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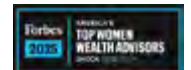
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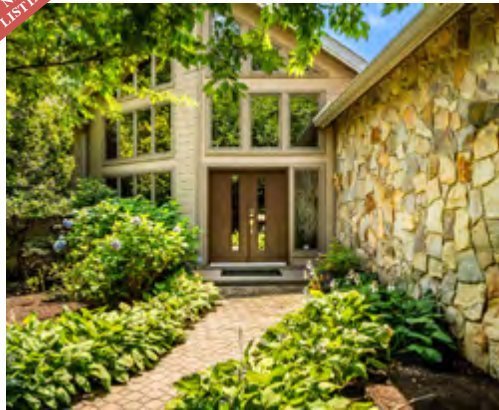
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NEW
LISTING



Privately Set in a Highly Protected Area.

This may be the most architecturally distinct and amenity-rich home on the market today. Privately set on 12 acres on the most exclusive road in the Unionville-Chadds Ford School District, this grand 7,248 sf residence features 5 BR & 3.2 BA plus geothermal heating and cooling. At the heart of the home is the spectacular indoor Pool which is viewed from multiple rooms in the home. The gourmet Kitchen is a chef's dream with high-end appliances and wonderful work spaces. The Primary Suite is a sanctuary with two walk-in closets, a spa-like bathroom, and an adjoining Office. Enjoy views from the elevated Deck, garden paths, coy pond with tranquil areas. A Party Barn, Play House and small stable complete the estate.
\$3,495,00



Tastefully Remodeled Home in Unionville Schools

This 4 BR, 3.1 BA home with 11 acres also has a charming barn apartment with 2 BR, 2 BA and set in Unionville-Chadds Ford School District. The home's main level has an open floor plan with beautiful marble flooring. The Kitchen offers high-end cabinetry and appliances plus overlooks the pool and terrace. The Primary Bedroom has a large walk-in closet and a wonderful bathroom. An indoor arena has been transformed into a spacious athletic space the family will love!.
\$2,950,000



Superior Family Compound with Four Living Units

This fabulous c.1886 house features 3 BR, 2.1 BA, great Kitchen and wonderful open floor plan. Additionally, the property has 3, one or two bedroom living units, making this an exciting opportunity for a someone seeking a superior family compound! A very short walk to the Brandywine Creek & in Unionville-Chadds Ford Schools! This 3+ acre property boast super amenities and all of the mechanical systems have been updated. You will love the low taxes!
\$1,778,000



Wonderful Home with First Floor Primary Suite

Located down a long drive in a quiet community, sits this well kept 4 BR, 4.1 BA home on 3+ acres. The light-filled home has a terrific flow and features a well-appointed first floor primary suite and finished basement. Meticulously maintained and boasting superior landscaping with mature woodlands, this property offers an incredible lifestyle opportunity for the discerning buyer. Located in the Unionville-Chadds Ford School District.
\$933,000



Stunning Home Abuts Golf Club

This is the showcase property at French Creek Village in West Nantmeal Township. The high quality of this home can be readily seen upon entry into the light-filled hallways connecting the living room, dining room, kitchen and family room beyond. Upgrades abound wherever you look and you will especially like the fabulous first floor Primary Suite and the three story elevator! Abutting the French Creek Golf Club, this is an incredible lifestyle opportunity.
\$885,000



from the
EDITOR

August is here! While it may be a last chance to get to the beach, there's still plenty of fun to be had in the Brandywine Valley.

For example, Cara Corridoni is enjoying a "Weekend in Media." She finds walkable State Street "full of delicious restaurants, quaint stops, and easy diversions." And there's more to discover.

For fun at home, adopting a rescue pet is a rewarding, joyful decision. Shannon Montgomery describes the process in "A New Leash on Life" along with a chance to adopt an adorable cat. Then check out photos of our Cutest Pet Contest finalists and help choose our winner on Facebook.

Or if an old building captures your eye while you're driving around Chester County, we can help answer "What Style Is It?" Jane E. Dorchester has a short guide to early architectural styles.

During those drives through the countryside, do be careful. Kit Werner of Natural Lands describes a serious problem from white-tailed deer and car collisions in "Damage Control."

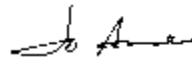
We also share expert advice on kids' health focusing on summer problems — avoiding heat stroke and heat exhaustion as well as tick- and insect-born illnesses — along with a parent's guide to tongue-tie issues.

Carol Metzker looks at seniors going through life changes and changes in their needs in "Transitions: New Stories, Fresh Ink, Skilled Senior Care." Our "Guide To 55+ Retirement Communities & Services" has more information about local care options.

For foodies, Victoria Rose writes about "Summer Seafood Feats" — tuna, oysters, bass. She shares recipes from West Chester Seafood Kitchen in this month's Brandywine Table — perfect for August dining.

Finally for August, we have tons of family fun ideas and the "Best Local Events" section with more options. For long-term planners, Marci Tomassone takes a look to September, October and beyond in "Mark Your Fall Calendar."

Thank you for reading.


Jo Anne Durako
Editor

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August 2025

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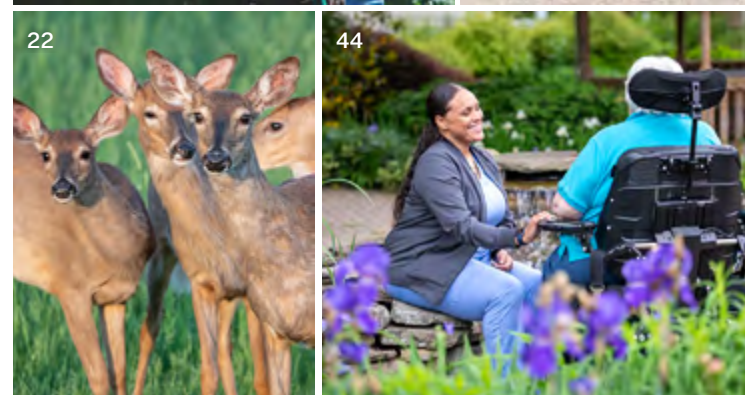
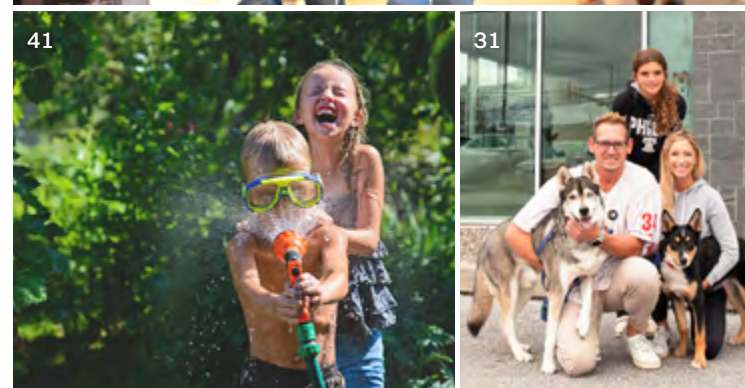
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[Good to Know] *Just a few things we'd thought you'd like to know this month*

New Digs. Stop by the new **Chester County Welcome Center**, recently relocated from its longtime home near Longwood Gardens to the Historic Chester County Courthouse. Learn about things to do, places to stay and eat in Chester County through interactive experiences, including a mini-theater, AR room, itinerary builder and touch-screen table. Don't miss the room-sized map of the county on the floor (scan locations with QR codes) plus local art. *21 W. Market St., West Chester. BrandywineValley.com*



Knit Wits. Calling all crafters! Retired Malvern kindergarten teacher Teri Hower has teamed up with Phoenixville's Purls of Wisdom owner Jennifer McKay to open a sister store in Devon. **Main Line Purls** offers yarn and knitting supplies, as well as crafting classes and popular Thursday Stitch Nights. Join them for Knitting or Crochet 101, Granny Squares Class (August 9), Pressed Flower Hat Class (September 13) and more. *18 Berkley Rd. #11, Devon. MainLinePurls.com*



Savvy Startups. Check out these two startups from tech-savvy locals. Started by a Philly-area mom, **Poppins** is a digital health app offering 24/7 access to licensed pediatric clinicians via text, on-demand parent coaching and an integrated platform combining behavioral and medical care. And Media native Robbie Verna created **Let's Rallie**, an app that provides interactive features to local events, allowing attendees to access schedules, interactive maps, notifications, raffles, scavenger hunts and more. *HeyPoppins.com/PA. LetsRallie.com*

Rebranding News. Growing from humble origins as a small volunteer orchestra in 1940, the Kennett Symphony is now the **Brandywine Valley Symphony**. Chester County's only professional symphony orchestra will continue creating unforgettable musical experiences locally, regionally and soon on one of the world's most prestigious stages: Carnegie Hall. Plus, the Scott Arboretum is now the **Scott Arboretum & Gardens**, reflecting its 15 distinct gardens across Swarthmore College's 425-acre campus. *BVSymphony.org. ScottArboretum.org*



Happy Dog Day. Own a rescue dog? Give them a big treat on August 1, aka **DOGust 1st**, the universal birthday for shelter dogs, which often don't have a recorded birthday. According to the ASPCA, 4.2 million shelter pets were adopted last year, including around 2 million dogs, so there's plenty to celebrate. August 1 also kicks off National Dog Month, so party with your pooch all month long! *AnimalHumaneSociety.org*





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best Local Events

August Picks

by Marci Tomassone

7th Annual Phoenixville VegFest

August 2



Phoenixville VegFest is a vegan food and street festival with live music and vendors that benefits Peace Advocacy Network (PAN), promoting a peaceful existence through veganism, social justice and respect for the Earth's inhabitants and

resources. *Reeves Park, 148 3rd Ave., Phoenixville. Noon to 5 p.m. Rain date, Aug. 6. PhoenixvilleVegFest.com.*

Taste Kennett Food Tours

August 3–November 9, Sundays



Savor, stroll, smile! Embark on a culinary adventure through historic downtown Kennett Square. The guided food tour includes an afternoon of visiting five of Kennett Square's unique restaurants, one wine tasting, as well as a market and local ice cream shop. *Tours begin at the Market at Liberty*

Place, 148 W. State St., Kennett Square. 1 p.m. \$65. TasteKennett.com.

2nd Annual Tour-de-Trike in West Chester

August 8

The "Tour-de-Trike" is a reimagined version of the "Trike Challenge" that was a part of the Critterium bike race previously held in downtown West Chester. Teams compete in a round-robin tournament for a chance to win the coveted trophy. *Gay St., between Church & Darlington Sts. 3:30 p.m. to 6 p.m. Rain date August 9. GreaterWestChester.com/TrikeRace.*



96th Annual Old Fiddler's Picnic

August 9

Enjoy the stage show or stroll through Fiddler's Cove to listen as musicians play tunes using a variety of instruments performing bluegrass, old-time and gospel. Children are encouraged to learn



by observing and talking to the musicians. Vendors include crafts, foods and novelties. Grab lunch from one of the great food trucks. *Hibernia County Park, 1 Park Rd., Coatesville. 10 a.m. to 4 p.m. Gates open at 8:30 a.m. Free. ChesCo.org.*

Uptown! Knauer Performing Arts Center Pop-Up Beer Garden

August 9



Come out for an open-air celebration of community, live music, food and fun. These pre-show gatherings are perfect for all ages. Enjoy lawn games, grab a bite from local food trucks and kick back to the sound of live music before heading inside for a night of entertainment. Whether

you're coming for the show or just the vibes, there's something for everyone at Uptown's Beer Garden. Next Pop-Ups: Sept. 19 & Oct. 3. *226 N. High St., West Chester. 5 p.m. Free. UptownWestChester.org.*

Brandywine in White

August 16

Dress in white, bring your best picnic, wine and decor to be part of this elegant pop-up BYO dinner party at a gorgeous setting (revealed 48 hours before the event). This year marks the 10th anniversary of a night of beauty, purpose and surprise.



Proceeds go to a local cause. *5:30 to 10 p.m. For tickets, BrownPaperTickets.com/Event/6674957 or visit Facebook.com/BrandywineInWhite.*

FAMILY FUN

THROUGH SEPTEMBER 22
Sundays

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

AUGUST 1 & 8
PlayIn Time Music Circle at Stoneleigh: A Natural Garden. Bring your shakers, sticks or other percussive instruments to this interactive musical program geared toward children up to age 5 and their parents or caregivers. 1829 County Line Rd., Villanova. 10:15 am. \$25. NatLands.org.



AUGUST 1 & 2
“Shrek: The Musical” at Uptown! Knauer Performing Arts Center. Your favorite characters leap off the screen and onto the stage in this fairy tale adventure based on the animation film and featuring all new songs. Uptown! Knauer Performing Arts Center, 226 N. High St., West Chester. Fri–Sat, 1 pm; Fri, 7 pm. \$20–\$25. Uptown-WestChester.org.



AUGUST 3
Colonial Farm & Craft Day at Historic Waynesborough. Volunteers from Colonial Pennsylvania Farmstead, Chester

County Beekeeper Association and Springton Manor Farm demonstrate crafts and farming techniques from the 18th century. Try quill writing, ice cream making and beekeeping as you enjoy toys and games. Tours of the mansion included. 2049 Waynesborough Rd., Paoli. 10 am to 5 pm. \$5–10. PhilaLandmarks.org.



AUGUST 5
National Night Out Against Crime/ Touch A Truck Day. Join the West Chester and West Goshen Police Departments for special events including fun vehicles, food trucks, moon bounces, rides and more. Henderson High School, 400 Montgomery Ave., West Chester. 6 to 9 pm. Free. West-Chester.com.

AUGUST 6 & 13
Storytime at Oakbourne Park. Bring a blanket and listen to stories, sing songs, have fun with the animals and enjoy nature and summer. All ages welcome. Children must be accompanied by an adult. Oakbourne Park, 1014 S. Concord Rd., West Chester. 10:30. Free. WesttownPA.org.

AUGUST 8
“Fables & Fairytales” at Media Theatre. Come see Camp Media Theatre students perform their concert. 104 E. State St., Media. 5 pm. \$5. MediaTheatre.org.

AUGUST 11
Eagleview Town Center Movie Night. Bring blankets and snacks to join the magic of movie night in Eagleview Town Center. See “Mamma Mia.” [Eagleview Town Center](http://EagleviewTownCenter.com),



565 Wellington Sq., Exton. 7 to 9 pm. Free. EagleviewTownCenter.com.

AUGUST 8-10
Pirates and Wenches Weekend in Rock Hall, MD. Bring your boat and anchor out on the Chesapeake Bay. There’s plenty of live entertainment and pirate performers, costume contests, treasure hunts, kids activities, pirate ghost tours, rum tastings, the Buccaneer’s Ball and more on Main Street. Rock Hall, MD. Visit RockHallPirates.com.

AUGUST 15
Movie in the Park in West Chester. Gather the clan, grab a blanket and snacks then come out to Hoopes Park for a family movie. 700 Hoopes Park Ln., West Chester. Movie beings at dusk. West-Chester.com.

AUGUST 17
World Helicopter Day at American Helicopter Museum. The museum is offering helicopter rides to commemorate the international celebration of the engineering and essential missions of helicopters. 1220 American Blvd., West Chester. Noon to 5; rides from 12:30 to 3:30 pm. \$100 per person. HelicopterMuseum.org.



