

COUNTY LINES

MAGAZINE

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MARCH 2018

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COUNTY LINES

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

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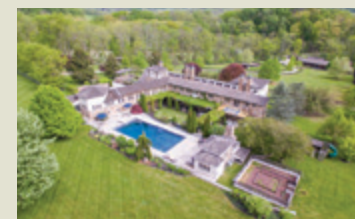


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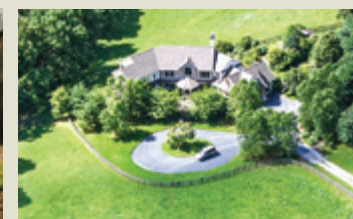
Chester Springs
6 BR, 5.1 BA | 22.8 Acres
Pool | Tennis Court | Pond
Stream | Close to Ludwigs Corner
\$2,499,000



Chester Springs
5 BR, 7.1 BA | 36.6 Acres | Views
Grand Spaces | Very Private
10 Stall Stable | Ring | Paddock
\$2,495,000



Unionville Area
5 BR, 3 BA | 91.9 Acres | Bank Barn
Stone Farm House | Pond/Stream
Organic Farm | Cheshire Hunt
\$2,191,000



Unionville
5 BR, 4.2 BA | 23+ Acres
Indoor Pool | Barn | Large Riding Ring
In-Law Suite | Unionville Schools
\$1,795,000



Unionville
6 BR, 3.1 BA | 35 Acres
Indoor Arena Possible | Pond
24 Stall Barn | Unionville Schools
\$1,748,000



Unionville Area
5 BR, 5.2 BA | 31.6 Acres
Private | Separate Apt | Barn
Riding Ring | Cheshire Hunt
\$1,388,000



Chester Springs
Historic Mill | Scenic Waterfall
Perfect Family Compound
5 Residences | Paradise Awaits
\$1,383,000



Chester Springs
4 BR, 2.1 BA | 14.90 Acres
Charles T. Okie Design | Guest Cottage
Beautiful Details | Privately Set
\$1,240,000



West Chester
5 BR, 3.2 BA | 2.1 Acres
Noteworthy Chester County Home
Beautiful Details | Spacious Kitchen
\$1,050,000



Pocopson Township
5 BR, 4.1 BA | 1 Acre
Dazzling Home | Unionville Schools
Cinema Room | Ideal Commuting
\$1,000,000



West Chester
4 BR, 3.1 BA | 12.8 Acres
2 BR Cottage | Attached Garage
6 Stall Stable | Unionville Schools
\$1,050,000



Downingtown
11.17 Acre Lot | House Site
Low 319 Taxes | Lot \$349,000
w/ Custom Home to be Built
\$820,000+/-



Unionville
20.5 Acres Land Lot | Paved Driveway
Hilltop Space Cleared For Home
Cheshire Hunt | Unionville Schools
\$648,800



Chadds Ford
4 BR, 2.1 BA | 1.09 Acres | Quiet
Great Floorplan | Commuter Convenient
Unionville-Chadds Ford Schools
\$634,900



Chadds Ford
4 BR, 3.0 BA | 2.43 Acres | Pool
Single Family Home or 3 Apts
Private | Big Garage | Easy Commute
\$529,000



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BEECHWOOD DRIVE | LANDENBERG | 12.58 ACRES | \$899,000
 Extraordinary property with stunning views featuring a custom five-bedroom manor home, springhouse and period barn.



WYNCHESTER WAY | KENNETT SQUARE | 1.1 ACRES | \$1,595,000
 Elegant custom home in a private setting featuring a gourmet kitchen, entertainment area with bar, office and exercise room.



Under Contract

FOX HOLLOW LANE | WEST CHESTER | 3.8 ACRES | \$678,000
 Charming custom cape featuring a carriage house garage, gazebo with waterfall pond and scenic views of the countryside.



New Price

YOUNGS ROAD | COATESVILLE | 11+ ACRES | \$1,350,000
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from the
EDITOR

When will winter be over? It's March, so ...

Reading *County Lines* will help pass the time while you wait.

This issue is packed with suggestions for interesting diversions: special books to read to your kids, unique wines to sample from Italy's Piedmont, numerous antiques shows to visit in our area, tasty recipes in our Brandywine Table column for "Breakfast Anytime," and reasons to support our local professional soccer club—the Philadelphia Union, playing in the Talen Energy Stadium in Chester, PA.

If you're still enjoying that sense of hygge (the Danish word for the coziness craze) in your home, we hope you enjoy our photo layout with dream bathrooms to inspire you to create a personal oasis or mini-spa in what could become your favorite room.

For those looking for something new and unique for their home, Mary Dolan surveys local sources of handcrafted, upcycled and creative furnishings. If you're looking for a new home, Laurel Anderson visits a country retreat—Stoney Ridge Farm in charming Birchrunville.

Want to take a short drive or armchair tour? Join Carol Metzker to discover sustainable, local foods and craft beers, spirits and coffees in Downingtown and Exton in "Just Your Taste." Whether you want burgers with a side of amusement, upscale dining or one-of-a-kind cups and plates, there's something to suit all tastes there.

