Rocks Cocktails](#) such as Basil Hayden Dark Rye Manhattan, Cruzan Mai Tai, Hornitos Margarita, Knob Creek Old Fashioned and Effen Cosmopolitan (\$12.99 each), a family of award-winning premium cocktails crafted with top-shelf spirits.

### CHEERS TO UNFORGETTABLE MOMENTS!

As you gather with family and friends to revel in the excitement of March Madness and the glamor of Oscars night, remember that the essence of these celebrations is in the connections we forge and the memories we create together. Whether you're raising a toast to your favorite film

or cheering your team to victory, enjoy the delicious flavors and festive atmosphere that these occasions bring.

With carefully crafted cocktails, delectable snacks and engaging games, your watch party will undoubtedly be a hit! So gather your guests, let the fun unfold and most importantly, please drink and serve responsibly. Here's to unforgettable nights and joyful celebrations that shine as brightly as the stars on the screen! ♦

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



## Food News

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

### Newcomer Nanu's.



Starting in a NYC food truck, **Nanu's Hot Chicken** opened seven locations in 2024 and will make its new West Chester spot the fourth fried chicken option in the Borough (plus two more nearby). Nanu's halal Nashville-style chicken will test your taste buds at five different spice levels from basic to reaper, along with their tahini-based signature Nanu's sauce. To cool off, grab a fresh fruit smoothie to go. 314 S. High St., West Chester. [NanusHotChicken.com](#).

**Tasty Tours.** Attention food lovers! **Sleuthound**, of haunted and mystery tours fame, started a new kind of walking tour in West Chester (2nd & 4th weekends of the month), plus Kennett Square and Media (1st & 3rd weekends). Tours visit eight or so restaurants on Saturdays through late April. There's still an air of mystery, as each tour is different and destinations are disclosed that day. Gather friends for a culinary adventure. \$35/person. [Sleuthound.com](#).



**New Venue.** West Chester's 142 East Market Street has seen businesses come and go — the rustic pub Appalachian Brewery, the live music venue The Note, and most recently Serum Kitchen & Taphouse. Now Saloon 151 has stepped up with plans for a multi-level live music venue called **Station 142** opening this spring. Think nightly events, sharables on the menu, plus that rooftop bar! Can't lose. Check social media for updates. 142 E. Market St., West Chester. On Instagram @Station.142.

### Top Chefs.

**Antimo DiMeo** and **Anthony Andiaro** were nominated for the second time for "Best Chef in the Mid-Atlantic" by the James Beard Foundation, an honor that recognizes industry leaders. DiMeo, owner and chef of Wilmington's Bardea Food & Drink (Bardea Steak, Bardea Garden), and Anthony Andiaro, owner and chef of West Chester's Andiaro, are both known for their culinary innovations, farm-to-table ingredients and elevated dining experiences. Check out these local masters at work! [BardeaFoodAndDrink.com](#). [Andiaro.com](#).



**Bienvenue Jolene's.** With its French-inspired menu, **Jolene's** opened in late January, the latest from 3 West Hospitality (Slow Hand, Square Bar, Jitters). Check out the sophisticated, low-light ambiance and enjoy much-anticipated French classics — escargot, foie gras, bouillabaisse, chocolate mousse — with a glass of wine from the curated list. Or grab a seat at the welcoming bar. A destination for intimate date nights or welcoming friends to town at the former Spence location. 29 E. Gay St., West Chester. [JolenesWC.com](#).



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## Comfort Foods of Ireland to Round Out Winter

### IRISH SOUP, STEW AND A TOUCH OF GUINNESS HIT THE SPOT

Courtney H. Diener-Stokes

AS WE RIDE OUT THE FINAL WEEKS OF WINTER, few cuisines speak to us as clearly as Irish food for hearty comfort food on a chilly day. Fortunately for us, the March 17 celebration of St. Patrick's Day isn't the only time we can enjoy the authentic tastes of Ireland, such as rich pot pie, savory stew, creamy Guinness and butter-worthy soda bread.