AUGUST 23
Unity In Our Community Block Party. Join the fun! The day is filled with food and refreshments, kids and teens activities, arts and crafts, entertainment, a dunk tank, inflatable hoop zone and more. Rain date Aug. 24. Highland Ave., Wayne. Noon to 4. Free. RadnorRecreation.com.



ART, CRAFTS & ANTQUES

AUGUST 15

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

AUGUST 29-31

47th Annual Long’s Park Art Festival. An outdoor gallery filled with 200+ juried artisans offering clothing, jewelry, pottery, hand-crafted furniture, functional art and more. Enjoy local culinary treats as well as wine and craft beer. 1441 Harrisburg Pk., Lancaster. Fri–Sat, 10 to 6; Sun, 10 to 5. \$15. LongsPark.org.



SEPTEMBER 6 & 7

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

BOOKS.....

AUGUST 5-27

Reads & Company. At the Colonial Theatre: Aug. 5, “Accomplice To the Villain,” by Hannah Nicole Maehrer; Aug. 7, “Full Bloom” by Francesca Serritella and “The Unraveling of Julia” by Lisa Scottoline. The Big Reads Book Group: Aug. 6, “The Poppy Fields” by Nikki Erlick. International Voices Book Group: Aug. 13, “The Island of Missing Trees” by Elif Shafak. Kiss and Tell Romance Book Group: Aug. 20, “All Fired Up” by M.K. England. Then and Now Book Group: Aug. 26, “Stoner” by John Williams. The What’s the Tea? Book Club: Aug. 27, “Sunburn” by Chloe Michelle Howarth. 234 Bridge St., Phoenixville. 7 pm. ReadsAndCompany.com.

AUGUST 6-21

Wellington Square Bookshop. Classics Book Club: Aug. 6, “Everything That Rises Must Converge” by Flannery O’Connor, 2 pm. Fiction Book Group: Aug. 20 & 21, “The Editor” by Steven Rowley, Wed, 2 pm; Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

AUGUST 19, 23

Main Point Books. Fiction Book Group: Aug. 19, “You Are Here” by David Nicholls, 1 pm. Book Launch: Aug. 23, “Street Cats & Where To Find Them” by Jeff Bogle at the Philly Book Crawl after party, 6 to 9 pm. 116 N. Wayne Ave., Wayne. MainPointBooks.com.

CAR SHOWS.....

SEPTEMBER 5

11th Annual Car Show in Oxford. One of downtown Oxford’s biggest events, with the capacity for over 200 cars, trucks and bikes on

the streets. 13 S. 3rd St., Oxford. 3 to 8 pm. OxfordMainstreet.com.

SEPTEMBER 5-7

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EQUESTRIAN EVENTS
THROUGH SEPTEMBER 28
Fridays–Sundays

Brandywine Polo. Spectators picnic and tailgate at the grounds. Fri Polo—gates open at 4:30; match at 5:30. Sat Night Starlight Polo (2x monthly), 6 pm, check schedule online. Sun, gates open at 12:30; match at 3. 232 Polo Rd., Toughkenamon. Call for weather updates and field assignments, 833-272-7656. BrandywinePolo.com.

AUGUST 30–SEPTEMBER 1
82nd Annual Ludwig’s Corner Horse Show & Country Fair. A Chester County tradition featuring lots of activities, including pony rides, Mounted Parade of Hounds, pet parade, live music, country fair midway and, of course, the Horse Show, beginning at 8 am daily. Ludwig’s Corner Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. Midway is open 11 to 4. \$10/carload. LudwigsHorseShow.com.



FOOD & BREWS
THROUGH SEPTEMBER 18
Thursdays

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

AUGUST 1
80th Annual Rotary Club of Annapolis Crab Feast. Worth a drive for this all-you-can eat feast, featuring bushels of crabs, corn, hot dogs and beef barbecue, gallons of crab soup and beverages. Navy Marine Corps Stadium, 550 Taylor Ave., Annapolis, MD. 5 to 8 pm. \$40–\$105. AnnapolisRotary.org

AUGUST 9
Rails & Ales on the West Chester Railroad. Climb aboard and ride in style down to Glen Mills Station while you enjoy live music, drinks, outdoor games and fun by the water, a full-service mobile bar and food station and after party at Kildare’s. Board at 230 E. Market St., West Chester. 3 to 7 pm. \$50–\$80. DowntownWestChester.com.

AUGUST 20
SIW Field to Fork Dinner. An unforgettable dining experience celebrating locally grown food and community. Featured Chef, Jezabel Careaga of Jezabel’s. Hill Girt Farm, 4311 S. Creek Rd., Chadds Ford. 6 pm. \$127. SIWVegetables.com/Field-To-Fork.

AUGUST 21
Summer Pop-up Biergarten at Historic Sugartown. BYO chairs and picnic blankets to enjoy live music, beverages from Locust Lane Craft Brewery, Manatawny Still Works and Chaddsford Winery plus delicious foods from food trucks onsite. 260 Spring Valley Rd., Malvern. 5 to 8. \$10. HistoricSugartown.org.

AUGUST 21
Wine Through Winterthur: Sip Among the Blooms. Enjoy a walking wine and cheese tasting through the gardens at Winterthur. Stroll at your own pace, discovering seasonally-inspired wines and artisanal cheeses and listen to live music. 5105 Kennett Pk., Winterthur. 11 to 5. \$55 includes tastings, Winterthur stemless wineglass and general admission. Winterthur.org.



AUGUST 21, SEPTEMBER 25
Sip & Stroll at Brandywine Zoo. Go a little wild at the family-friendly event. You’ll sip, stroll and learn while enjoying beer and touring the zoo after hours. Fun animal encounters and activities for all ages. Limited number of tickets. Beer sold separately. Brandywine Park, 1001 N. Park Dr., Wilmington. 5 to 7. BrandywineZoo.org.

AUGUST 23
Annual Delaware Burger Battle. Delaware’s top chefs offer their best burgers. Benefits Food Bank of Delaware and Delaware Res-

Local Farm Markets



Artisan Exchange, 208 Carter Dr. West Chester. Sat, 10 to 1. ArtisanExchange.net.
Berwyn Farmers Market, 511 Old Lancaster Rd. Sun, 9 to 1. BerwynFarmersMarket.com.
Downingtown Farmers Market, Kerr Park, Log House Field, 28 E. Pennsylvania Ave. Sat, 9 to 1. GrowingRootsPartners.com.
Eagleview Farmers Mkt., Eagleview Town Ctr., 570 Wellington Sq., Exton. Thurs, 3 to 6. GrowingRootsPartners.com.
Farmer Jawn Farm Store, 1225 E. Street Rd., West Chester. Tues & Wed, 10 to 6; Thurs–Fri, 10 to 7; Sat–Sun, 9 to 5. FarmerJawn.co.
Kennett Square Farmers Mkt., 600 S. Broad St. Fri, 3 to 6. KSQFarmersMarket.com.
Lancaster County Farmers Mkt., 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. LancasterCountyFarmersMarket.com.

Malvern Farmers Market, Burke Park, 26 S. Warren Ave. Sat, 9 to 1. GrowingRootsPartners.com.

Media Farmers Market, Edgemont St. between Front & State Sts. Sun, 10 to 1. FarmToCityMarkets.com.

New Garden Growers Market, 8934 Gap Newport Pk., Landenberg. Sat, 9 to noon. On Facebook.

New Roots by Ramsey’s Farm, 4336 S. Creek Rd., Chadds Ford. Daily, 9 to 6. NewRootsByRamseys.com.

Oxford Village Market, 193 Limestone Rd. Thurs, 8 to 6; Fri, 8 to 7; Sat, 8 to 5. OxfordFarmMarketPA.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 9 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.

Thornton Farmers Mkt., 330 Glen Mills Rd. Sat, 10 to 1. On Facebook.

Upper Merion Farmers Mkt., Nor-View Farm, 670 N. Henderson Rd., King of Prussia. Sat, 10 to 2. UMTownship.org.

West Chester Growers Mkt., Chestnut & Church Sts. Sat, 9 to 1. WestChesterGrowersMarket.com.

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

For more visit the Chester County Farm Guide online, ChesCoPlanning.org/Agriculture/FarmGuide.cfm

taurant Foundation. Rockford Tower, Rockford Park, 2000 Lookout Dr., Wilmington. Noon to 3:30. For tickets, visit DEBurgerBattle.com.



AUGUST 23
Lancaster Craft Beerfest. Join the fun with two sessions filled with delicious brews, live music and good vibes in the City of Lancaster. Binns Park, 120 N. Queen St., Lancaster. Noon to 3 and 4 to 7. \$55.20. DecadesLancaster.com.

AUGUST 31
Brothers on the Brandywine Back to School Bash. Parents, this one is for you. Celebrate the end of summer and kids going back to school with a bounce house, food trucks, face painting, ice cream and more. 2100 Strasburg Rd., Coatesville. 3 pm. BrothersKershner.com.



SEPTEMBER 6
Historic Odessa Brewfest. Come for a lively celebration of craft beer from more than 50 breweries, live music, local gourmet food and more. Held on the scenic grounds and gardens of the 256-year-old Wilson-Warner House, 202 Main St., Odessa, DE. 12 to 5:30 with VIP entry at noon, general admission entry at 1. \$60–\$75. OdessaBrewfest.com.



GARDENS
THROUGH SEPTEMBER 28
Festival of Fountains at Longwood. Stroll through the gardens with brilliantly blooming annuals and perennials. 1001 Longwood Rd., Kennett Square. Thurs–Sat, 9:15 pm. \$20–\$35. 610-388-1000; LongwoodGardens.org.

AUGUST 9
Home and Garden Tour at Stoneleigh: A

Natural Garden. Enjoy dazzling displays of native plants, stately trees and historical landscapes. The spectacular Tudor Revival Main House—which is usually only open for special events—is also included in the tour. 1829 County Line Rd., Villanova. 10:30 am. \$15. NatLands.org.



MUSEUMS
THROUGH SEPTEMBER 28
Brandywine Museum of Art. *Through Sept. 7*, “This Earthen Door: Nature as Muse and Material.” *Through Sept. 28*, “Andrew Wyeth at Kuerner Farm: The Eye of the Earth.” 1 Hoffman’s Mill Rd., Chadds Ford. Wed–Mon, 9:30 to 4:30. \$8–\$20. Brandywine.org.

THROUGH SEPTEMBER 7
Delaware Art Museum. *Through July 27*,

**MARSHALL STEAM MUSEUM**
AT AUBURN HEIGHTS

STEAMIN’ DAYS

First Sundays
June to November
12:30 to 4:30 pm

TRAIN & ANTIQUE AUTO RIDES
MUSEUM DISPLAYS & ACTIVITIES
LIVE DEMONSTRATIONS
FUN FOR ALL AGES

3000 Creek Road, Hockessin, Delaware
302-239-2385 | AuburnHeights.org

“Inked Impressions: Etchings in the Age of Whistler.” *Through 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, Thurs, 4–8, free. 302-571-9590; DelArt.org.

AUGUST 2–30
Saturdays
Open House Days at Pottsgrove Manor. Living history and unique items from the collection are highlighted throughout the month with each weekend offering something different. 100 W. King St., Pottstown. 11 to 3. \$2 donation. MontgomeryCountyPA.gov.



MUSIC & ENTERTAINMENT
THROUGH AUGUST 10
Delaware County Summer Festival. This

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

AUGUST 1
Downtown West Chester Summer Concert Series. Dave Wilson Power Trio at CC Courthouse, 21 W. Market St. Acrobat Alley at the Jack Loew Plaza, 44 W. Gay St. 5:30 pm. Free. DowntownWestChester.com.

JULY 31–AUGUST 10
Musikfest 2025. A huge music festival, coming alive with the sound of all genres of music. Tickets are required for national headliners such



as: Riley Green, The Black Crowes, Chicago, Third Eye Blind, Nelly... the list goes on. Enjoy great food, vendors at the Marketplace, art activities and more. Check the website for free concerts. Visit Musikfest.org for lineup and tickets.

AUGUST 1
Twilight Music Series in Media. Little Red Rooster, West Coast Jump Blues. Community Center, Monroe St. between 3rd & 4th Sts., Media. 6 to 8 pm. MediaArtsCouncil.org.

AUGUST 1, 15
Concerts and Dancing in the Courtyard—Brandywine River Museum. *Aug. 1*, Jump City 8. *Aug. 15*, Wicked Sycamore. 1 Hoffman’s Mill Rd., Chadds Ford. 6 pm. \$25–\$40. Brandywine.org.

AUGUST 1–23
Kennett Flash. *Aug. 1*, A Journey Through Strings and Stories: Hiroya Tsukamoto; *Aug. 2*, Angry Young Band: Billy Joel Tribute; *Aug. 9*, Winslow: An Evening of the Eagles; *Aug. 16*, Yesterday’s Gone: A Tribute to Fleetwood Mac; *Aug. 23*, Rust: Neil Young Tribute. 102 Sycamore Alley, Kennett Square. Visit website for more. Times and tickets, KennettFlash.org.

AUGUST 1–30
Upper Merion Concerts Under the Stars.

Come Out to the Fair

It’s festival time in County Lines country.



Through August 2
75th Annual Goshen Country Fair. An old-fashioned fair with agricultural exhibits, amusement rides, a dog show and goat show and delicious food. *Fair Grounds, 1320 Park Ave., West Chester. Gates open 6 pm, Mon to Fri; Sat at 5. GoshenCountryFair.org.*

August 8 & 9
57th Annual Goschenhoppin Folk Festival. The festival showcases the daily life of the Pennsylvania Germans in the 18th and 19th centuries. *Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri, noon to 8; Sat, 10 to 6. \$4–\$15. Goschenhoppin.org.*

August 16
Middletown Peach Festival. Kids activities, exhibits, a peach pie contest, crafts, music, food, games and plenty of peaches. Festivities begin at 8:45 am. *MiddletownPeachFestival.com.*

August 24–31
The August Quarterly Festival Celebration. The nation’s oldest African American festival celebrating freedom of religion and speech. *Tubman-Garrett Riverfront Park at the Riverfront, Rosa Park Dr. & Market St., Wilmington. 1 to 7 pm. AugustQuarterly.org.*

September 6
17th Annual Caln Community Day. Fun for all featuring a roaming magician, inflatables, bingo, face painting, an art show and fireworks. *Caln Municipal Park, 200 Municipal Dr., Thorndale. 3 to 8 pm. Free. CalnTownship.org.*

September 6 & 7
Annual Mushroom Festival in Kennett Square. Enjoy tasty mushroom dishes, exhibits, demos, kids activities and craft vendors. 600 S. Broad St. lot. Sat, 10 to 6; Sun, 9 to 4. \$5, cash only. MushroomFestival.org.

Aug. 1, Low Cut Connie; *Aug. 2*, Nick Lowe & Los Straitjackets; *Aug. 8*, Paul Simon’s Graceland Experience ft. Bakithi Kumalo (free show); *Aug. 13*, Andy Frasco & The U.N.—Growing Pains Tour; *Aug. 17*, John Oates & The Good Road Band; *Aug. 30*, Splintered Sunlight: Grateful Dead Tribute (free show). Concerts through Sept. 14. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. 7 pm. Visit website for more and tickets. UMTownship.org.

AUGUST 1–SEPTEMBER 5
Bryn Mawr Twilight Concerts. *Aug. 1*, Folk Fest Preview Show (free show); *Aug. 8*, Darling-side; *Aug. 15*, Stephen Kellogg; *Aug. 23*, Susan Werner; *Aug. 30*, Vienna Teng; *Sept. 5*, Ron Sexsmith. The Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. For tickets, BrynMawrTwilightConcerts.com.