In our "Healthy Through the Ages" feature, four local physicians share advice on some common problems: building your child's immunity; distinguishing and treating colds, flu, bronchitis and pneumonia; avoiding eye strain in a world of screens; and dealing with a fall onto an overstretched hand—a so-called FOOSH injury. Good advice for staying healthy.

Finally, be sure to check out our Best Local Events section for things to do this March.

Thank you for reading.

Jo Anne Durako
Editor

Coming in April

ANNUAL WEDDING ISSUE

Special Occasion Venues
Wedding Venues & Wedding Style
Focus on Paoli to Newtown Square
Dentists • Spas • Summer Camps
Be Fit • School Sports Update

COUNTY LINES MAGAZINE

March 2018

Volume XLI, Number 7

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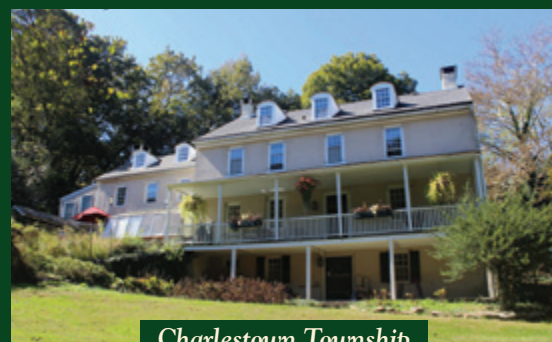
Moore'sFurniture.com

* see store for details, clearance items excluded, \$499 & above, sale tags only



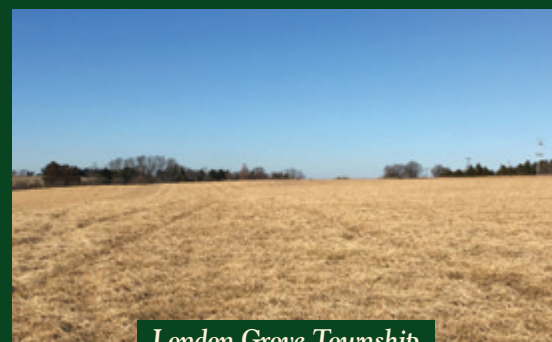
West Vincent Township

Stoney Ridge Farm - early 1800's 4BR home on 6.9 picturesque acres that has undergone extensive & complete renovations. Includes 3 stall stone barn, 3 car garage & spring house.
\$1,220,000



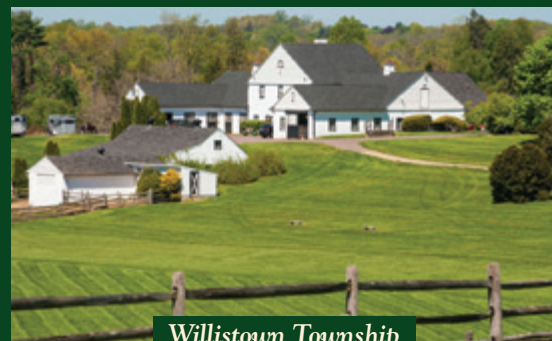
Charlestown Township

Early colonial house, tenant house, large bank barn, pool & bath house, carriage house and stable on 67+ protected acres in Chester Springs.
\$1,800,000



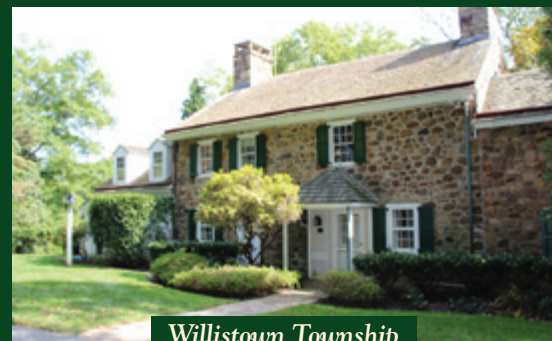
London Grove Township

Rich tillable ground in Cheshire Hunt country. Approximately 28 of the almost 30 acres is farmed. Could also be used for a horse farm or other farming operation. Under AG easement & Act 319.
\$565,000



Willistown Township

Spectacular Radnor Hunt Estate. Iconic Heartwood Farm on 72 acres, includes stunning Chester County stone home, 24 stalls, riding ring, pool, tennis court & breathtaking views.
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Willistown Township

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

The Award Goes To...
Theater lovers rejoice because local theater companies are flourishing. Recently The Media Theatre captured 14 Philadelphia Regional Theater Awards from BroadwayWorld and West Chester's Resident Theatre Company was named in the *Inquirer's* Best of Philly theater list. Bravo to Media Theatre awards for Best Actor, Best Actress, Best Director and Best Musical (for *Sideshow*) and to RTC for its *Next To Normal* production. Up next—*Always Patsy Cline* at Media and *Bullets Over Broadway* at RTC. MediaTheatre.org; RTCWC.org.

Walk This Way.

Chester County needs your help. **WalkWorks ChesCo!** is sweeping the county to promote walking among all ages. Why walk? Walking not only reduces stress and the risk of chronic illnesses but can extend your life for every minute that you walk. Join the fun and improve your health by adding to the 2018 goal of 5 billion steps! Log your walks with the Walker Tracker website and join their teams and challenges along the way. Take the next steps at ChesCo.org/WalkWorks.