A prime option for satisfying your yearning for the tastes of the Emerald Isle is **The Towne House** in Media, with five dining rooms, including one called The Shebeen. This intimate pub is a top desti-



Shane Diggin, Irish-born chef and general manager of The Towne House

nation, attracting diners with a menu stocked with traditional Irish favorites. "We know what our food is supposed to look and taste like," said Shane Diggin, Towne House's Irish-born and bred chef and general manager. "It's the old-school cooking we expect from home — you get the taste of Ireland here."

In addition to Towne House's beloved beef and lamb shepherd's pie with root veggies, they offer a vegan version featuring quinoa, lentils and sweet potatoes. "It's a nice, hearty, feel-good dish, and you don't have to be a vegetarian to enjoy it, since it's a nice hearty meal for everybody," Diggin said.

In West Chester, try **Kildare's Irish Pub** to warm up with an Irish coffee or bowl of potato leek soup. Then order their classic Reuben sandwich on rye featuring corned beef topped with sauerkraut and melted Swiss cheese, plus a special dressing to bring all the flavors together. Keep in mind that Kildare's is in a college town, so expect a lively St. Patrick's Day there. "Everyone is happy and ready to have a good day — it's the best day of the entire year," said Ryan Vickers, a bartender who's worked at this family-friendly pub for over five years.

At **Molly Maguire's Irish Restaurant & Pub** in Phoenixville, they've been planning for their St. Patrick's Day celebration for a full year, according to Marjorie Hasiak, the event planner. The pub is owned by Declan Mannion and Conor Cummins, both from Ireland, and will host bagpipers, dance groups, live bands and feature specials on drinks and food for the big day. For a one-dish collection of tastes from Ireland, order their Dublin Trio Sampler with shepherd's pie, chicken pot pie plus steak and Guinness pie, all served up with a side of Irish soda bread muffins.

Read on for inspiration from Media's Towne House and others to create authentic tastes of Ireland from the comforts of your own home.



### Vegan Shepherd's Pie

*Savor the feeling of home on a cold day as you tuck into this shepherd's pie with a different profile, including a sweet potato layer on top. Both Towne House's vegan and meat versions pair well with brown soda bread and a tall glass of milk.*



Serves 4 to 6

#### For the lentil and quinoa base:

- 1 T. extra virgin olive oil
- 1½ C. green lentils (or brown)
- 1½ C. quinoa
- 3 large yellow onions, diced
- 8 cloves garlic, minced (or fewer to taste)
- ¾ C. vegetable broth
- 1 T. soy sauce
- 1 T. good quality balsamic vinegar
- 2 tsp. vegan Worcestershire sauce, optional
- ¼ C. browning & seasoning sauce, such as by Kitchen Bouquet
- ½ C. dry red wine, such as pinot noir or malbec
- 3 T. tomato paste
- ¼ C. smooth tahini
- 2 bay leaves
- 1 T. fresh thyme leaves, roughly chopped
- 2 tsp. fresh rosemary leaves, roughly chopped
- 1½ tsp. sweet or hot paprika
- 1 tsp. kosher salt (more to taste)
- 1 tsp. freshly ground black pepper
- Fresh parsley, chopped for garnish

#### For the sweet potato topping:

- 4 large sweet potatoes, peeled, boiled and mashed
- 1 T. extra virgin olive oil
- Salt and pepper to taste

#### To make the lentil and quinoa base:

Place olive oil in a large pot over medium heat. Add lentils and quinoa and saute for 3 to 4 minutes.

Next, add the onions and garlic, stirring occasionally and cooking until onions are translucent.

Add vegetable broth, soy sauce, balsamic vinegar, vegan Worcestershire sauce, browning and seasoning sauce, red wine, tomato paste and tahini. Stir to combine.

Bring to a simmer on medium-low heat. Add bay leaves, thyme, rosemary and paprika. Continue to simmer for about 45 minutes, uncovered, to reach a stew-like consistency.