AUGUST 1–SEPTEMBER 6
The Colonial Theatre. *Aug. 1*, Britain’s Finest; *Aug. 24*, Jimmie Vaughan & The Tilt-A-Whirl Band; *Sept. 6*, Dann Pell—Songs to Ground and Uplift. 227 Bridge St., Phoenixville. Times and tickets, TheColonialTheatre.com.

AUGUST 3–17
Long’s Park Summer Music Series. *Aug. 3*, Eli Paperboy Reed; *Aug. 10*, Jamie McLean Band; *Aug. 17*, Harrisburg Jazz Collective. Long’s Park Amphitheater, Rt. 30 & Harrisburg Pk., Lancaster. 7:30 pm. LongsPark.org.

AUGUST 3–29
American Music Theatre. *Aug. 3*, Kenny Rogers Band featuring Don Gatlin; *Aug. 8*, Air Supply: 50th Anniversary Celebration; *Aug. 9*, A Carpenters Tribute; *Aug. 16*, The Doo Wop Project; *Aug. 17*, Trace Adkins; *Aug. 20*, The Band Perry; *Aug. 22*, Emmylou Harris; *Aug. 29*, Ricky Skaggs & Kentucky Thunder. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.

AUGUST 5–26
Tuesdays
Eagleview Town Center Summer Concerts. Bring a blanket, snack and chairs and enjoy the show. *Aug. 5*, Cracker; *Aug. 12*, The

Tisburys; *Aug. 19*, Organ Fairchild and Bronwyn Keith-Hynes; *Aug. 26*, Don McCloskey. 7 pm. Free. 565 Wellington Square, Exton. EagleviewTownCenter.com.

AUGUST 6
Summer Concert at Anson B. Nixon Park. Bring a chair, and enjoy the music and visit the beer and wine vendors. Bones Brigade performs. 405 N. Walnut St., Kennett Square. 6:30 pm. Free. AnsonBNixonPark.org.

AUGUST 7, 21
Music at Marshall. *Aug. 7*, Chico’s Vibe; *Aug. 21*, Butterfoot. Marshall Square Park, 200 E. Marshall St., West Chester. 5 to 8 pm. MarshallSquarePark.org.

AUGUST 9
2nd Annual Roots & Blues Festival in Kennett Square. Bring your lawn chairs, grab some friends and celebrate with great music by local artists. Enjoy delicious food and drink, an artisan corner and musician merchandise. Anson B Nixon Park, 405 N. Walnut St., Kennett Square. Gates open at 11 am. \$45. Anson-BNixonPark.org.



AUGUST 10, 24
Miller Park Summer Concert Series. *Aug. 10*, Big House Band; *Aug. 24*, Chico’s Vibe. Food trucks and 50/50 raffle at concerts. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6 pm. Free. WestWhiteland.org.

AUGUST 10, 24
West Goshen Summer Concert Series. *Aug. 10*, Wilson Lambert’s Blue Philly Magic; *Aug. 24*, Swing That Cat. Bring dry goods for West Chester Food Cupboard. West Goshen Community Park, N. Five Points & Fern Hill Rds., West Chester. 6:30. Free. WestGoshen.org.

AUGUST 13–SEPTEMBER 5
The Keswick Theatre. *Aug. 13*, Ozomatli; *Aug. 15*, The Million Dollar Experience: The Music of Elvis, Jerry Lee Lewis, Johnny Cash, Carl Perkins & Roy Orbison; *Aug. 16*, Yo Gabba Gabba! Live!; *Aug. 22*, Friends of the

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PRESENTED BY:

Brothers; *Aug. 24*, Silversun Pickups; *Aug. 29*, Blackberry Smoke; *Sept. 5*, The Farewell Tour: Al Stewart. 291 N. Keswick Ave., Glenside. KeswickTheatre.com.

AUGUST 14
East Bradford Summer Concert Series. MissBehavin' performs at East Bradford Park, 835 Kenmara Dr., West Chester. 7 pm. EastBradford.org.

AUGUST 14, 26
Summer Concerts at Charlestown Township Park. *Aug. 14*, Challenge Accepted Band; *Aug. 26*, a surprise special event happening. 100 Academic Way, Phoenixville. 7 to 9 pm. Charlestown.PA.us.

AUGUST 21
Kimberton Park Summer Concert Series. Bring a blanket or chairs to enjoy Fuze Box and Back Country Bites. Kimberton Park, 2214 Kimberton Rd., Phoenixville. 6:30 pm. Free. EastPikeland.org.

AUGUST 21
Concert in the Park in West Chester. Bring a blanket or chairs to John O. Green Park for music, food and activities for the whole family. 21. S. Matlack & E. Miner Sts., West Chester. 6:30 pm. West-Chester.com

SEPTEMBER 4
Summer in the Park Concert at Wilson Farm Park. Busted Band—Will's & Bill's will be providing beverages—Kona Ice will be providing sweet treats. Wilson Farm Park, 500 Lee Rd., Chesterbrook. 7 pm. Free. Tredyffrin.org.

OUTDOOR ACTIVITIES.....
AUGUST 28
8th Annual Run for Thorncroft Equestrian Center. Featuring a 5K Trail Run 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. 6 pm. \$30. Thorncroft.org/5K-Run.

THEATER.....
THROUGH AUGUST 3
"Little Shop of Horrors" at People's Light. Follow an unfortunate florist who unwittingly cultivates a singing botanical menace. 39 Conestoga Rd., Malvern. Times and tickets, PeoplesLight.org.

AUGUST 2 & 3
The Grand in Wilmington. "The Lightning Thief: The Percy Jackson Musical." Sat, Sun, 2:30; Sat, 7:30. 818 N. Market St., Wilmington. Tickets, TheGrandWilmington.org.

AUGUST 8-17
"Once" at Delaware Theatre. New Light Theatre presents the Tony-, Grammy- and Academy Award-winning musical that follows an Irish musician and a Czech immigrant over the course of one life changing week. 200 Water St., Wilmington. Times and tickets, DelawareTheatre.org.

AUGUST 16
The Savoy Company presents: Gilbert & Sullivan's "The Mikado" and Friends. Join The Savoy Company for a summer evening of music in the Circle Garden at Stoneleigh: A Natural Garden. Rain date, Aug. 17. 1829 County Line Rd., Villanova. 6 pm. \$17-\$52. NatLands.org.



SEPTEMBER 12-28
"Driving Miss Daisy" at Fulton Theatre. A warm-hearted study of the relationship between an aging white Southern lady and a proud, soft-spoken Black man. 12 N. Prince

St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

TOWNS, TALKS & TOURS
THROUGH AUGUST 21
Town Tours and Village Walks. *July 26*, Lafayette Day; *July 31*, Barnard Station, Pocopson Township; *Aug. 7*, Oxford Region Self-Guided Driving Tour; *Aug. 14*, Hopewell Furnace NHS; *Aug. 21*, Historic Yellow Springs. Tours begin at 5:30 p.m.; last tour at 7 p.m. ChesCoPlanning.org/Historic/TownTours.

THROUGH SEPTEMBER 9
Wednesdays
West Chester TAPS. Enjoy a borough-wide Happy Hour to unwind with friends every Wednesday, 4 to 7 pm. Participating locations offer select \$5 beers, \$6 wines and \$7 cocktails plus special-priced appetizers. DowntownWestChester.com for locations.

THROUGH SEPTEMBER 28
Open-Air Market in West Chester. Four blocks of Gay Street (from Matlack to Darlington Street) are closed to vehicles so everyone can enjoy al fresco dining and shopping at the Open-Air Market every weekend (Fri morning through Mon morning). DowntownWestChester.com.

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

THROUGH OCTOBER 6
Phoenixville Inside Out. Dine outside or enjoy a drink with friends, explore the boutiques and retail stores, or take in a show. Road closed on 100 and 200 blocks of Bridge St. from 4 pm Fri through 7 am Mon. Fri, 4 to 10; Sat-Sun, 7 am to 10 pm. PhoenixvilleFirst.org.

THROUGH OCTOBER 16
Third Thursdays on State Street in Kennett Square. Enjoy outdoor dining, extended shopping hours, live music, children's activities, pop-up vendors and more. State Street is closed from Broad to Center Sts. from 5 to 10 pm every third Thursday. KennettCollaborative.org. ♦

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

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

For more events visit:

CountyLinesMagazine.com

The Sports Legends of Delaware County Museum
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Dick Allen



Bobby Shantz



Roberto Clemente



Danny Murtaugh



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Radnor Hotel 565 Lancaster Pike at Triple Crown Restaurant Wayne, PA 19087
Master of Ceremonies: Dan Baker
Contact Jim Vankoski for more information:
(610) 909-4919
www.delcosportsmuseum.org

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DAMAGE CONTROL

PENNSYLVANIA IS HOME TO AN ASTONISHING 32 DEER PER SQUARE MILE

Kit Werner, Natural Lands

THE MOST DANGEROUS WILD animal in Pennsylvania causes hundreds of injuries or deaths every year. It's ruining crops, damaging timber harvests and changing the forest composition. Yet it's the official state animal: the white-tailed deer, and its population is 10 times what our region's forests can handle.

THE HISTORY

Before the European colonization of our area, white-tailed deer were in balance with their forest habitat, according to experts from Penn State. The land we now call Pennsylvania had an estimated eight to 10 deer per square mile.

For thousands of years, Native peoples kept deer populations in check through hunting. Large predators — such as mountain lions, bears and wolves — were an added control. All that changed with the arrival of settlers from across the Atlantic, who hunted deer almost to local extinction.

In the early 1900s, the newly formed PA Game Commission began stocking deer brought in from other states and lobbied state government to enact legal restrictions on hunting. The deer population rebounded quickly.

Today, Pennsylvania is home to an estimated 1.5 million white-tailed deer, according to the state Game Commission. That's about 32 deer for every square mile.

THE IMPACTS

"High deer populations in most of Pennsylvania have greatly altered forest understories," said Roger Latham, Ph.D., an ecologist and conservation biologist with Continental Conservation and a former member of Natural Lands' Board of Trustees. "To the casual observer, the woods still look green, but they're much altered.



In place of the diverse, multi-storied vegetation that was the norm, there are just a few species, either not preferred by deer or resilient to repeated browsing."

Deer populations impact more than just the forest and its flora and fauna. When our woodlands aren't in balance, they can't support the insects that make life possible. The loss of native plants and trees means cater-

pillars have no food to eat. Fewer caterpillars mean songbirds can't feed their young. And the ripples continue through the interconnected web we humans are part of.

Human health is more directly impacted largely through tick-borne illnesses and car crashes. In 2023 alone, 6,315 car crashes were caused by deer, according to PennDOT, resulting in 23 fatalities.



The bottom line is that humans have been manipulating the deer population — and by extension the ecosystem — for thousands of years.

Another concern, in a recent statewide study, nearly 40% of ticks tested positive for Lyme disease. As climate change brings milder winters that favor tick survival, Lyme disease is now a year-round threat.

"The bottom line is that humans have been manipulating the deer population — and by extension the ecosystem — for thousands of years," said Josh Saltmer, Natural Lands' wildlife management coordinator. "Ironically, to keep from losing our forests, we are now compelled to continue the manipulation."

SOME SOLUTIONS

Saltmer oversees Natural Lands' successful deer hunting program, which has operated for 30 years. Hunters must apply to participate in the program, complete regular training and proficiency testing, and comply with strict safety protocols. The program emphasizes the removal of does as the best way to reduce and maintain populations at our nature preserves.

"We don't rely on hunting alone to safeguard our forests," said Saltmer. "We use tree tubes to protect the tree seedlings we plant. We're always working to remove invasive plants and reestablish native species. We know we can't just sit back and let

nature 'take its course' because we altered that course generations ago."

THE NEED TO ACT

Natural Lands' Reineman Preserve in Carlisle, PA is an instructive example of why inaction is not an option. The original donor stipulated no hunting at the 3,200-acre property. With more than 100 deer per square mile, there's a total lack of understory vegetation. Canopy trees of oak, hickory and beech drop their seeds only to have them all consumed by deer, preventing germination. As these remaining trees die, more sunlight penetrates to the forest floor, where a carpet of invasive Japanese stiltgrass thrives, unpalatable to deer. The forest at Reineman is a jarring combination of tall trees and low, green grass, with nothing in between.

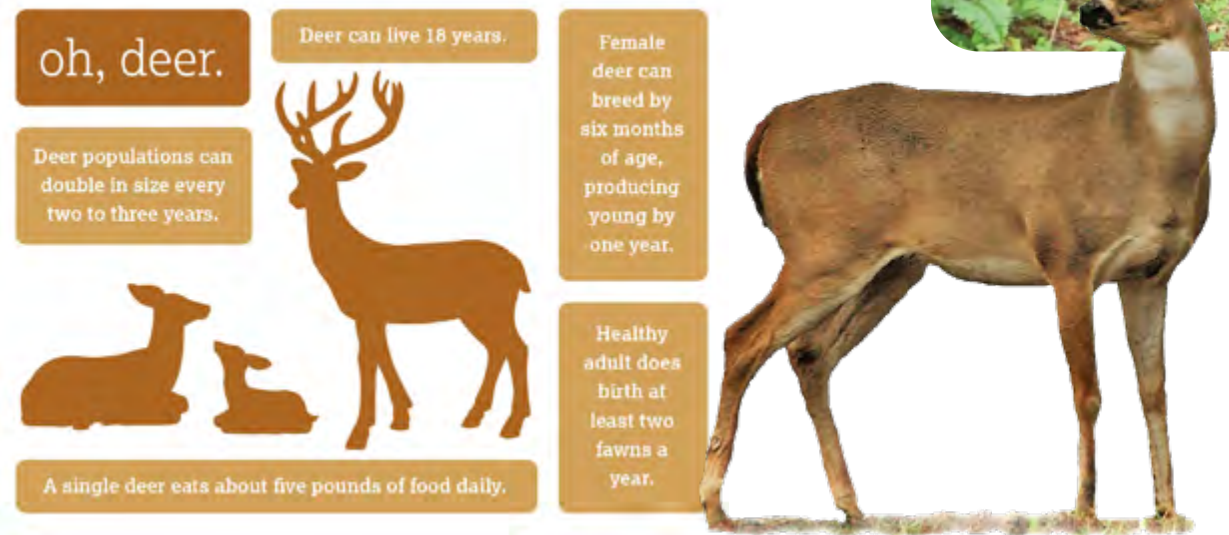
Biologists at nearby Dickinson College have confirmed the complete absence of tree seedlings and the bleak future for this forest if deer roam unchecked — it will gradually degrade into an impoverished savanna, unable to sustain life beyond invasive species. Even the deer causing this destruction will not be able to survive there.

So, when you visit your favorite preserve or state park this fall and read signs indi-

cating that controlled hunting occurs there, know that this activity is essential to forest health. It is, however ironically, a key to white-tailed deer survival as well. ♦

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

PHOTO CREDIT: TIM BURRIS



Mark Your Fall Calendar

Edited by Marci Tomassone

GET OUT YOUR CALENDAR AND MARK THESE dates for some special events. Be sure to check our monthly Best Local Events listings in the magazine, on our website and twice-monthly Events Newsletter for many more fabulous things to do in the coming months.