Library Love. One of the country's best libraries is right here. *Library Journal* named Exton's **Chester County Library** one of America's Top-Rated Libraries. Out of 7,409 public libraries considered, this branch ranked among the top 3%. The library boasts a collection of over 320,000 print and digital items and runs dozens of educational programs and workshops for all ages. Whether it's a resume workshop, coding club or family movie nights, Chester County Library has something special for your family. More at ChesCoLibraries.org.

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Saturday Garden Shade. Love to garden but not inspired to start this year? Come to **Spring Gardening Saturday**, hosted by the Pennsylvania Horticultural Society at the Mt. Cuba Center in Hockessin on March 24th. Learn easy eco-friendly gardening tips, show love to shade-loving perennials and discover native self-seeding plants. Enjoy lunch and a chat about your favorite flowers with fellow gardeners. Join all three sessions, or pick your favorite. \$15 per session. Register at PSSOnline.org/Events.

Live at Uptown! Get ready to rock. Philadelphia's independent music hotspot, **World Café Live**, now partners with West Chester's **Uptown! Knauer Performing Arts Center**. Host to over 500 concerts annually, WCL will bring renowned artists—including legend Tom Rush—to Chester County. Rush takes the Uptown! stage March 26th for a night of heart-warming storytelling. Enjoy Uptown!'s state-of-the-art sound system with this live performance. More at UptownWestChester.org.



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March Picks *Our Picks for top events this month*

Sugarloaf Crafts Festival

March 16–18



Sugarloaf Craft Festivals attract the best emerging and established independent artists and craftspeople from around the country, and more than 250 of them will be on hand with their original, handmade contemporary

works. Greater Philadelphia Expo Ctr., 100 Station Ave., Oaks. Fri.–Sat., 10 a.m. to 6 p.m.; Sun., 10 a.m. to 5 p.m. \$8–\$10. 800-210-9900; SugarloafCrafts.com.

Media Theatre — Always Patsy Cline

March 15–April 1

Sing along to this tribute to the legendary country singer. The show is based on a true story about Cline's friendship with a fan

from Houston, who befriended the star in a Texas honky-tonk and continued a correspondence with Cline until her death. It includes many of Patsy's unforgettable hits such as "Crazy," "I Fall to Pieces," "Sweet Dreams" and "Walking After Midnight."

Media Theatre, 104 E. State St., Media. Check website for show times and tickets. 610-891-0100; MediaTheatre.org.

The Media Theatre



Always... Patsy Cline
Starring Emmecca's JENNY LEE STERN



12th Annual Philly Craft Beer Festival

March 3

Sample over 200 beers at this event named one of the "Top 10 Beer Festivals in America" by USA Today. Food trucks, free shuttle service, charity fundraisers and VIP session add to the day's festivities. The Navy Yard, 4747 S. Broad St., Philadelphia. VIP Session, 12:30 to 5 p.m., \$75; general admission, 1:30 to 5 p.m., \$46. 631-940-7290; PhillyCraftBeerFest.com.

Colonial Pennsylvania Plantation Annual Easter Egg Hunt on the Farm

March 31



Children 12 and under are welcome to search the fields of the farm to find eggs with treats and surprises in them. Hunts, divided by age group, will begin at 11 a.m. (1–4 years), 11:15 (5–8 years) and 11:30 (9–12 years). Plus a puppet show, crafts, activities and a meet and greet with some of the Park's native wildlife!

Pre-registration is strongly suggested. Ridley Creek State Park, 3900 N. Sandy Flash Dr., Newtown Square. Doors open at 10:30 a.m. \$8. 610-566-1725; ColonialPlantation.org.

Brandywine Hills Point-to-Point

April 1

Celebrating their 76th running this year, the races signify the beginning of spring and are a family tradition. The Chester County countryside is a perfect backdrop to watch the excitement of these athletic horses galloping over cross country jumps. There are pony races in the afternoon, lots of activities for kids and great raffle prizes. Dogs on leashes are welcome. Myrick Conservation Center, Rt. 842 between Unionville and West Chester. Gates open at 10 a.m., first race at 11. \$20 per carload. 610-793-1090; BrandywineRedClay.org.



best Local Events

FAMILY FUN

THROUGH MARCH, TUESDAYS

Story Time at Wellington Square Bookshop. Ages 1-5 enjoy songs and cookies and listen to stories come alive in the bookshop. 549 Wellington Square, Exton. 10 to 11 am. 610-458-1144; WellingtonSquareBooks.com.

THROUGH MARCH, Tuesdays

Kiddie Academy of Phoenixville Family Events at Steel City Coffeehouse. Enjoy the Winter Wonderland stories, interactive activities and a light treat in the new book nook, 10 am. 203 Bridge St., Phoenixville. Free. 484-924-8425; SteelCityCoffeehouse.com.

MARCH 8, APRIL 12

Books & Boots at Myrick Conservation Center. Children 3-5 listen as Potter the Otter reads a book to inspire the kids. Next, the story continues into a real-life, outdoor adventure. Adult participation optional; snack provided. Register by the Wednesday before class. 1760 Unionville-Wawaset Rd., West Chester. 10 to 11:30. \$8. 610-793-1090; BrandywineRedClay.org.