Set aside on low heat while you prepare the sweet potato topping.

#### To make the sweet potato topping:

Peel and boil sweet potatoes in a large pot. Once finished cooking, remove from water, mash and add olive oil, salt and pepper.

When ready to serve, fill an oblong au gratin dish or shallow bowl with the stew and top with a layer of sweet potato mash.

Garnish with parsley.

### Overnight Guinness Short Ribs

*This popular short rib recipe from the Towne House lets the Guinness shine and gives you the chance to prepare your main dish a day ahead. Pairs perfectly with mashed potatoes and gravy. And, of course, more Guinness.*



Serves 8 to 10

- 1 C. extra virgin olive oil
- 10 lbs. chuck flap short ribs
- 1 bunch celery, medium dice
- 4 large carrots, medium dice
- 3 yellow onions, medium dice
- 1 C. beef paste
- 4 T. tomato paste
- 1 T. salt
- 1 T. whole black peppercorns
- 4 sprigs rosemary
- 8 sprigs thyme
- 6 garlic cloves, peeled
- 6 basil leaves, kept whole
- 48 oz. Guinness stout

In a large saute pan or cast iron skillet, heat olive oil. When oil is hot enough for frying, place chuck flap on skillet and pan sear on both sides (do not fully cook, leave rare).

After short ribs are seared, place them into a baking pan. Add celery, carrots, onions, beef paste, tomato paste, salt, peppercorns, thyme, garlic cloves and basil. Place all these ingredients around and on top of the short ribs.



Add the Guinness. The base and Guinness liquid should reach slightly over the short ribs. Cover with foil and place in the refrigerator to marinate overnight.

When ready to cook, preheat oven to 350°. Roast, covered, for 3 hours.

Remove short ribs and set aside. Drain the juice from the vegetables into a strainer, saving the juice in a bowl. Place juice back into the pan and add short ribs to the pan.

Discard veggies (optional to keep them in the pan).

### Towne House's Potato Leek Soup

*This gluten-free soup is an old Irish favorite that's finished off with cream and butter.*

Serves 4 to 5

**For the soup:**

1 T. extra virgin olive oil  
1 yellow onion, diced  
4 C. water  
5 medium white potatoes, unpeeled and diced  
6 medium leeks (about 6 C.), cleaned and chopped

2 shallots, peeled and finely chopped  
4 cloves garlic, finely chopped  
2 tsp. dry thyme

1 tsp. kosher salt  
1 tsp. freshly ground black pepper  
Salt and pepper to taste, if needed

Grass-fed European butter, such as Kerrygold, reserve as finisher

Heavy cream, reserve as finisher

Parsley, chopped for garnish

**For the thickener:**

1 C. water  
½ C. pure cornstarch

*To make the soup:*

In a large pot, saute onion in olive oil until translucent. Add water and diced potatoes to the pot, along with the leeks, shallots, garlic, thyme, salt and pepper.

Bring to a simmer over medium-low heat, about 30 to 40 minutes, until the potatoes are cooked all the way through (but kept chunky).

*To make the thickener:*

In a small saucepan, bring water to a boil and add cornstarch. Turn heat down to medium and whisk until thickener is a loose, mashed potato consistency.

Add the thickener to the soup pot and stir to combine. Cook on low heat for 10 minutes, stirring occasionally. Add more salt and pepper to taste.

When ready to serve, finish each bowl with a small swirl of heavy cream, a pat of butter and garnish with chopped parsley.



### Irish Colcannon

*This classic Irish side dish combines creamy mashed potatoes with either kale or cabbage for the green coloring. And, of course, plenty of butter.*



Serves 4

4 Idaho potatoes, peeled and cut into large chunks

2 tsp. kosher salt, divided

1 stick European butter, such as Kerrygold, plus more for serving

3 C. kale or cabbage, chopped after removing leaves from the stems

3 green onions, finely chopped

1 C. whole milk

In a skillet over medium heat, melt a stick of butter and add kale or cabbage. Saute until wilted, around 3 to 4 minutes.