September

Aug. 30–Sept. 1, **Ludwig's Corner Horse Show & Country Fair.** A Chester County tradition over Labor Day. Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. LudwigsHorseShow.com

5–7, **Radnor Hunt Concours d'Elegance.** Nationally recognized motor car exhibition and other car events. Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org

6–7, **40th Annual Mushroom Festival.** The festival celebrates mushrooms, mushroom farms and Kennett Square — the Mushroom Capital of the World. State St. in Kennett Square Borough. MushroomFestival.org



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

20, **Paoli Battlefield Heritage Day.** The whole family will enjoy a visit with Benjamin Franklin, demonstrations and food trucks, craftspeople and vendors. Monument Ave., Malvern. PBPFInc.org

21, **44th Annual Chester County Restaurant Festival.** This major foodie event is full of entertainment, information booths, local artisans and tons of delicious food from around Chester County. Gay St., West Chester. West-Chester.com

18–21, **Plantation Field International Horse Trials & Fair.** Top riders compete in dressage, cross country and show jumping. 387 Green Valley Rd., Unionville. PlantationFieldHorseTrials.com



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

20, **Media Borough Porchfest 2025.** Enjoy performances from local bands and artists on porches, in yards and driveways throughout the Borough. VisitMediaPA.com

21, **33rd Annual Radnor Fall Festival.** Fun for the whole family with local vendors, live entertainment, kids fun, Top Dog contest and more. N. Wayne & West Aves., Wayne. RadnorFallFestival.com

23–28, **Dressage at Devon.** Top equestrians from around the world compete. The festival area features a variety of vendors. Devon Horse Show Grounds, 23 Dorset Rd., Devon. DressageAtDevon.org

27, **Oktoberfest in West Chester.** Participating locations have a select list of \$6 fall beers or ciders and fall-themed appetizers. Live music around town. DowntownWestChester.com

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

October

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

4, **84th Chester County Day Tour.** Begin the day at the Foxhunt, then tour the beautiful homes of Chester County, this year featuring the southwest quadrant. Benefits Chester County Hospital. ChesterCountyDay.com

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

4, **Willistown Conservation Trust Run-a-Muck Country-side Bash.** Celebrate Willistown's conserved lands. Enjoy food, beer, wine, a bonfire and live music. 925 Providence Rd., Newtown Square. WCTrust.org/Run-A-Muck

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

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

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

12, **23rd Annual Chili Cook-Off in West Chester.** Fiorenza's Food For Friends organizes the event featuring great chili samples, live music and a vendor village. Rain date, Oct. 19. W. Gay St., West Chester. WestChesterChiliCookOff.com

12, **Historic Yellow Springs Fall Festival.** Enjoy live music, a pumpkin race, a history haunted house, pumpkin painting, tours and more. 1685 Art School Rd., Chester Springs. YellowSprings.org

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

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16–18, **The Great Pumpkin Event.** Over 70 giant pumpkins are carved by local artists and lit. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. ChaddsFordHistory.org

16–19, **Maryland 5 Star at Fair Hill.** This equestrian event features dressage, cross country and show jumping. Fair Hill Special Event Zone, 4600 Telegraph Rd., Elkton, MD. Maryland5Star.us

18, **Natural Lands Fall Festival & Connect with NextGen.** Celebrate the season with local artisans, kids crafts, a scavenger hunt, live music, food and beer trucks. Stroud Preserve, 454 N. Creek Rd., West Chester. NatLands.org

18–31, **West Chester Public Library’s Halloween Door Tour.** Doors and porches are decorated for Halloween. Tourgoers receive a map and a list of scavenger items to find and vote for their favorite door/porch. WCPublicLibrary.org

November

1, **French & Pickering’s 43rd Annual Auction.** Live and online auction benefits the Conservation Trust. Stonewall, Bulltown Rd., Elverson. FrenchAndPickering.org

2, **90th Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Benefits Chester County Food Bank. Rt. 926 & Newark Rd., Unionville. PAHuntCup.org

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

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

7–9, **Delaware Antiques Show.** Featuring more than 60 fine dealers in American antiques and decorative arts. Benefits the Delaware Art Museum. Chase Center on the Riverfront, 815 Justison St., Wilmington. Winterthur.org

15–16, **Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best in Show. Broadcast from the Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Aired on Thanksgiving Day. NDS.NationalDogShow.com

19–January 4, **Peoples Light Presents “A Christmas Carol.”** A must-see for the whole family, full of humor, heart and holiday magic. 39 Conestoga Rd., Malvern. PeoplesLight.org

28–January 4, **Chester County Hospital Lights Up Holiday Weekends in West Chester.** Christmas parade, tree lighting, music and many special events throughout the borough. GreaterWestChester.com. ♦



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WHAT STYLE IS IT?

A SHORT GUIDE TO EARLY ARCHITECTURAL STYLES IN CHESTER COUNTY

Jane E. Dorchester



IN YOUR WALKS AND DRIVES around Chester County, has a house ever caught your eye and made you wonder ... what style it is and when was it built? The county is blessed with examples of a wide variety of architectural styles that capture attention as they define the character of the county as well as its individual townships and boroughs.

In anticipation of celebrating the 250th anniversary of our country, let's think back to earlier times and the homes of the col-

onists and the early U.S. citizens. In that spirit, here's a short introduction to the architectural styles that were popular from 1690 to 1865.

VERNACULAR OR FOLK ARCHITECTURAL STYLE (C. 1690 - C. 1850)

This type of architecture doesn't have a well-defined style, per se, but it's easily recognizable from its appearance. Many of the farmhouses from this era that dot the county fall into this category of architecture.

You can identify vernacular architecture by looking for the following distinctive features:

- **General symmetrical arrangement** of windows and doors (aka fenestration). The older the farmhouse, the less likely it will be symmetrical, though.
- **Width** of three to five bays (a bay is about 10 feet between studs). You can identify bays by how many openings (windows and doors) there are across the width of the first floor.
- **Height** of two to two-and-a-half stories.
- **Very plain exteriors**, with no exterior ornamentation.

- **No original porches.** Although originally built without porches, today, many have had porches added.
- **Constructed of stone or brick**, often clad in stucco. In addition, a few log farmhouses still exist, either as part of bigger houses or on their own, which can be clad in stucco or weatherboard.

As you can see in [Photo #1](#), the fenestration of this three-bay, two-and-a-half-story, stone farmhouse is not strictly symmetrical. But [Photo #2](#) shows an example of a typical symmetrical five-bay, two-and-a-half-story, stone farmhouse. Both farmhouses are very plain in appearance — their appeal comes from their pleasing proportions — and are typical of the kinds of farmhouses built throughout Chester County between 1750 and 1850.

GEORGIAN ARCHITECTURAL STYLE (C. 1700 - C. 1780)

The main difference between folk architecture and Georgian architecture is that Georgian has a look or feel of massiveness or monumentality. Chester County has few examples of what's known as "high style" Georgian architecture, meaning the building exhibits all or almost all the style characteristics. Instead, most Georgian houses in Chester County have a few of the style's characteristics.

You can identify Georgian architecture from the following distinctive features:

- **Symmetrical fenestration.** The design is aligned so each floor has the same number of openings, which are generally aligned with those on other floors.
- **Classical columns** or pilasters and pediments at the door hoods (canopy over the door) and front door.
- **Rectangular transoms** over the front door.
- **Width** of three to five bays.
- **Height** of two-and-a-half to three stories.
- **Constructed of brick or stone** and sometimes clad in stucco.

You can see in [Photos #3](#) and [#4](#) that these two five-bay, two-and-a-half-story,

stone houses exhibit the typical Georgian characteristics of symmetrical fenestration, rectangular transoms without sidelights, and square pilasters and pedimented door hoods.

Georgian farmhouses are unusual, but are easier to find than urban Georgian houses because the urban areas in Chester County were generally settled after 1780.

FEDERAL ARCHITECTURAL STYLE (C. 1780 - C. 1850)

It can be difficult to distinguish Federal style from Georgian-style buildings. This is especially true of conservative interpretations of the Federal style, since both have very similar characteristics. There's a reason for the difficulty distinguishing the styles.

Federal style of architecture grew out of the Georgian style and was initially simply a name change based on a reaction of citizens of the newly formed United States against anything British, especially anything associated with King George III. Consequently, conservative interpretations of the Federal style look very much like Georgian architecture. The only way to distinguish the building's style is by the year it was built. Houses built after around 1780 are Federal.

The distinguishing characteristics of the Federal style are:

- A look or feel of **massiveness or monumentality**, even if the house is not very big.
- **Symmetrical fenestration.**
- **Elliptical transoms** over the front door, which extend over any slender rectangular sidelights.
- **Width** of three to five bays.
- **Height** of two-and-a-half to three stories.
- **Constructed of brick or stone** and sometimes clad in stucco.

See the example in [Photo #5](#) of the two-and-a-half-story, stone farmhouse with five bays that exhibits a monumental effect with symmetrical fenestration and an elliptical transom over slender sidelights. Federal style farmhouses are more common than Georgian in Chester County.

In contrast, the three-bay, two-and-a-half-story brick house in [Photo #6](#) is a simpler





“ In Chester County, there are very few examples of the Greek Revival style in the countryside. Most examples are located in our urban centers.

version of the Federal style. It has an elliptical transom without sidelights and with symmetrical fenestration. This building is typical of Federal style buildings located in urban areas.

GREEK REVIVAL STYLE (C. 1820 – C. 1865)

The main difference between Greek Revival style and the other styles described here is that this style is based solely on Classical architecture — more specifically, Classical Greek architecture. Since the only examples left of that style were the ruins of Greek temples, early Greek Revival buildings tended to resemble Greek temples. Eventually, by the end of this style’s popularity, elements of Classical Roman architecture had crept into the style as well.

The distinctive characteristics of the Greek Revival style are:

- Look or feel of **massiveness or monumentality**, even if the house is not very big.
- **Symmetrical fenestration**.
- **Rectangular transoms** over the front door, extending over slender rectangular sidelights.
- **Full-length porch** with classical columns or a **central portico** with classical columns or pilasters.
- **Width** of three to five bays.
- **Height** of two-and-a-half to three stories.
- **Smaller third-floor windows**.
- **Constructed of brick or stone**, usually clad in stucco.

The three-story, stucco house in **Photo #7** has five bays and exhibits a monumental effect with symmetrical fenestration and massive columns supporting a portico with balcony. In contrast, the three-

bay, three-story brick houses in **Photo #8** are simpler versions of the Greek Revival style. They have elliptical transoms over slender sidelights as well as symmetrical fenestrations. In addition, the house on the right has a portico supported by slender columns, while the house on the left has a full-length porch supported by slender columns.

In Chester County, there are very few examples of the Greek Revival style in the countryside. Most examples are located in our urban centers. The examples pictured here are located in West Chester.

Even with this background, it can be difficult to distinguish some architectural styles, especially conservative interpretations of the Federal style from the Greek Revival. But don’t despair, we architectural historians have an out for that: If we can’t make the distinction, we just say that the house is an example of the Early Republic Era of American architecture!

Enjoy your tours of Chester County’s early architectural gems, now with a bit more knowledge. ♦

PHOTOS COURTESY: JANE E DORCHESTER [1, 2], JAMES B. GARRISON [3,4,5], NANCY SARCINELLO [6,7,8]

Jane E. Dorchester has been an architectural and local historian, historic preservationist, lecturer, researcher and writer since 1983. She’s researched the histories of many properties, conducted historic resource inventories and surveys, written historic impact studies, National Register nominations and more. She provides historic preservation consulting services based in East Goshen Township. Contact her at JEditorHSPU@gmail.com.



A New *Leash* on Life

DISCOVER THE JOY OF RESCUE PETS

Shannon Montgomery



CALL MYSELF AN “ACCIDENTAL cat mom.”

The summer before my junior year of college, right after I’d signed the lease on my first apartment, I got a call from my dad. He’d just rescued a four-week-old kitten that fell down an old, blocked chimney after chiseling out bricks until he could reach in and grab the little guy. Busy with work and allergic to cats, my dad brought the kitten to me to “take care of him” — get him checked out at the vet and pass him off to a loving home.

As soon as I held that tiny ball of soot-covered fur and gazed into his baby-blue eyes, I was in love. My new apartment would have a feline roommate.

Not everyone has the opportunity to rescue a pet quite so literally. If the “cat distribution system” (as dubbed by the internet) hasn’t found you yet, you’re in luck. Our area has several shelters and rescue centers full of pets ready to find their “fur-ever” homes.

To celebrate the universal birthday for shelter dogs, August 1st (aka DOGust 1st), we’re encouraging you to welcome a rescue pet into your home. Here’s what you need to know before adopting or fostering a pet.

WHY ADOPT?

So why choose to adopt your furry friend? First, it saves lives. “Every year, millions of pets enter shelters, and many face the threat of euthanasia simply because there aren’t enough adopters,” said Erin Johnston of the Brandywine Valley SPCA, a no-kill shelter with locations in West Chester, Delaware and beyond. “When you adopt, you give an animal a second chance at life. You also create space at the shelter for another pet looking for their second chance.”

In addition, adoption allows you to get to know your pet before bringing them home. Shelter staff spend a lot of time with the animals in their care, so they can help you choose the right pet for your family

and lifestyle. Most shelters and rescue organizations require a meet-and-greet before finalizing adoption, ensuring the pet and new owner are a good match.

Plus, many shelter pets are adults, which tend to be calmer than their younger counterparts. And there’s the big bonus of skipping the chaotic puppy or kitten stage. While little critters are adorable, they require a lot more attention (and patience!). But don’t worry, our local shelters still have plenty of puppies and kittens if that’s your dream.

Finally, adopting a pet is typically less expensive than getting one from a breeder. Adoption fees vary but are typically around \$200 to \$500 for dogs and \$100 to \$150 for cats (more for puppies and kittens). Your adoption fee includes veterinary services like spaying or neutering, flea and tick treatments, vaccinations and micro-chipping. Plus, many pets have sponsored adoption fees, especially pets that are older,



2



3



1. Brandywine Valley SPCA
2. My cat, Jimmy
3. Main Line Animal Rescue



During your visit, our dedicated staff and volunteers will work with you to help match a pet to your family's interests, lifestyle and needs.

have been in the shelter for a long time or have special needs.

PREPARING TO ADOPT

When deciding whether to add a new furry friend to your family, there's plenty to consider. Remember, owning a pet is a major responsibility and a yearslong commitment.

"Choose a pet whose energy matches [your] lifestyle. Also, kids and other pets need to be a consideration," said Lisa Maggio of Main Line Animal Rescue, a no-kill shelter in Phoenixville and affiliate of the Pennsylvania SPCA.

Also keep in mind the financial responsibility — adoption fees, supplies, food and ongoing vet care — and pets' lifespan: "Dogs and cats often live 10 to 20 years; some birds and reptiles can live much longer," Maggio said.

Finally, consider your housing situation. "Dogs may need a yard, while cats need more quiet, vertical spots," said Maggio. If you rent, find out if your lease agreement has any size or breed restrictions.

It's also important to choose a reputable shelter or rescue organization. Do your research here — talk to your veterinarian, family and friends, and check online reviews. Find out about what veterinary care the organization provides and what kind of support they offer after adoption.

"When choosing an organization to adopt from, you should find one in your community that aligns with your values," Johnston said. "For example, Brandywine Valley SPCA shelters practice open adoption policies and don't breed label [categorizing dogs by breed, which can lead to

misconceptions] in an effort to break down barriers to adoption. We also have programs for senior adopters and military veterans, and many of our pets are sponsored by loving supporters of our organization."