MARCH 11
Landis Valley Village & Farm Museum Celebrates Charter Day. Celebrate Pennsylvania's birthday at Landis Valley with crafts, demonstrations and wagon rides. 2451 Kissel Hill Rd., Lancaster. Noon to 5 pm. Free. 717-569-0401; LandisValleyMuseum.org.

MARCH 12, 17

WCU—Live! Missoula Children's Theatre Presents "Snow White and the Seven Dwarfs." The children's theater company recruits more than 50 local students to take part. Mar. 12, auditions; Mar. 17, perfor-

mance. *Emilie K. Asplundh Concert Hall, University Ave. & S. High St., West Chester. 3 and 5:30 pm. \$7-\$10. 610-436-2266; WCUPa.edu/Live; MCTInc.org.*

MARCH 17

Longwood Gardens Presents OrKid Days. Explore orchids at discovery stations, enjoy interactive stories and take part in a family seek-and-find in the orchid-filled Conservatory. 1001 Longwood Rd., Kennett Square. 9 to 5. Free with gardens admission, \$12-\$23. 610-388-1000; LongwoodGardens.org.

MARCH 24

Easter Egg Hunt at Everhart Park. Children ages 2-9 are invited to bring a bag or basket and meet by the green shed for the hunt. 500 block of W. Union St., West Chester. 10 am sharp. 610-436-9010; West-Chester.com.

MARCH 25

Kennett Symphony Orchestra—Family Concert & Instrument Zoo. "Potions That Create Emotions"—how does music affect our emotions and how do composers use different sounds to create and express emotions? Children can try out the instruments of the orchestra. *Rustin High School Auditorium, 1100 Shiloh Road, West Chester. 2 pm. \$5. 610-444-6363; KennettSymphony.org.*



MARCH 31
Colonial PA Plantation Easter Egg Hunt. See *March Picks* in this issue.

APRIL 8

Annual Spring Eggstravaganza. Fun for the entire family with egg hunts for children and adults, live entertainment, crafts, food, prizes, the Easter Bunny and more. *Villanova University Stadium, 800 E. Lancaster Ave., Villanova. 2 to 5 pm. Free. Rain date, Apr. 15. 610-688-5600; RadnorRecreation.com.*

ART, CRAFTS & ANTIQUES.....

See *Antiques Shows* listings in this issue.

MARCH 16-17

Annual Chadds Ford Art Sale & Show. Works by over 65 professional artists from the Brandywine Valley and beyond are on display. Chadds Ford Elementary School, 3 Baltimore Pl., Chadds Ford. Fri, complimentary reception and sale (adults only), 7 to 10; Sat, exhibit and sale, 10 to 4. (children welcome). Free. 610-388-1112; CFES.UCFSD.org/ArtShow.

MARCH 10-11

Haverford Guild of Craftsmen Spring Fine Art & Craft Show. Over 40 vendors offer a wide variety of art—ceramics, glass, clothing, accessories, jewelry, wood, fine art and mixed media. Liseter Carriage Barn; 3708 Liseter Rd., Newtown Square. Sat, 11 to 5; Sun, 10 to 4. Valet parking available. HaverfordGuild.org.

MARCH 16-18

Sugarloaf Crafts Festival. See *March Picks* in this issue.

MARCH 24

Art of Caring 2018 Benefit for The Hickman. Guests are invited to Oakbourne Mansion to enjoy delicious fare and cocktails, while watching artists create beautiful pieces of art. Oakbourne Mansion, 1014 S. Concord Rd., West Chester. \$75. 6 to 9 pm. 484-760-6300; TheHickman.org.



AUTO & BOAT SHOWS.....

THROUGH MARCH 4

The Atlantic City Boat Show. Climb aboard hundreds of boats for every budget and lifestyle. Atlantic City Convention Center, One Convention Blvd., Atlantic City, NJ. Wed-Fri, 11 to 8; Sat, 10 to 8; Sun, 10 to 6. \$16. 718-707-0716; ACBoatShow.com.

MARCH 1-4

Greater Philadelphia RV Show. New and exciting RVs. Greater Phila. Expo Center, 100 Station Ave., Oaks. Thurs-Fri, noon to 8:30 pm; Sat, 10 to 7; Sun, 11 to 5. \$11 (cash only). 800-290-6886; PhillyRVShow.com.

MARCH 9

Greater Philadelphia Boat Show. Visit with area dealers to shop and compare hundreds of boats. Greater Philadelphia Expo Center, 100

Station Ave., Oaks. Fri, 1 to 8 pm; Sat, 10 to 8:30; Sun, 11 to 5. \$10, 16 and under, free. 804-748-7469; PhillyBoatShow.com.



BOOKS.....

MARCH 21-22

Wellington Square Bookshop. Adult Fiction Book Club: *Thirteen Ways of Looking* by Colum McCann. 549 Wellington Square, Exton. Check website for times and more activities. 610-458-1144; WellingtonSquareBooks.com.

DANCE.....