Add green onions and stir to combine. Set aside.

Place potatoes in a large pot of boiling water with a pinch of salt. Boil potatoes for about 15 minutes, until fork-tender. Drain after cooked.

Return the potatoes to the pot and mash. Add the kale and onion mixture, along with the milk. Continue mashing. Stir with a spoon until creamy. Salt to taste and add more butter for serving.

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

### Irish Apple Cake

*Inspired by Gemma Stafford, an Irish-born chef and host of Bigger Bolder Baking, this Irish apple cake is topped with a traditional streusel. The result is a moist, coffee-like cake made with thinly sliced tart apples and dusted with powdered sugar.*

Serves 8

**For the cake:**

1 C. plus 2 T. all-purpose flour  
1 tsp. baking powder  
1 tsp. ground cinnamon  
¼ tsp. ground cloves  
¼ tsp. salt  
½ C. unsalted butter  
⅓ C. granulated sugar  
⅓ C. brown sugar



2 large eggs, room temperature

1 tsp. pure vanilla extract

3 T. whole milk

3 medium tart apples, such as Granny Smith, peeled

Confectioners' sugar for dusting

**For the streusel topping:**

¼ C. all-purpose flour

¼ C. brown sugar

1 tsp. ground cinnamon

1½ T. butter, cold and cubed

*To make the cake:*

Preheat oven to 350°. Grease an 8-inch round cake pan.

In a medium bowl, sift together the flour, baking powder, cinnamon, cloves and salt.

In a separate bowl, cream the butter and sugars together until fluffy. Beat in the eggs, one at a time. Add the vanilla. Add the dry ingredients and milk alternately. Mix to thoroughly combine, but don't overmix.

Spoon the thick batter into the pan and spread evenly to the edges.

Cut peeled apples into ¼-inch slices, then cut in half for smaller pieces. Scatter apple pieces evenly over the top of the batter. Lightly press the apples into the batter.

*To make the streusel topping:*

In a medium bowl, add dry ingredients for the streusel topping. Then add cubed butter. Using your hands, combine the ingredients until large crumbs are formed.

Sprinkle the streusel topping evenly over the apple batter.

Bake for 50 to 60 minutes. Use a toothpick to test for doneness in the center of the cake. When done, remove the cake from the oven and let it rest for 10 minutes before removing from the pan.

Dust the cake with confectioners' sugar just before serving.

Place leftovers in an airtight container for up to three days at room temperature.

### Irish Coffee

*This classic cocktail features Irish whiskey, such as Jameson, and is topped with homemade whipped cream. It definitely shouldn't be reserved only for St. Patrick's Day*

Makes one cocktail

3 T. Irish whiskey

1 to 2 tsp. maple syrup

(or 1 tsp. granulated sugar and 1 tsp. brown sugar, packed)

6 oz. freshly brewed hot Coffee (your favorite roast)

Whipped cream  
(best if homemade using heavy cream)



### Perfect Irish Beer Pairings

While classic Guinness makes appearances in many Irish recipes as an ingredient, when it comes to selecting the best type of Irish beer to accompany traditional Irish dishes, here's a short guide to give you an opportunity to bring out the best flavor notes in the Irish dishes we know and love.

**Irish Stew:** Irish stout, such as Murphy's or O'Hara's, because of its roasted and malty flavors that complement the savory and earthy notes of the stew.

**Corned Beef and Cabbage:** Irish red ale because of the caramel flavor of the beer that complements the saltiness of the corned beef.

**Fish and Chips:** Lager because of its light and crisp qualities that don't compete with the delicate nature of the fish.

**Roasted Leg of Lamb:** A porter, stout or ale because they have rich and dark flavors that complement the earthy flavor of lamb.



In a coffee mug, add whiskey, sweetener and coffee. Stir to combine. Add more sweetener to taste, if necessary. Top with homemade whipped cream. ♦

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



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