ADOPTING A PET

Ready to adopt? Each organization has its own adoption process, but here are some things to expect.

First, check the shelter or rescue's website to see all the animals available for adoption there. If one captures your heart, make a plan to meet them. Many shelters take walk-ins, while other rescue organizations may require an appointment. Bring the whole family to meet your potential new pet. If you're adopting a dog, many organizations recommend or require a visit with any dogs already living in your home to see how they get along.

You'll also need to fill out an adoption application, whether online or in person, and speak with an adoption representative. "During your visit, our dedicated staff and volunteers will work with you to help match a pet to your family's interests, lifestyle and needs," said Maggio.

If you've had pets before, you'll likely need to provide vaccination records and potentially a reference from a veterinarian. Some organizations ask for personal references, and some require a fenced-in yard for dogs.

If you're approved, congratulations! It's time to take your new furry friend home. If you're adopting a dog, bring a collar and leash with you. If you're adopting a cat, bring a carrier. Also make sure your home

is prepared for your new family member. You'll need food, toys, a cozy bed, a crate for dogs, a litter box and scratcher for cats.

While a good shelter or rescue organization will provide veterinary care before adopting out a pet, it's important to follow up with your own veterinarian, ideally within the first week. Finally, be patient with your new pet — it may take days or even weeks for them to adjust to their new home.

CONSIDER FOSTERING

Before finding their forever home, many rescue pets need a place to stay and get special care. Maybe they're recovering from illness or injury, are pregnant or nursing, too young to be adopted, or just need a little extra socialization before they're ready for that next step. That's where foster families come in — volunteers who welcome pets into their homes until they can be adopted.

"There are many good reasons for people to consider fostering animals," said Lauren Smith of All 4 Paws Rescue, a foster-based rescue in Malvern. Unlike a traditional shelter, all their rescue pets are housed in foster homes before adoption. "First, we're in the middle of a crisis with the huge number of homeless animals. Shelters and rescues are constantly getting calls to save dogs and cats that have been abandoned or are being surrendered. The number of homeless animals far exceeds the foster homes available for them. When homeless animals go to foster homes instead of shelters, they're much happier, relaxed and prepared for adoption. In sum, fostering saves lives."

Fostering is a great option for people who love animals but aren't ready or able to commit to the lifelong care of a pet. It's also less of a financial commitment than adoption — most organizations pay for foster pets' veterinary care, and some even pay for food and other expenses, too. And, if you fall in love with a foster pet, you may have the option to adopt them yourself — what folks in the biz call a "foster fail."

"Before fostering, people should be aware of the process of the shelter or rescue for fostering and adopting the animals," Smith said. "People should be sure they're willing to make a commitment to that animal — health, safety, etc. — until the animal is adopted. Animals that have been rescued need consistency and stability. Fostering is rewarding, but it's a commitment."

A FINAL NOTE

As we covered in our August 2024 issue, lots of folks in our area are choosing nontraditional pets. Even if you choose a not-so-common pet, you can still adopt.

While most rescue organizations focus on cats and dogs, some care for farm animals and other unusual critters. Glenmoore Farm Animal Rescue in West Grove, for instance, has rescued horses, donkeys, pigs, chickens and even a peacock!

Welcoming a rescue pet into your home is a life-changing and incredibly rewarding decision. Not only are you giving an animal a second chance at love and safety, but you're gaining a loyal companion that will bring you joy, purpose and connection.

Adopt Me!

Meet Arianna! She's a 1-year-old lady with a gorgeous, silky coat. Arianna has been coming out of her shell more and more with each day and doesn't mind being handled or petted. Staff and volunteers look forward to watching her grow in confidence and find her *purr-fect* match! Meet her at the Brandywine Valley SPCA's West Chester campus.

Note: Arianna is available for adoption at press time. There are plenty more loveable cats and dogs in need of a home!



Whether you're ready to make a lifelong commitment or simply have room in your heart and home to help for a while, adopting and fostering are meaningful ways to make a lasting difference.

After all, what's life without wagging tails, wet noses and cozy cuddles from a furry friend? ♦



4

4. All 4 Paws Rescue

CUTEST PET Contest

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

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



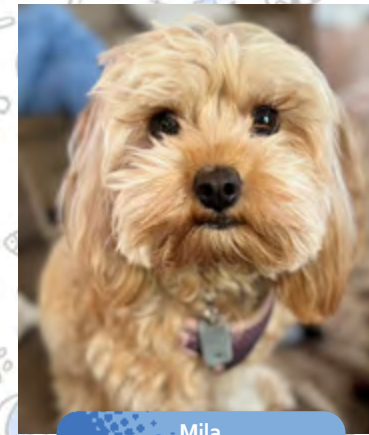
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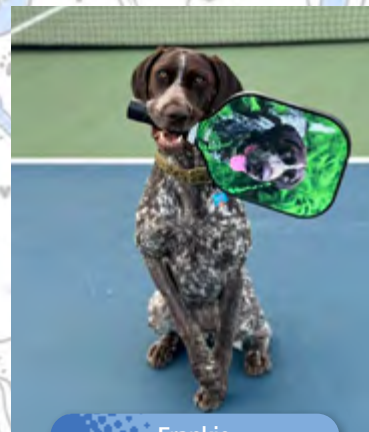
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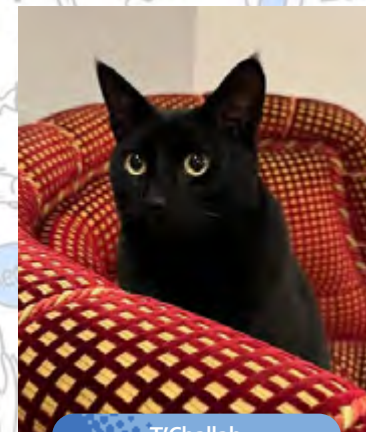
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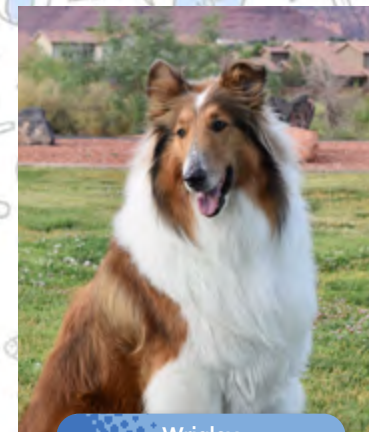
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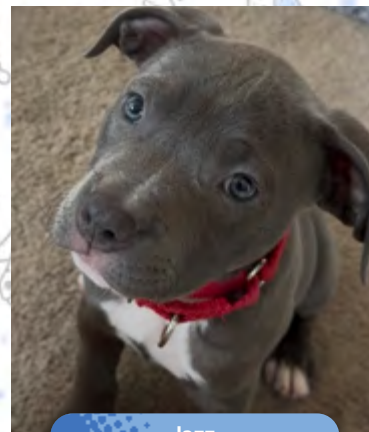
Theodore



Wrigley



Hazel



Jazz



Luca



Ziggy & Pinot



Frankie

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



PHOTO CREDIT: VISIT DELCO

Weekend in Media

RELAX IN THIS DELCO BOROUGH

Cara Corridoni

JUST 13 MILES WEST OF Philadelphia and east of West Chester, the Borough of Media is easily reachable by car or train — it's conveniently located off the Media/Wawa line. And better yet, it's delightfully walkable once you get situated.

Bustling State Street is full of tempting restaurants, quaint shops and easy diversions. A short drive out of town in either direction will land you among the wildflowers, alongside the cooling waters of Crum Creek or on a blanket as live bands play.

A very short history: The Borough of Media began as a tiny hamlet tucked between hundreds of acres of farmland. In 1850, four farms were purchased and combined to form Delaware County's new

capital. In no time, the borough would embrace its role as county host, welcoming well-to-do Philadelphians to its newly constructed hotels.

But like many area towns, Media saw businesses and pedestrians disappear from its streets around the middle of the 20th century, only to see them return 50 years later. Today, Everybody's Hometown is buzzing with activity and hidden gems.

Any way you go, it makes for a charming weekend escape. Here's a sample itinerary.

FRIDAY 2 P.M. CHECK IN

If you're looking for a unique Media experience that combines not only the borough's history but its love of good food, look no further than the Gifford-Risley House

on North Monroe Street Built in 1877, this Gothic Revival Victorian was bought and restored by owners Monika and Z Rehoric in 2015. Five years later, they opened it to the public as a charming bed-and-breakfast.

Choose your room based on architectural preference — the romantic trimmings of Victorian design, the understated elegance of Arts and Crafts or the lavish opulence of Renaissance Revival are all available. In the morning, take your home-cooked breakfast to the glass-encased solarium for a one-of-a-kind dining experience.

5 P.M. GET TO KNOW THE NATIVES

Once you're settled, it's time to get to know your surroundings. If you are lucky

to time it right, head over to Monroe Street for the Media Arts Council's Twilight Music Series. This free outdoor concert happens only once a month during the summer (Aug. 1 or Sept. 13), but it's well worth a visit if it works out.

If you're less lucky, no worries. Mingle with the locals at Off the Rail's popular Happy Hour. Order an icy brew and an app while you cheer on the Phils. Or if the weather is nice, enjoy them on the rooftop patio while you take in the State Street action below.

7 P.M. GET TO KNOW STATE STREET

State Street, which runs parallel to Baltimore Pike, is Media's main street. Bookmarked on one end by the famed Media Theatre and Veterans Square, and the unique Chateausque-style Provident National Bank on the other, State Street is full of quirky shops, signature restaurants and popular coffee houses.

Pop into Three Potato Four for a selection of nostalgic gifts or browse the latest titles at the dreamy Bookish Notions. Have an audiophile in your family? Then The Greatest Hits, around the corner on Jackson Street, is a must.

When you've worked up an appetite, settle down at any of the downtown's two dozen restaurants. Enjoy fresh oysters under dramatic arched windows at Spasso Italian Grill. Follow with the homemade pasta. Or keep it classic with a perfectly seared



1



2



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1. Gifford-Risley House
2. Off the Rail
3. Three Potato Four
4. Stephen's on State



4



5



6

PHOTO CREDIT: TIANNA GODSEY

“Three-and-a-half miles of hiking trails carve through the 55-acre property. So pick your pleasure — meadows, woodlands or the banks of Crum Creek. All hikes are rated easy to moderate.

steak and a crisp martini at **Stephen's on State**, also serving up live music every Friday and Saturday night. Not up for a production? **Brick & Brew's** hand-tossed fig and feta pizza and a relaxing Zencha cocktail are perfect when all you want is to chill.

SATURDAY 9 A.M. EASE INTO THE MORNING

The **Garden Cafe** on Jackson Street is tucked under a green awning with the word “garden” printed in white. It's easy to miss, but worth the backtrack if you do. Try the French quiche or breakfast wrap for a meal that will keep you sustained all morning. Craving something sweet? The made-to-order Belgium waffles are also delish.

When you're ready, take your oat milk latte or freshly brewed La Colombe dark roast and head over to **Plum Street Park**. This new pedestrian-first park has been in

the works for months now. Once complete, it will feature native flowers, cafe tables and a water feature.

If construction is not complete yet, head south on Olive Street to the newly renovated **Philip Green Park** and plan the rest of your morning while taking in views of the stream below from the new overlook plaza.

NOON. TAKE A HIKE

While the population density has ticked up over the centuries, Media hasn't entirely relinquished its agricultural past. Hildacy Preserve on Palmer's Mill Road was formerly farmland. Tyler Arboretum on Painter's Road is what remains of original European settler Thomas Minshall's estate. But before we explore the area's natural bounty, head to **Bittersweet Kitchen** on Orange Street and order a couple of the classic chicken salad sandwiches to go.

Once an operating farm, the fields of **Hildacy Preserve** have been converted to meadows and planted with native grasses. Three-and-a-half miles of hiking trails carve through the 55-acre property. So pick your pleasure — meadows, woodlands or the banks of Crum Creek. All hikes are rated easy to moderate.

Tyler Arboretum is another popular destination for nature enthusiasts. Head over now to see the Franklinia, hydrangeas and meadow wildflowers in full bloom. Wait until September if you want to savor the early conversion of summer's yellows and purples to fall's golds and reds.

5 P.M. CHEER THE WEEKEND

With your steps in for the day, head back to State Street and into the air-conditioned comfort and moody sophistication of **La Catrina** for Mexican cuisine. Take advan-

tage of the Happy Hour menu to tuck into a couple of pork tacos or order a plate of the house nachos for the table. Don't skip on the pitcher of margaritas.

It's the weekend, and you've earned it!

7:30 P.M. LIVE MUSIC AT ROSE TREE PARK

Located just north of State Street, the scenic and robust (the park is a generous 122 acres) **Rose Tree Park** is always worth a visit. But in the summer, that allure grows with near-nightly concerts. Started at the outdoor amphitheater in 1975, the annual music series hits the 50-year mark this summer. Concerts take place nightly, Wednesday through Sunday, through August 10. Shows are free. Just note, it's a different kind of BYOB — bring your own blanket (or chair).

9 P.M. DINE LIKE A KING

Among the traditional Chinese menu staples, like shrimp chow mein and sweet and sour chicken, sits a dish fit for a king. A popular staple of the imperial courts of the Ming Dynasty, the Royal Peking Duck is renowned for its crispy skin and tender, juicy meat. Served with home-made pancakes and all the authentic trimmings, it also happens to be a specialty of the **Peking Media Restaurant** on West State Street.

SUNDAY 11 A.M. END WITH AN EPIC BRUNCH

You came. You shopped. You dined like a Chinese king, now it's time to sit back and relive it all over one more epic meal.

The brunch at **Azie** on West State Street is the stuff of legends — a blended Asian-American all-you-can-eat buffet topped off with a complimentary mimosa for just \$28 a person. Start with the crab and cream cheese spring rolls before sampling the freshly made French toast, or perhaps you'd prefer a made-to-order omelet or a New York strip steak? Pad Thai? Sushi? No matter. It's all here.

Just one more thing to regale your friends with when they inquire about your weekend in Everybody's Hometown. ♦

For more, check VisitMediaPA.com.

Want to know more about Media? We've got trivia and a puzzle at CountyLinesMagazine.com.



7

5. Garden Cafe
6. Hildacy Preserve
7. La Catrina
8. Rose Tree Park
9. Azie

8



9

Two ACL Tears. Two Epic Comebacks. One Trusted Team.

Aaliyah plays basketball for West Chester University and lives for the game. But after tearing both ACLs—one in high school and the other during her freshman year—she needed more than just determination to recover. She needed a top-notch surgeon.

She found one at Tower Health Medical Group - Orthopaedics. From surgery through rehab, the team had her back—supportive, skilled, and always upfront with her. With their help, Aaliyah powered through recovery and is returning to the court stronger than ever.

She's not done yet—but thanks to Tower Health, she's ready for her next big play.

Tower Health Medical Group - Orthopaedics.
Getting patients back in the game.

To schedule an appointment, in the Phoenixville or Limerick offices, call **610-525-1000** or visit **TowerHealth.org/OrthoCare**



Tower Health Medical Group

ORTHOPAEDICS

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KIDS HEALTH UPDATE – What Local Experts Say



Kids and Heat Avoiding heat stroke, heat exhaustion and the irritation of sunburn

Pia B. Fenimore, MD
Lancaster Pediatrics

AS WE ENDURE THE HOT SUMMER MONTHS — especially as children begin practicing school sports and participating in marching band — it's important to take steps to avoid heat exhaustion and heat stroke.