FEBRUARY 17-18

First State Ballet Theatre. The Grand Pas Classique from *Paquita* and *The Young Lady and the Hooligan*. Baby Grand Theater, 818 Market St., Wilmington. Sat, 7; Sun, 2. \$30-\$50. 302-658-7897; FirstStateBallet.com.

DESIGN HOMES/HOME SHOWS.....

MARCH 1-4

44th Annual Pennsylvania Home Show. Find everything you need to beautify, update and maintain your home. State Farm Show Complex, Exposition Center, Harrisburg. Thurs, noon to 8; Fri-Sat, 10 to 8; Sun, 10 to 6. \$10. 717-232-5595; PAHomeShow.com.



EQUESTRIAN.....

MARCH 1-4

PA Horse World Expo. The nation's leading equestrian clinicians, entertainers and vendors come to the Farm Show Complex, 2301 N. Cameron St., Harrisburg. Thurs, noon to 8; Fri, 10 to 8; Sat, 9 to 8; Sun, 9 to 5. \$6-\$12. 301-916-0852; HorseWorldExpo.com.

APRIL 1

Brandywine Hills Point-to-Point. See *March Picks* in this issue.

FESTIVALS & FAIRS.....

MARCH 24-25

The Cat Show is Coming to Town! Enchanted Gardens. "Enchanted Gardens" is the theme of this year's show where top pedigree cats from around the country compete for Best in Show. Sat, featured breed: Himalayan. Sun, featured breed: Tonkinese. The Phelps School, 583 Sugartown Rd., Malvern.

APRIL 7-15

2018 Subaru Cherry Blossom Festival. The festival celebrates both traditional and con-

temporary Japan with demonstrations, live musical and dance performances. The main event, Sakura Sunday is held at the Horticul-



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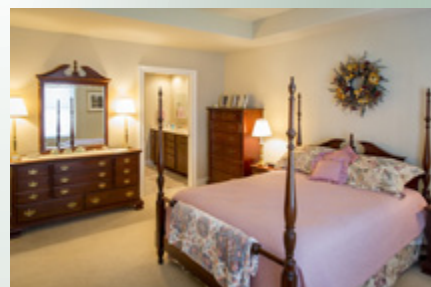
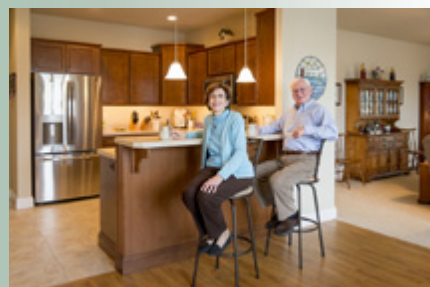
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ture Center in Fairmount Park and features two stages of performers. For details visit SubaruCherryBlossom.org.

FILM.....

MARCH 2-3
Philadelphia Rock Gyms Present the Banff Centre's Mountain Film Festival. From remote landscapes and cultures to the most exciting action sports, this is an exploration of the mountain world featuring climbing, skiing, kayaking and biking. Alumnae Hall, Immaculata University, King Rd., Malvern. 7:30 pm. \$16.95-\$20. 877-822-7673; PhilaRockGym.com.



APRIL 6-7
11th Annual Media Film Festival. Independent short films by regional, national and international filmmakers. Films will be shown at The Media Theatre, 104 E. State St., Media. For details visit MediaFilmFestival.org.

FOOD & DRINK.....

See also: *Fundraisers.*
THROUGH MARCH 4
Lancaster Restaurant Week 2018. Local restaurants come together to showcase their creative talent and diverse dining opportunities with prix fixe menus, \$10-\$40. LancasterCity-RestaurantWeek.com.

MARCH 3
12th Annual Philly Craft Beer Festival. See *March Picks* in this issue.

MARCH 5-11
King of Prussia Restaurant Week. Dine out for a good cause and enjoy the diverse dining scene in King of Prussia. Prix fixe lunch menu, \$10-\$20; dinner, \$20-\$40. Benefits Children's Hosp. of Phila. KOP Specialty Care Center. 484-681-9452; VisitKOP.com/DineKOP.

MARCH 24
Historic Sugartown—A Fashionable Tea. Enjoy an afternoon 4-course tea (including a garden salad, tea sandwiches, scones and dessert) while listening to a talk about women's fashion of the 1860s. Historic Sugartown Carriage Museum, 273 Boot

Rd., Malvern. 2 to 4. \$30. 610-640-2667; HistoricSugartown.org.



APRIL 2-7
City Restaurant Week in Wilmington. This year City Restaurant Week has expanded to include fine dining restaurants on Wilmington's West End, offering everything from Thai to Chilean to Italian. Two-course lunch, \$15; three-course dinner, \$35. CityRestaurant-Week.com.

APRIL 2-7
Media Restaurant Week. Select restaurants offer fixed priced menus, \$25-\$45. Reservations suggested. Free street parking after 6. VisitMediaPA.com.

APRIL 7
3rd Annual Rails & Ales at the Railroad Museum of PA. All aboard for a craft beer tasting event that includes food trucks, live music and historic trains. 300 Gap Rd. (Rt. 741), Strasburg. VIP hour: 6:30 to 7:30, \$50; 7:30 to 10:30 pm, \$40; designated driver, \$15. 717-687-8628; RRMuseumPA.org.