Heat stroke is defined as a core body temperature higher than 104°–105°, combined with central nervous system symptoms such as confusion, fainting or severe headache. **Heat exhaustion** is the precursor to heat stroke and includes symptoms such as profuse sweating, nausea, vomiting, headache, weakness, dizziness, increased thirst and decreased urine output.

It's important to note that children — especially infants and athletes — are more susceptible to heat illness than adults. And August is by far the most common month for heat-related illness, with two-thirds of all emergency department visits for this condition occurring then. Add to that the rising incidence of heat stroke in the United States, with about 125,000 emergency visits reported in 2023.

SOME THINGS TO KNOW

The **heat index** is a measure of both temperature and humidity and classifies environments into various danger zones. Find the heat index on the National Weather Service website, [Weather.gov/Safety/Heat-Tools](https://www.weather.gov/Safety/Heat-Tools).

Hydration is critical during heat exposure. Here are some guidelines for sports: children 9 to 12 should drink 4 to 8 ounces every 20 minutes, and adolescents should drink 40 to 50 ounces per hour. Alternating between water and electrolyte drinks, such as Gatorade, is a good strategy to maintain electrolyte balance without adding too much sugar.

Acclimatizing to heat is possible over a few days to weeks. This means children and teens can gradually increase the intensity or duration of their activities in the heat. Older children can usually acclimatize in four to five days, but younger children may take longer, 10 to 14 days.

Prescription medications require extra caution, for example if a child takes medication for attention deficit disorder or uses creatinine supplements.

Continued on page 58

Pia B. Fenimore, MD, is a general pediatrician at Lancaster Pediatrics and the vice chair of pediatrics at Penn Medicine Lancaster General Hospital. She has contributed to numerous publications, presentations, committees and community health projects in pediatrics and is a proud mother of two boys. She received her medical degree from Sidney Kimmel Medical College at Thomas Jefferson University and has been in practice for more than 20 years. [PennMed.org](https://www.pennmed.org).





Summer Means Ticks

The season is getting longer and worse, especially for Lyme disease in our area.

Ericka Hayes MD
Children's Hospital of Philadelphia

WARM WEATHER BRINGS THE PLEASURES of increased outdoor activities. But it also brings the pain of increased infections transmitted by ticks and mosquitoes.

Ticks and mosquitoes, unfortunately, are quite good at spreading diseases that can cause serious illnesses. In spring and summer, ticks are emerging from larvae into their tiny nymph form, which makes it easy for you to pick up ticks without noticing.

Here's what to know to help prevent an unwanted infection.

COMMON LOCAL INFECTIONS

There are many infections transmitted by ticks and mosquitoes, many of which have distinct geographic distributions, including some seen primarily outside the U.S. But with global warming and the ongoing spread of ticks, mosquitoes and their host animals, we continue to see evolution in the distribution of these infections — including more in our area. It's also important to recognize the risk of travelers carrying these infections from outside our area.

As you may be aware, Lyme disease is the most common tick-related infection we see in our area as well as in the entire U.S., though it's limited to certain regions. In 2023 (the most recent data available) there were about 90,000 cases of Lyme nationwide. For Pennsylvania, there were 16,671 reported cases,

second only to New York for total cases. New Jersey had 7,224 cases.

Other less commonly seen tick-transmitted infections include anaplasmosis, babesiosis, ehrlichiosis and Powassan. Other parts of the U.S. see Rocky Mountain spotted fever, tularemia, as well as significantly more ehrlichiosis than our region. Rocky Mountain spotted fever, anaplasmosis and ehrlichiosis can all cause life-threatening infections.

Overall, mosquito-related infections are less common than tick infections in the U.S. For mosquitoes, the most common infection we see in all regions is West Nile virus infection. This fortunately tends to be mild in children but can be severe in immunocompromised persons and the elderly. Other less common mosquito-transmitted infections found locally include eastern equine and Jamestown Canyons viruses, which can cause severe neurologic complications.

Continued on page 59

Ericka Hayes, MD, is senior medical director of Infection Prevention at Children's Hospital of Philadelphia (CHOP) and a professor of clinical pediatrics at the University of Pennsylvania Perelman School of Medicine. She's a graduate of Washington University School of Medicine and has more than 25 years of experience in pediatric infectious diseases, include at the pediatric HIV program at St. Louis Children's Hospital. CHOP.edu.



A Parent's Guide to Tongue-Tie

Laura Eisel, PA-C, MMS
Nemours Children's Health

TONGUE-TIE IS A CONDITION THAT CAN AFFECT movement of the tongue. It occurs when the lingual frenulum — the thin band of tissue that connects the underside of the tongue to the floor of the mouth — is too short, too tight or connected to the tip of the tongue. This can limit the tongue's movement, potentially causing problems for both babies and older children.

As a parent, it's helpful to be aware of the signs, as well as diagnosis and treatment options associated with tongue-tie.

OVERVIEW

Tongue-tie is a congenital condition, meaning it's present at birth. The lingual frenulum is a normal structure but, in some cases, it can be abnormally short or thick, or it may connect to the very tip of the tongue. This may limit the tongue's ability to move freely.

This condition can affect feeding, speech and other oral functions. The severity of tongue-tie can vary widely, from mild cases that typically don't require treatment, to more severe cases that can significantly impact a child's quality of life.

PROBLEMS

In newborns, tongue-tie can cause difficulties with breastfeeding. The restricted tongue movement can make it hard for the baby to latch onto the breast properly or feed effectively. This

may cause prolonged feedings, poor milk transfer, nipple pain for the mother and inadequate weight gain for the baby. In some instances, infants may also have trouble bottle-feeding, as they can't form a proper seal around the bottle's nipple.

In older children, tongue-tie can affect speech. It doesn't cause a delay in babbling or speech development but may affect articulation and clarity of speech. The tongue's limited movement can make it difficult to pronounce certain sounds, such as "l," "t," "d" or "n."

Also, tongue-tie can cause issues with oral hygiene, as the tongue may not be able to effectively clean the teeth and mouth, leading to cavities despite good brushing habits.

DIAGNOSIS

Diagnosing tongue-tie involves a physical examination by a healthcare provider. For newborns, this is often done following

Continued on page 60

Laura Eisel, PA-C, MMS, has been a Physician Associate in Pediatric Otolaryngology at Nemours Children's Health for nine years. She completed her undergraduate education at Penn State University and received her master's degree from Arcadia University. She's certified by the NCCPA and is a member of the Society of PAs in ENT. For more, visit Nemours.org.



Transitions:

NEW STORIES, FRESH INK, SKILLED SENIOR-CARE

Carol Metzker

AS HE AGED, BEN REMOVED the burden of decisions and care from his adult children and moved into a nonprofit senior community's apartment. He selected a community with options for continually changing needs. Hiking trails, library, woodshop with tools that rivaled his own collection and people for interesting conversations all kept him active and happy.

After Ben recovered from an illness, his daughter noticed small differences. He showed tiny lapses in memory. The dryer's lint screen was fuzzy, no longer routinely cleaned. She worried whether the stove would get turned off. Already part of the community, Ben moved quickly and easily into a personal care room, which provided assistance, including culinary team-cooked meals.

Over time he needed a wheelchair and transitioned to a skilled nursing floor. He still had some independence — heading to the sink when he wanted to brush his teeth. He zoomed around the campus to attend activities and see friends.

At the same time, people looked out for Ben. Because he had resided in the same community for years, staff members knew and loved him. The same medical team could identify what was a permanent change or temporary quirk. Transitions from independent living to personal care to skilled care were easier on Ben and his family because they weren't big, sweeping changes made in emergency situations.

SAFETY: GUIDING THE DECISION TO MOVE

Sometimes a sudden traumatic event — respiratory or heart challenge, debilitating fall, surgery or sudden illness — necessitates a move to skilled senior-care. For other people, a continual progression that leads to



increased dependency or calls for services from a registered nurse signals that a loved one needs skilled care.

That's the view of Michelle Loucks, executive director of Ware Presbyterian Village. Some self-aware seniors at Ware recognize that they can't remain at home or return home from the hospital or rehab.

HELPING WITH GRIEF

When social workers meet individuals and families facing a move to skilled care, they often encounter and help people who feel confused or a bit down during that transition. Whether families are acting on a senior's previous written instructions or making decisions for a senior who cannot communicate their wishes — and even when seniors themselves know that aging in place is no longer possible — they may grapple with grief.

A senior may have lost a spouse or pet, or are separated from a spouse who needs a different level of care. They are dealing with losing their independence, the inability to keep up with a home or have full mind or body capacity for activities of daily living.

These seniors in transition are moving, meeting new people and eating at a table with strangers instead of someone they ate with for perhaps 50 years. The social workers on staff talk with the individual about grief and validate their decisions — a vital part of managing a transition.

Family members, too, experience grief and receive help. Seeing a parent walking and talking yesterday, then experiencing a trauma that changes circumstances overnight cause sadness and frustration.

In short, it takes a village. Many communities do things like hold meetings with a team — nursing, dietary, therapy and



other staff members — to create care plans. Those plans are shared to give seniors and family members an overall picture. Additional one-on-one sessions allow tears, hard conversations and vented emotions to help make sure they feel someone's there for them and will become another family."

MAKING THE MOVE

Riddle Village's move coordinator assists with resources and is present on moving day to direct movers. By partnering with LivNow — a relocation company that connects new residents with fully vetted movers, packers and organizers — seniors and their families experience moves that are smoother.

Whether your roots are at a longtime home-stead or another area of a Life Plan Community (formerly referred to as a CCRC — Continuing Care Retirement Community), a transition is complex, according to Michele Berardi, senior director of communications and PR at Kendal-Crosslands Communities. People on their waiting list receive invitations for a Move Expo to learn about vendors. Others have already chosen Kendal-Crosslands life plan options, so moving from independent or personal care living to skilled care doesn't require learning a new campus or floor plan.

ROOMS WITH DIFFERENT VIEWS

Different communities offer different options, philosophies and habitats for skilled care.

At Barclay Friends, skilled care areas are organized in spaces referred to as neighborhoods. Each neighborhood has a nurses' station, living room, cozy dining room and outdoor garden patio. Bedrooms have private bathrooms.

Depending on residents' needs, many skilled care rooms may look like hospital rooms or a homey mini-apartment — shared or private — with a recliner and family photos.



“ We make sure they feel like we're there for them and that we will become another family.

1. Kendal-Crosslands Communities
2. Skilled care at Riddle Village
3. Skilled care at Kendal-Crosslands Communities
4. Ware Presbyterian Village nursing station



Crosslands' skilled care spaces were designed to look like homes, rather than like nursing homes of the past. With the household model, each resident has a separate room that's part of a larger yet intimate household. Each household has a big kitchen with space for all to gather for breakfast and a dining room by the kitchen. Staff members cook breakfast there or make cookies that fill the area with wonderful aromas.

Currently under construction, Kendal at Longwood is reimagining and rebuilding their skilled care health center. Wings will have smaller numbers of people and inclusive communal areas where people can eat together. Each room has a bird feeder outside the window for views of other types of wings.

Other amenities can make a new home in skilled care more comfortable or fun. At Luther Acres a rehabilitation gym is adjacent to skilled care rooms.

THRIVE AT EVERY STAGE

The right care plan and services can help with the transition. New activities can create new life stories.

Here are tips to make a transition to skilled care smoother:

- **Take a tour.** Families and prospective residents feel better when they meet

friendly faces and know what new surroundings will look like, says Marnie Keenan, admissions coordinator at Riddle Village.

- **Meet residents "where they are."** Make it possible for them to continue what they love. Bibliophiles enjoy two resident-run libraries — currently getting a redo — with 10,000 books and periodicals at Kendal at Longwood. If walking isn't possible, friends take them by wheelchair. For tired eyes, every Wednesday a former professor reads to any group that's gathered.
- **Familiarity is important.** When moving to skilled care, take personal furniture and belongings so the new room looks homey, suggests Kendal-Crosslands' Berardi. Visits from familiar faces are reassuring during changes.
- **Enlist help.** Families can't do everything! Allow professionals to shoulder packing and moving so there's more time and energy to spend with loved ones. If depression or struggles continue with a transition, some communities provide behavioral health staff.
- **Sustain meaningful connections.** Many communities have chaplains on staff or on call 24/7. St. Martha Villa, a CCRC in Downingtown, offers senior

living in a Catholic faith-centered environment. White Horse Village offers pastoral care, and other centers also offer many choices for religious, spiritual and emotional support.

- **Turn up the music.** Discover the power of music. The Big Bopper, a musical entertainer who sings Frank Sinatra songs at Kendal at Longwood, is a star. Sometimes he inspires folks to dance — good for the body and soul.
- **Get educated.** Seniors are reminded that the process of change has different timing, stages and emotions for each individual. Transitions can't be rushed but need to be taken step-by-step. Their new community will walk alongside them and celebrate their milestones.

THE SENIOR AT THE CENTER

Through a concept called person-centered living, life in skilled care can still be as independent as possible, as well as joyous and fulfilling. Person-centered living takes into account each person's unique needs, values and capabilities and involves them in as much of their decision-making and activities as they wish and are able. Dignity is at the heart of care and support.

Loucks said that at Ware, a resident in skilled care can retain their preferred schedule for showering or visiting medical professionals. Many activities are accessible, often brought to the community rather than off-site. A recent event brought the farm to Ware. Local alpacas, a dining team member's goats and a nurse's lamb delighted folks throughout the village.

Loucks also recounted the story of what's possible when listening to community members' desires. When a resident receiving skilled care wanted a new tattoo, staff went to work. They ensured there was a ramp at the tattoo parlor, lined up transportation and set all in motion. Mission accomplished.

There's always an opening for fresh ink! There are more stories to live. And there's always more to love about life. ♦

Christine and David, life well-lived together



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Guide to 55+ and Retirement Communities & Services

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

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

PENNSYLVANIA

King of Prussia

Canvas Valley Forge

844-400-6435; CanvasValleyForge.com

see our ad on page 12

Experience active adult living at Canvas Valley Forge, where vibrant community and lifestyle meet. Enjoy beautifully

designed apartments, curated amenities and endless opportunities to explore your passions. From fitness classes to social events and new hobbies, Canvas offers everything you need to live life to the fullest in a community designed just for you.

West Chester

Harrison Hill Apartments

610-430-6900; HarrisonHillApts.com

see our ad on page 51

"Harrison Hill is more than a community; it is a neighborhood!" 55+ independent residents enjoy Monday Mingle, holiday festivities, barbecues and more! A festive, family-oriented, welcoming environment features five stories that offer 114 apartments homes comprised of one bedrooms and one bedrooms with a den, all with walk-in showers & washer/dryers.

Hershey's Mill

484-502-1175; HersheysMill55Plus.com

see our ad on page 15

Hershey's Mill, a gated 55+ community, is situated around an 18-hole championship

private golf club featuring casual and formal dining. The community also offers Tiger Turf-coated tennis courts, pickleball, 8 bocce courts, winter paddleball, shuffleboard and horseshoes, as well as walking trails, 24/7 coverage and protected interior paved roads for biking. Visit during their Community Open House on Oct. 12th from 1 to 4 p.m. Home sites from \$300K to \$800K.