FUNDRAISERS.....

MARCH 3
Media Theatre Annual Fundraising Gala. Broadway's Jenny Lee Stern and Nicholas Savarine headline the concert, "There's No Place Like Home." The night includes a reception in the Crystal Room, as well as a lively and fun



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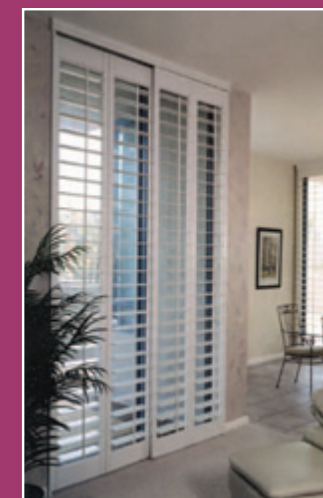
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auction. 104 E. State St., Media. 6:30 pm. \$150. 610-891-0100; MediaTheatre.org.

MARCH 3

Delaware Theatre Company's 5th Annual Play A Part Gala. A stunning musical theater revue with performers from some favorite shows including *South Pacific*, *Ain't Misbehavin'*, *Because of Winn-Dixie* and more. Benefits education and community engagement programs. 200 Water St., Wilmington. 6 to 10:30 pm. \$150. 302-594-1100; DelawareTheatre.org.

MARCH 4

Chester County Futures "Strikes for Futures" Event. An afternoon of food, fun and

bowling benefiting Chester County Futures, a program providing academic, mentoring and scholarship support for disadvantaged Chester County youth. Palace Bowling and Entertainment, 977 E. Lancaster Ave., Downingtown. 3 to 5 pm. \$30. 610-458-9926; CCFutures.org.

MARCH 4

12th Iron Chef Cocalico & Benefit Auction. Food, entertainment and award-winning artwork combine to raise funds for educational opportunities in the school district. Cocalico High School, 810 S. 4th St., Denver. 1 to 5 pm. \$10-\$20. 717-336-1413; Cocalico.org.

MARCH 8

10th Annual Taste of the Main Line. The Emergency Aid of PA Foundation hosts an evening of culinary delights from the premier restaurants of the Main Line. The event funds scholarships, grants and mentoring to improve the lives of local children and families. Radnor Financial Center's Grand Atrium, 150 N. Radnor Chester Rd., Radnor. 5 to 8 pm. \$55 includes all food and drink. 610-896-7588; TasteoftheMainLine.com.



MARCH 9

Team CMMD Food Fight. Top local chefs throw down in a gourmet culinary challenge, while guests enjoy the food, libations, entertainment and a silent auction. Team CMMD is a nonprofit committed to making a difference in the community and in the lives of those fighting cancer. Downingtown Country Club, 85 Country Club Dr., Downingtown. 7 to 10 pm. \$150. 484-212-5373; TeamCMMD.org.



MARCH 10

Down the Line and Beyond 8th Annual Gala. The Philadelphia-based nonprofit facilitates positive character and education development for Philadelphia-area youth through tennis. Enjoy an evening of dinner, open bar, silent and live auctions and entertainment. The Cynwyd Club, 332 Trevor Ln., Bala Cynwyd. 6 to 10 pm. \$200. 267-368-6249; DownTheLineAndBeyond.org.

MARCH 10

Devon Preparatory School "Spring Tide" Fundraiser. Cocktails, dinner, live and silent auctions, raffles and live entertainment. Chester Valley Golf Club, 430 W. Swedesford Rd., Malvern. Benefits academic technology upgrades and renovations at the school. 6 pm. \$85. DevonPrep.com.

Local Farm Markets

Bryn Mawr Farmers Mkt., Lancaster Ave. at Bryn Mawr train station parking lot. *1st, 3rd & 5th Sat., 10 to noon.* 215-733-9599; FarmToCity.org.

Downingtown Farmers Mkt., Log Cabin Field, Kerr Park, Pennsylvania Ave. *2nd & 4th Sat, 10 to noon.* 610-836-1391; GrowingRootsPartners.com.

Eagleview Farmers Mkt., Chester County Food Bank, 650 Pennsylvania Dr. *1st & 3rd Thurs., 3 to 5 pm.* 610-836-1391; GrowingRootsPartners.com.

Kennett Square Farmers Mkt., 112 S. Broad St., Kennett Square. *2nd & 4th Fri, 3 to 6.* 610-444-8188; HistoricKennettSquare.com.

Lancaster County Farmers Mkt., 389 W. Lancaster Ave., Wayne. *Wed & Fri, 8 to 6; Sat, 8 to 4.* 610-688-9856; LancasterCountyFarmersMarket.com.

Malvern Farmers Mkt., First Baptist Church of Malvern, 146 Channing Ave. *1st & 3rd Sat, 10 to noon.* 610-836-1391; GrowingRootsPartners.com.

Phoenixville Farmers Mkt., 200 Mill St., Phoenixville. *2nd & 4th Sat, 10 to noon.* PhoenixvilleFarmersMarket.org.

West Chester Growers Mkt., Chestnut & Church Sts. *1st & 3rd Sat, 10 to noon.* 610-436-9010; WestChesterGrowersMarket.com.

Westtown Amish Mkt., 1177 Wilmington Pk., West Chester. *Thurs, 9 to 6; Fri, 9 to 8; Sat, 8 to 4.* 610-492-5299; WestChesterAmishMarket.com.

MARCH 19

Chester County Community Foundation Sweet Charity Event. Fun, food and philanthropy—Chester County's finest dessert chefs showcase their delectable creations at this annual fundraiser. Whitford Country Club, 600 Whitford Hills Rd., Exton. 5 pm. Tickets \$125 and up. 610-696-8211; ChesCoCF.org.



MARCH 22

ACT in Faith of Greater West Chester 7th Annual Chef's Best Event. Enjoy specialties from some of the area's best restaurants and cast your vote for the "Best of Chef's Best." Benefits ACT in Faith, an interfaith organiza-

tion that seeks to empower un- and under-employed West Chester residents. West Chester University Alumni & Foundation Center, 202 Carter Dr., West Chester. 6 to 9 pm. \$55. 484-324-8492; ACTInFaithGWC.org.

MARCH 24

"All That's Purple" Gala Fundraiser for DVCCC. Cocktail reception, gourmet dinner, entertainment by Dueling Pianos and silent and live auctions at White Manor Country Club, 8313 Providence Rd., Malvern. Benefits the Domestic Violence Center of Chester County. 7 to 11 pm. For tickets, call Maureen at 610-431-3546, ext. 134; DVCCC.com.

MARCH 24

The Exchange Club Family Center's 23rd Comedy & Magic Spectacular. It's a night of mystery, illusion and family comedy and fun at this annual fundraiser. Emilie K. Asplundh Concert Hall, Philips Memorial Bldg., West Chester Univ., 700 S. High St., West Chester. 7 pm. \$15-\$25. 610-429-0634; FamilyService.us/magic.

MARCH 24

The Red Ball. "Party with a Purpose" when you attend this black tie charity gala with dancing, live entertainment, raffles and silent auction. Benefits Red Cross House Center for

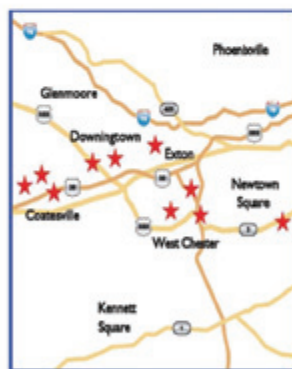


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APRIL 7

Thorncroft's 33rd Annual Victory Gallop. This year's theme, "Passing on the Reins," honors the work of long-time Thorncroft supporter and Chairman of the Board, George Rubin. Black-tie dinner, dancing and silent auction benefit the therapeutic riding programs at Thorncroft. The Bellevue, 200 S. Broad St., Phila. 5:30 to 11:30. \$225; RSVP by March 17. 610-644-1963; or Thorncroft.org.

GARDENS & GARDENING.....

THROUGH MARCH 31

Longwood Gardens—Orchid Extravaganza. The Conservatory transforms into a tropical oasis featuring an astonishing display of orchids. 1001 Longwood Rd., Kennett Square. 9 to 6. Timed tickets req., \$12-\$23. 610-388-1000; LongwoodGardens.org.

MARCH 3-11

The Philadelphia Flower Show. This year's theme, "Wonders of Water," celebrates the beauty and life-sustaining interplay of hor-

ticulture and water. America's leading floral and garden designers create tropical jungles, temperate forests, native woodlands and arid landscapes, showcasing the plants in those environments. PA Convention Ctr., 12th & Arch Sts., Phila. Check website for hours. \$17-\$40. 215-988-8800; TheFlowerShow.com.



MARCH 17

"March Into Spring," A Gardeners Symposium. The Hardy Plant Society hosts a celebration of the extraordinary horticulturists and horticulture, with a program featuring plants and garden design. Delco Community College, Academic Bldg., 901 S. Media Line Rd., Media. 8:15 am to 3. \$85. HardyPlant.org.

MARCH 24

Landis Valley Village & Farm Museum—Heirloom Seed Project, Grafting Workshop. Grow your own orchard from apples you graft yourself and learn how to splice different varieties. 2451 Kissel Hill Rd., Lancaster. 1 to 4 pm. \$30. 717-569-0401; LandisValleyMuseum.org.

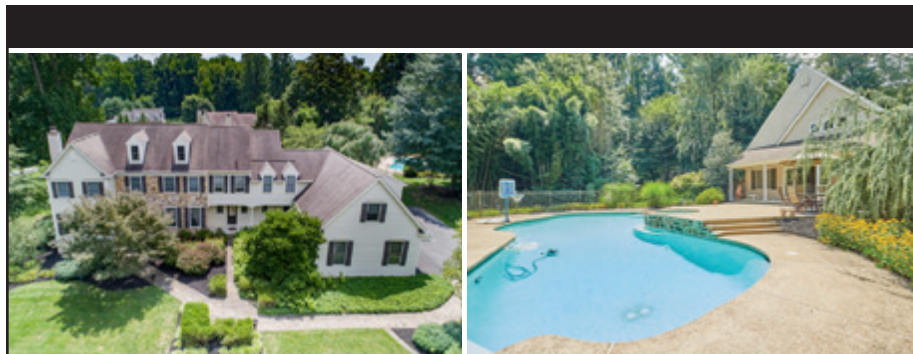
MUSEUMS.....