INDEPENDENT LIVING COMMUNITIES, WITH CONTINUING CARE & LIFE CARE COMMUNITIES

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

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

PENNSYLVANIA

Cornwall

Cornwall Manor

717-273-2647; CornwallManor.org

see our ad on page 52

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

Downingtown

Brandywine Walk

610-773-2057

NVHomes.com/BrandywineWalk

see our ad on page 18

Brandywine Walk 55+ by NVHomes offers the only new single-family 55+ homes with a sought-after Downingtown address. This is your chance to spend your best years in a brand-new home, tucked away in a beautiful Chester County setting, just off of Rt. 322 and close to everything you need. Choose from four all-new luxury floor-plans, all with owner's suite, kitchen and great room on the first floor. Visit NVHomes.com to learn more about this one-of-a-kind community.



Canvas Valley Forge

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org

Exton & Glen Mills

IntegraCare

Exton Senior Living

610-594-0200

IntegraCare.com/Exton-Senior-Living

Glen Mills Senior Living

610-358-4900

IntegraCare.com/Glen-Mills-Senior-Living

see our ad on page 67

Kennett Square

Friends Home in Kennett

610-444-2577; FHKennett.org

see our ad on page 57

With their no-commitment “Give it a Try” stay, residents can experience life at Friends Home enjoying support, community and comfort, before making the decision to sell their home or move furniture. Options for seniors include supportive independent living, personal care services and skilled nursing care for more intense care. Come to their Open House, Nov. 20, 4:30 to 7:30. They are a member of Leading Age & Friends Services Alliance.

Kendal-Crosslands Communities

844-907-1800; Kendal-Crosslands.org

see our ad on page 54

Located adjacent to Longwood Gardens on a 500+-acre accredited arboretum campus, the community provides two life plan communities and two 50+ neighborhoods with customizable cottages and apartments. Amenities include indoor and outdoor pools, art studios, gardens, hiking trails,

dog park, tennis and pickleball courts, therapy, fitness, multiple dining venues, libraries and putting greens, all with highly rated healthcare. Member of Leading Age, FSA and accredited by CARF-CCAC.

Lancaster

Homestead Village

717-397-4831; DiscoverFarmstead.org

Media

Riddle Village

610-891-3700; RiddleVillage.org

Multiple Locations

Acts Retirement-Life Communities

888-521-3651

AboutActs.com/CountyLinesMag

see our ad on page 47

For more than 50 years, Acts Retirement-Life Communities has provided residents gracious living options and a maintenance-free, amenity-filled lifestyle that allows them to celebrate the good life without all the worries. Best of all, Acts Life Care lets residents pay for future care in today's dollars should their needs change.

Morningside House

610-594-0455; MHSeniorLiving.com

see our ad on page 57

Discover exceptional senior living with Morningside Senior Living. Their locally rooted communities in Exton, Collegeville, Towamencin and Blue Bell offer supportive personal care, memory care and short-term stays. Each location features apartment-style residences, compassionate teams and engaging wellness programs—including on-site therapy services—designed to help



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Dream Tree by Mary Kate McKinley, OLLI member/instructor

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Luthercare

Lititz; St. John's Herr Estate, Columbia
Spang Crest, Lebanon
717-626-8376; Luthercare.org

Newtown Square

Dunwoody Village

610-359-4400; Dunwoody.org
see our ad on page 56

Located in a suburban setting on 83 picturesque acres, Dunwoody Village is a five-star rated CCRC with a host of amenities. Dunwoody offers residents independent living, personal care, skilled nursing and

memory support, as well as rehabilitation and home care to both residents and the outside community. Plan for tomorrow by getting on the waiting list today.

White Horse Village

610-558-5000; WhiteHorseVillage.org
see our ad on page 51

White Horse Village is an active senior living community nestled on 109 scenic acres, offering spacious residences, exceptional dining and a full continuum of care. First-class amenities include a tavern, dining venues, wellness center, indoor pool/spa, bocce, art studio, woodshop, hiking trails, community garden and more. Extensive programming offers a diverse range of activities catering to various interests.

West Brandywine

Freedom Village at Brandywine

484-288-2601; FVBrandywine.com

see our ad on page 25

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



Kendal-Crosslands Communities



Delaware Hospice



Harmony at Hockessin



Dunwoody Village



Harrison Hill Apartments



Cornwall Manor

Plan Today for a Peaceful Tomorrow



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Are you thinking about the next chapter of your life? Whether you are ready to move soon or simply planning ahead, now is the perfect time to explore a lifestyle that offers comfort, connection, and peace of mind. At Kendal-Crosslands Communities, we understand that moving is a big decision. That's why we are here to help you plan thoughtfully and transition smoothly.

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info.kendal-crosslands.org/countylinemarch
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West Chester

Barclay Friends

610-696-5211; BEKendal.org

see our ad on page 27

Located in a quiet neighborhood, Barclay Friends offers a welcoming environment where older adults engage in meaningful connections and lifelong interests. Residents take part in everything from creative arts and gardening to mindfulness and community gatherings. The campus features thoughtfully designed spaces that invite conversation, reflection and personal growth. A continuum of health and wellness services is available to support each person's needs over time.

The Hickman

484-760-6300; TheHickman.org

see our ad on page 48

Located in the heart of West Chester, this award-winning senior living community offers personalized care, engaging activities and specialized memory care in a welcoming environment. Enjoy a fulfilling lifestyle with amenities designed to enhance your wellbeing. Come to The Hickman, where every day feels like home. When you're here, you're home.

Wyomissing

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

see our ad on page 48

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see our ad on page 52

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Sports equipment, such as pads and other gear that increase heat retention, also put young athletes at an increased risk of heat illness.

HEAT ILLNESS IS PREVENTABLE

Parents and coaches should take steps to ensure children are safe from the heat:

- Get to know the heat index and restrict activities on days labeled Danger.
- Take frequent hydration breaks, according the kids' ages and needs.
- Do frequent player substitutions during games to allow for rest.
- Have shaded rest areas.
- Change practice times to earlier or later in the day, with cooler temperatures and less humidity.
- Allow for a complete rest and cool-down after activity.
- Don't allow children to play if they're ill, including gastrointestinal symptoms such as diarrhea.

Prompt recognition of heat exhaustion is critical to avoid it becoming heat stroke. If a child is showing signs of heat illness, stop exercising, move the child to a cooler environment immediately and give the child chilled, salt-containing liquids (such as Gatorade). If symptoms aren't responding, seek advanced care.

SPECIAL HANDLING FOR BABIES

Because babies don't have the ability to cool their body well and have a higher surface area, they are more susceptible to heat illness and progress faster to heat stroke than older children. Complicating matters, babies may not always show obvious signs of heat exhaustion and instead show subtle symptoms such as fussiness, decreased feeding, fewer wet diapers or lethargy.

When the heat index is about 75°, take these steps to prevent serious heat-related complications in infants:

- Avoid sun exposure and stay indoors during peak heat.



- Dress them appropriately for the heat (loose, light-weight, light-colored clothing).
- Breastfeed or bottle-feed babies more frequently (don't give water without consulting a pediatrician).
- Cool them down with damp cloths and fans (but not blowing directly on them).
- Never leave a baby in a parked car, even with the windows open.

SUNBURN

Sunburns are another summer concern. In addition to the immediate discomfort, repeated sunburns can put your child at increased risk for skin cancer. Although one sunburn doesn't cause skin cancer, repeated burns do. And since melanoma is the second most common form of cancer in young adults ages 15 to 20, take precautions.

Always apply sunscreen with at least SPF 30, and reapply every two hours and after swimming.

How does sunburn happen? Photo damage from the sun to the skin cells' DNA triggers an immune response, which creates the body's response to the burn. Symptoms can begin anywhere from 30 minutes to 24 hours after sun exposure, with redness peaking at 12 to 24 hours, and typically gone in 72 hours.

Other common sunburn symptoms include pain, swelling, blistering and increased sensitivity to heat. Blistering indicates the burn reached the deeper layers of skin. Note that certain medications, such as

antibiotics, can increase sun sensitivity and may result in more severe sunburns.

SUNBURN RELIEF

Generally, sunburns resolve naturally over three to four days, so treatment is aimed at controlling symptoms, particularly pain. Cool compresses can help alleviate the sting. Blisters should be allowed to rupture on their own, and once they do, the area should be gently cleaned with soap and water. Then watch for signs of infection.

Since sunburn is an inflammatory reaction, NSAIDs (ibuprofen) are helpful in relieving discomfort, though topical steroids (cortisone) don't appear to reduce pain or swelling. Aloe vera-based gels are effective for cooling the skin, but avoid products that contain lidocaine, which cause unwanted side effects. Calamine lotion, a soothing topical treatment made from a zinc mixture, is both safe and effective.

Home remedies for sunburn mostly aim at increasing the pH of the skin to promote better healing and reduce irritation. Baking soda, raw potatoes and oatmeal are natural options that may help soothe sunburned skin.

After a day or two, many sunburns will begin to peel, as the body sheds skin damaged by the burn. Moisturizing can slow, but not prevent, the peeling. Keeping the skin moisturized also helps reduce the itching.

Since sunburn can affect our ability to cool ourselves, it's important to keep children indoors and avoid further heat exposure until symptoms have resolved. Staying hydrated helps maintain adequate blood flow to the skin to promote healing.

As a pediatrician, I always want kids to go outside and be active, as studies show time outdoors helps prevent joint problems, obesity, diabetes, anxiety and depression. But the heat index and risk of heat illness mean adults need to think about preparing children for heat exposure before sending them outside. With just a few adjustments, plenty of hydration and a prevention mindset, it's still possible for kids to safely participate in outdoor activities — even during hottest summer months! ♦

Internationally, malaria and dengue are the two dominant mosquito-transmitted infections that can be life threatening. Zika, Oropouche and chikungunya are also potentially serious mosquito-borne infections, particularly for pregnant individuals and their infants.

SYMPTOMS OF BUG-RELATED ILLNESSES

The symptoms of both tick- and mosquito-related illnesses are nonspecific, making it difficult to diagnosis these infections at early stages. Fever is common, along with fatigue, body aches and headaches (particularly for Rocky Mountain spotted fever).

Lyme disease has a characteristic expanding red rash centered on the tick bite site, sometimes with central clearing that appears eight to 14 days after the bite. A rash is also seen in Rocky Mountain spotted fever (the "spotted" part of the name), starting on the extremities with lesions involving the palms and soles.

The incubation period (time from bite until a person gets sick) for most tick- and mosquito-related infections ranges between two days to four weeks, depending on the specific infection.

PREVENTION

The good news is that most tick and mosquito infections are preventable. For both ticks and mosquitoes, avoiding bites is the best way to avoid getting sick. Tools to do this include using insect repellent such as DEET (note higher concentrations are required to repel ticks compared with mosquitoes), avoiding being outside during peak biting times (dusk, dawn, nighttime), as well as using insect repellent devices if you must be outside.

For outdoor activities, wear closed-toe shoes, socks and tuck pants into socks to minimize ticks attaching to your body. Clothing can be sprayed with permethrin (another insecticide) or purchased already treated with permethrin. Walking in the center of trails to avoid tall grasses, bushes and wooded areas also helps avoid contact with ticks and insects.

At your home, keep your grass cut short. To decrease mosquitoes breeding near your home, dump out any standing water, and keep your gutters clear. After returning from outdoor activities, the first step is to check your clothing for ticks and then wash your clothing in hot water and fully dry it on high heat.

Ticks must be attached and feed on a person for a minimum of 12 to 24 hours to transmit most infections, so removing ticks promptly eliminates the risk of most tickborne infections. For your protection, shower within two hours of completing outdoor activities to rinse away unattached ticks. In addition, perform a thorough full-body check for attached ticks. Be sure to check areas where ticks often hide, including under arms, in and around ears, in the belly button, back of knees, in and around hair, between legs and at the waist.

Remember to check pets that go outside as well. Young nymph ticks are quite small (about 1 mm), so close inspection is needed.

See more information on tick prevention from the CDC at [CDC.gov/Ticks/Prevention](https://www.cdc.gov/ticks/prevention).

TICK REMOVAL

If you find an attached tick, it's important to remove it as soon as possible (remember the 12- to 24-hour attachment window for most infection transmissions). To remove an attached tick, grasp the tick as close to

the skin surface as possible with clean fine-tipped tweezers. Pull up at a 90° angle, perpendicular to the skin (see image) with steady pressure without twisting. Twisting or jerking can lead to the tick mouth parts breaking off in the skin. If this happens, remove them with tweezers if you can do so easily. If not, they will be pushed out as the skin heals.

Don't use petroleum jelly, heat, nail polish or other techniques to try to make the tick detach itself. This may agitate the tick and force infected fluid from the tick into the skin.

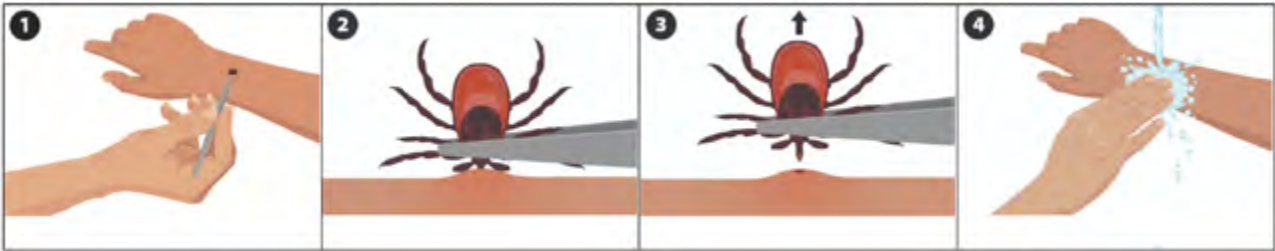
Dispose of the tick safely by flushing it or putting it in a sealed container. Don't crush or pop ticks as this is an infection risk. Finally, clean the skin at the bite site with soap and water or alcohol and wash your hands thoroughly.

TREATMENT

If you suspect you or your child may have a tick- or mosquito-related infection, reach out promptly to your primary care provider. Many tick illnesses, such as Lyme disease and Rocky Mountain spotted fever, are treatable with antibiotics.

For international travelers, malaria has specific treatment available. If you suspect you may have malaria, seek care immediately as this can be a life-threatening illness. Unfortunately, some tick- and most mosquito-borne viral infections don't have specific treatment aside from supportive care.

The wonderful warm weather of this season is for all to enjoy. Don't let ticks and mosquitoes ruin the fun. Taking proactive steps to avoid bites and doing regular tick checks will help you stay safe. ♦



How to properly remove a tick

PHOTO CREDIT: CDC/GOV

birth or during routine checkups. The provider will look at the underside of the baby's tongue and assess the range of motion.

In older children, a speech-language pathologist or an ear, nose and throat specialist (ENT) may be involved in the diagnosis. The specialists will evaluate the child's speech and oral function to determine if tongue-tie is the underlying cause of any issues.

TREATMENT OPTIONS

For mild cases of tongue-tie, nonsurgical treatments may be recommended. These can include breastfeeding support from a lactation consultant who can provide techniques and strategies to help the baby feed more effectively. For older children, speech therapy with a speech-language pathologist can help to improve speech and oral function through exercises and special techniques.

For more severe cases, surgical intervention may be necessary. The two main procedures are frenotomy and frenuloplasty. A **frenotomy** is a simple procedure that involves cutting the lingual frenulum to release the tongue. For newborns, this may be done in an outpatient office and takes only a few minutes to complete.

A **frenuloplasty** is a more complex procedure performed under general anesthesia. The lingual frenulum is cut and the wound edges are reapproximated using stitches underneath the tongue. Recovery typically takes several days.

If you think your child has tongue-tie, it's important to see a doctor for a diagnosis. The sooner the condition is diagnosed and treated, the better the chances of successful treatment and prevention of long-term complications. In newborns, look for signs of difficulty latching, poor milk transfer or inadequate weight gain. In older children, watch for signs of impaired speech articulation, difficulties pronouncing certain sounds or oral hygiene issues.

COMPLICATIONS OF UNTREATED TONGUE-TIE

If left untreated, tongue-tie can lead to a range of complications. Symptoms that older children or adults may experience include feeding difficulties, oral hygiene issues, and possible social and emotional repercussions.

The age for treatment depends on the severity of the condition and the age of the child. For newborns, a frenotomy is often performed within the first few

weeks of life to address feeding issues. In older children, the timing of treatment may be more flexible and can be determined based on the child's speech and oral function needs. Early intervention is generally recommended to prevent long-term complications.

FOLLOW-UP CARE

After treatment, follow-up care is essential to ensure proper healing and to monitor the child's progress. For newborns, this may involve continued breastfeeding support and regular checkups with the pediatrician. For older children, follow-up care can include speech therapy sessions and regular evaluations by the speech-language pathologist or a pediatric otolaryngology (ear, nose and throat) specialist.

Tongue-tie is a condition that can significantly impact a child's feeding, speech and overall well-being. If you suspect your child has tongue-tie, don't hesitate to seek medical attention. With proper diagnosis and treatment, your child can overcome the challenges of tongue-tie and develop healthy feeding and speech patterns. Early intervention and proper treatment can make a significant difference in a child's quality of life.

SOME CONTROVERSY

Whether or not to treat tongue-tie can be controversial. The severity of tongue-tie and severity of symptoms don't always align. For example, a child may have a severe degree of tongue-tie and yet not exhibit any feeding or speech difficulties. In this case, observation and no surgical intervention may be pursued. In other cases, the degree of tongue tie may be milder but result in symptoms with significant impact on the quality of life. Here, the procedure is recommended.

Every child is unique, and all factors need to be considered when deciding on a best treatment course with your health-care provider. ♦



[Food News] *A few of our favorite things to share this month about local food and drink*

Now Pouring. Coming soon to Spring City, **Punch Buggy Brewing Co.** is expanding from their Philly location with a new taproom. Set to open this October, the new spot will serve up crowd-pleasers like smash burgers, hot dogs and wings alongside signature brews — including summer fave Beetle Juice. Co-founder and Spring City resident Patrick Coyne is bringing the flavor home. *77 N. Main St., Spring City. PunchBuggyBrewing.com*



Under New Ownership. The **Berwyn Tavern** has been sold after more than 33 years, but new owners Drew Zuccarini and Sean McKeon are restaurant biz vets and promise limited changes to the beloved bar. Plus Guest-Counts Hospitality purchased King of Prussia's Paladar Latin Kitchen and both Bomba Taco + Bar locations — rebranding them **610 SOCIAL Bar + Lounge** and **Bomba ¡Tacos + Tequila!** *625 Lancaster Ave., Berwyn. Berwyn-Tavern.net; 250 Main St., King of Prussia; 30 Liberty Blvd., Malvern; 2930 S. Eagle Rd., Newtown. GuestCounts.com*



Growing Hope. Three local nonprofits joined forces to bring a new **Food for All garden** to Phoenixville, located at **Open Hearth** Inc.'s office building. The newest addition to the **Trellis for Tomorrow** network supports access to sustainable food, with 100% of the produce going to **Phoenixville Area Community Service's** (PACS) distribution efforts. This collaboration supports local families and strengthens long-term food security initiatives with fresh produce. *701 S. Main St., Phoenixville. Trellis4Tomorrow.org*



Dinner in Bloom. Although SIW Vegetables handed off operations of their farm stand to New Roots, they're continuing their beloved **Field to Fork Dinners** at the Hill Girt Farm Barn. Experience one-of-a-kind dinners featuring vegetables grown right on the farm — all prepared by top chefs. Save your spot with a ticket for August 20 (Jezabel Careaga), September 17 (Michael DiBianco) or September 24 (Gerald Allen). \$127. *4311 S. Creek Rd., Chadds Ford. SIWVegetables.com*

Dockside Delights. Want a side of adventure with your dinner? Join **Northbrook Canoe's Twilight Dinner Trips**, August 9 and 23. Start at 6 p.m. from Corcoran's Bridge for the 1.5-hour paddle and find a catered dinner plus live music and a bonfire under the stars awaiting. Dig into a meal that's sure to impress — BBQ ribs, grilled salmon and build your own s'mores. \$85. *1810 Beagle Rd., West Chester. NorthbrookCanoe.com/Canoe-Dine*



Summer Seafood Feasts

'TIS THE SEASON TO PLUNGE INTO SEAFOOD

Victoria Rose



West Chester Seafood Kitchen

HOT SUMMER DAYS CALL FOR FRESH, BRIGHT flavors that tantalize the tastebuds and pair well with freshly picked produce. Basically, the perfect time to enjoy seafood. Whether you're a master angler, fishing off a boat, spending a lazy day crabbing or taking the easy route and hitting the local fish market, seafood options this time of year provide endless inspiration.

And because seafood has the advantage of cooking quickly, it's a great option for easy summer dinners. Cook it outside on the grill, quickly sear it in a hot pan or prepare your choice ahead of time and served chilled. Easy peasy summer meals.

"Fish is relatively easy to prepare — the key is to not overcook it," said Michael McNutt, Executive Chef of **West Chester Seafood Kitchen** at West Chester's Hotel Indigo. McNutt serves fresh fish daily in his restaurant — from lobsters flown in each morning to be picked for stuffed lobster rolls to seasonal catches from nearby waterways. "I grew up fishing and crabbing and always had a taste for seafood," he said.

The options for seafood-centered meals can be highly local, such as sharing the Maryland tradition of feasting on bushels of blue crabs smothered in Old Bay. The crabs are served in piles on paper-covered tables, to be picked over for hours while laughing with friends and sipping cold drinks. At West Chester Seafood Kitchen, you'll find local blue or jumbo lump crabmeat is served, when in season, in crab cakes, dips or other seasonal specials.

Seafood is also endlessly adaptable, making it perfect for home cooks wanting to experiment. Try using your favorite sauces and preparations on the most seasonal and freshest seafood available. "Incorporate a lot of good ingredients," said McNutt. "Fish provides a nice blank slate to work with, and you can create healthy takes with seasonal produce."



Assortment of dishes at West Chester Seafood Kitchen

Remember, preparation is key for seafood. First, make sure you know where your seafood comes from and that it's fresh. If you catch it yourself, clean it properly. Filleting, opening shells or picking crabs and lobsters are art forms, so it's well worth investing in proper equipment and watching tutorials to learn the best techniques. When in doubt, a cut-resistant glove can be your best friend! Or, as many prefer, buy fish already scaled, cleaned and filleted from your local fishmonger.

To keep things simple, remember most types of seafood require little more than a quick grill or sauté, some oil or butter, salt and pepper, and maybe a squeeze of lemon. But the options are endless.

Take inspiration from these more elaborate restaurant recipes. This August, keep an eye out for seasonal, sustainable ingredients, and the world is your oyster (or seafood of choice)!

Sesame Seared Ahi Tuna

This stunning preparation is perfect for a summer appetizers!



Serves 2 to 4

- 1 oz. white sesame seeds
- 1 oz. black sesame seeds
- 7 oz. fresh-cut sushi-grade yellowfin tuna steak
- 1 T. sesame oil
- 2 oz. wonton crisps (store-bought is fine)
- 2 oz. honey sriracha glaze (see recipe below)
- 2 oz. wakame (seaweed salad, store-bought is fine)
- 2 oz. green onion, thinly sliced

In a wide shallow dish, mix white and black sesame seeds. Press tuna into dish to cover on all sides with mixed sesame seeds. Set aside.

In a saute pan, add sesame oil and set over medium-high heat. Once the pan is hot and the oil is shimmering, place tuna steak into the pan and sear on each side for 2 to 3 minutes. Remove from heat and rest for 5 minutes.

Slice tuna in quarter-inch slices. On a serving platter, put out crispy wontons, then top with sliced tuna. Drizzle with honey sriracha glaze. Top with wakame and green onion and serve.

Honey Sriracha Sauce

Sweet and spicy, this sauce goes well with many types of fish, meat and noodle dishes. For an easy preparation, make in a large glass jar, shake well and store in the refrigerator.

Makes 3 cups

- 1 C. sriracha hot chili sauce
- 1 C. honey

- ½ C. hoisin sauce
- ¼ C. rice wine vinegar
- 1 T. sesame oil



Place all ingredients in a blender. Mix well on high speed until fully combined.

Serve or transfer to a sealed container and store in refrigerator.

Roasted Parmesan Garlic-Herb Oysters

An updated take on a classic!



Makes 6 oysters

4 oz. toasted panko crumbs
3 oz. fresh basil, chiffonade (cut in long, thin strips)
1 oz. melted butter
1 oz. Calabrian chili, crushed
6 fresh-shucked large Chesapeake Bay oysters
3 oz. garlic-herb butter (see recipe below)
1 T. lemon zest
3 oz. lemon juice
6 T. grated Parmigiano-Reggiano
2 oz. fresh dill, finely chopped
1 oz. chives, finely chopped

Preheat oven to 375°. Mix toasted panko, 1.5 oz. fresh basil, melted butter and Calabrian chili. Set aside.

Place shucked clean oyster halves on a baking sheet. Add ½ oz. garlic-herb butter, pinch of lemon zest, ½ oz. lemon juice, 1 T. Parmigiano-Reggiano, and pinch of dill to each oyster. Bake in preheated oven for 10 minutes.

Carefully remove oysters from oven and place on serving dish. Coat each oyster with panko mixture and sprinkle with chives. Serve immediately.

Garlic-Herb Butter

This makes a large quantity of herb butter that can be used for many dishes. It can also be portioned and frozen for future recipes.

Makes about 1½ cups

1½ C. butter (3 sticks), softened (NOT melted)
¼ C. garlic, chopped
½ lemon, juiced
1 T. white wine
1 T. fresh parsley leaves, picked and chopped
1 T. kosher salt
¾ tsp. freshly ground black pepper
⅓ tsp. crushed red pepper
½ T. grated romano cheese

Put all ingredients in a large mixing bowl. Using clean hands, blend well, making sure to incorporate all the liquid into the butter along with the dry ingredients.

Place into a container, label, date and store to use as needed.

Pan-Seared Striped Bass with Rock Shrimp Pearl Couscous & Citrus Vinaigrette

Commonly known as rockfish regionally, this fish is simple to cook. Use this recipe as a starting point for your own variations.

Serves 4

1 C. shrimp stock
1 C. pearl couscous
1 T. butter
3 oz. Florida rock shrimp

½ C. heirloom cherry tomatoes
1 lemon, zested and juiced
1 T. fresh basil, chiffonade
¼ C. grated Parmigiano-Reggiano
1 tsp. fresh ground black pepper
1 tsp. kosher salt
1 tsp. chives, chopped
1 T. olive oil
4, 6–7 oz. fresh striped bass fillets, seasoned with salt and pepper
3 oz. citrus vinaigrette (recipe below)
1 sprig fresh dill
Optional: lemon slices, sliced half through and twisted



To make couscous:

In medium pot, bring shrimp stock to a boil, then add couscous. Reduce heat to medium, stir well and cover. Cook couscous for 8 to 10 minutes or until al dente.

Remove from heat and set aside.

In saute pan, melt butter over medium heat. Add rock shrimp and cook for about 5 minutes until cooked through.

Remove from heat and add to couscous. Add tomatoes, lemon zest and juice, basil, Parmigiano-Reggiano, black pepper, salt and chives, and stir to combine.

To cooked striped bass:

Heat olive oil in saute pan over medium-high heat. Season bass with salt and pepper on each side. Place fish in hot pan and sear on

Seasonal Cocktails

Summer seafood feasts call for freshly shaken drinks! Whether a cocktail, mocktail or craft brew, seasonal options will enhance your meal.

Spicy Margarita

This one takes some advance preparation — infusing the tequila and making the simple syrup — but the spicy payoff is worth the effort!

For infused tequila: In advance, infuse 2 C. Sauza Reposado Tequila with 1 jalapeño and 1 habanero pepper, sliced. (Remove the seeds for a less spicy option.) Let sit for 1 to 2 days, then strain liquid and store in airtight container. Leave the mixture longer for a more intense spicy flavor. And feel free to experiment with other pepper combinations to find your own heat and flavor profile.

For strawberry simple syrup: In a small heavy-bottomed pot, heat ½ C. water, ½ C. sugar and ½ C. sliced strawberries until just bubbling and sugar has fully dissolved. Set aside to let cool. Strain out strawberries, then store in a clean container. Can be refrigerated. Best used within a few days.

1 oz. pepper-infused Sauza Reposado Tequila
½ oz. Montelobos Mezcal
½ oz. Cointreau
1 oz. agave nectar



each side for 5 to 6 minutes. Using a thermometer, check fish and cook to an internal temperature of 145°. Remove from pan.

To assemble:

Place couscous on serving dish. Lay seared fillets of striped bass on top.
Drizzle with citrus vinaigrette. Garnish with sprig of fresh dill and slices of twisted lemon. Serve immediately.

Citrus Vinaigrette

Delicious to serve with fish, salad or summer vegetables!

Makes about 2 cups

½ C. Champagne vinegar
2 limes, juiced
1 lemon, juiced
1 orange, juiced
⅓ C. sugar
1 T. kosher salt

½ oz. strawberry simple syrup
½ oz. lime cordial (sweetend lime juice)

In cocktail shaker, add all ingredients and shake with ice.

Strain, then serve in cocktail glass over new ice.

Garnish with a dehydrated lime wheel.

Optional: Add a spicy half-rim by running a cut lime wedge over half the top edge of the glass, then lightly rolling in Tajin Clásico Seasoning.

Indigo Club

A twist on the Club Classic, this cocktail is meant to be served cold and enjoyed fresh.

2 oz. Empress gin
½ oz. strawberry simple syrup, (see recipe above)
½ oz. fresh-squeezed lemon juice
¼ oz. dry vermouth
½ oz. triple sec (30 proof)
1 egg white
Optional garnishes: blackberry, raspberry, edible orchid

In cocktail shaker without ice, hard-shake all ingredients, including egg white, for at least 30 seconds. Add ice, then re-shake hard. Strain into coupe-style cocktail glass.

Garnish with blackberry and raspberry on a cocktail pick. Add an edible orchid (optional). Serve immediately.

For mocktail recipes, see our April 2025 article, “Don’t Mock Mocktails,” online.



1 T. freshly ground black pepper
2 T. shallots, finely diced
1 C. olive oil

Add all ingrdients — except olive oil — to blender. Turn on at high speed and blend for 3 minutes.

While blending, slowly add olive oil in a thin stream through blender cap to emulsify mixture until completely incorporated.

Use immediately, or store in a clean jar and refrigerated for use within a few days. Shake well again before serving. ♦

Victoria Rose is an editor, writer and fan of all things creative. As soon as she could hold a wooden spoon, she started cooking with her mother, a former chef, and never stopped. Victoria spent the pandemic cooking, baking and posting food videos online, loves spending time in the kitchen testing new recipes with her children, and is always searching for unique additions for her vintage cookbook collection.



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