APRIL 12-JANUARY 6, 2019

Winterthur Museum, Garden & Library. "Follies: Architectural Whimsy in the Garden;" "Dining by Design: Nature Displayed on the Dinner Table." 5105 Kennett Pk., Winterthur. Tues-Sun, 10 to 5. \$15-\$30. 302-888-4600; Winterthur.org.



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THROUGH MAY 27

Delaware Art Museum. *Through Apr. 29*, "Point, Counter-Point: Alan Soffer, Brian Dickerson, Moe Brooker;" *Mar. 10–May 27*, "Eye on Nature: Andrew Wyeth and John Ruskin." 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8, free after 4; Fri–Sun, 10 to 4. \$6–\$12, free, Sun. 302-571-9590; DelArt.org.

THROUGH JUNE 3

Brandywine River Museum of Art. *Through May 20*, "Southwestern Son: The Lithographs of Peter Hurd;" *through June 3*, "The Way Back: The Paintings of George A. Weymouth," featuring approximately 65 of Weymouth's best works of art. 1 Hoffman's Mill Rd., Chadds Ford. Daily 9:30 to 5. \$6–\$18. 610-388-2700; Brandywine.org.

THROUGH DECEMBER

Chester County Historical Society. *Through Apr. 14*, "You've Got Mail!" highlights the changes in stamps, delivery and postage rates between 1790 and 1890; *through Dec. 31*, "Many Nations/Chester County," celebrates the diversity of Chester County people. 225 N. High St., West Chester. Tues–Sat, 9:30 to 4:30. \$4–\$8. 610-692-4800; ChesterCo-Historical.org.

MUSIC & ENTERTAINMENT.....

THROUGH APRIL 13

Murder Mystery Dinner Theater at Mount Hope Estate & Winery. An interactive, culinary "who-done-it." You'll enjoy a four-course meal as you become the detective—interrogate the suspects, put the clues together and uncover the truth. 2775 Lebanon Rd., Manheim. Fri–Sat, 7 pm; Sat–Sun, 1 pm. \$54.95. 717-665-7021; PARenFaire.com.

MARCH 2–30

Valley Forge Casino Resort. Hosting headline comedians and national musical acts, weekly comedians, karaoke and more. Comedy Club: *Mar. 2*, Leah Bonnema; *Mar. 9*, RC Smith and Tracy Locke; *Mar. 16*, Chris Roach; *Mar. 23*, Carole Montgomery and Jim Mendrinos; *Mar. 30*, Mark Riccadonna and Mitch Fatel. *Mar. 30*, sing along with The Weather Girls and Terri B. 1160 1st Ave., King of Prussia. Visit website for times and tickets. 610-354-8118; VFCasino.com.

MARCH 2–31

The Keswick Theatre Presents. *Mar. 2*, Jeanne Robertson; *Mar. 3*, Eric Johnson with Arielle; *Mar. 4*, Rachelle Farrell; *Mar. 8*, The Borowitz Report Live; *Mar. 9*, Dave Mason, Marti Jones and Don Dixon; *Mar. 10*, Real Diamond; *Mar. 11*, The Righteous Brothers; *Mar. 16–17*, The Musical Box; *Mar. 18*, Jeffrey Osbourne; *Mar. 22*, Robin Trower; *Mar. 23*, K.D. Lang; *Mar. 24*, Tribute to Frank Sinatra and Barbra Streisand; *Mar. 29–31*, *Jesus Christ*



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MARCH 4

Delaware County Symphony. "Latin Flair." Neumann University, Meagher Theatre, One Neumann Dr., Aston. 3 pm. \$12-\$20. 610-879-7059; DCSMusic.org.

MARCH 9-APRIL 2

Events at Uptown! Knauer Performing Arts Center. *Mar. 9*, Better Than Bacon Improv Show; *Mar. 15*, Jazz Cocktail Hour with Karen Rodriguez; *Mar. 18*, AZUL: The Story of Picasso's Blue Period in Music and Dance presented by Yajaira Paredes Productions and la Fábrica Theater; *Mar. 22*, Dueling Pianos;

Mar. 26, World Cafe Live presents Tom Rush; *Apr. 2*, Curtis on Tour: Violin & Guitar: Wanchi and Jordan Dodson. 226 N. High St., West Chester. Check website for details. 610-356-2787; UptownWestChester.org.



MARCH 10

Delaware Art Museum Performance Series. Four-time Grammy winners for Best Small Ensemble/Chamber Music Performance, Eighth Blackbird perform. 2301 Kentmere Pkwy., Wilmington. 8 pm. \$25-\$35. 302-571-9590; DelArt.org.

MARCH 11

Vox Ama Deus Ensemble Presents Bach, Handel & Mozart at The Chapel in the Woods. Celebrate Bach's 333rd birthday with Maestro and his guests—soloists and a string quintet—including a double piano concerto and entertaining "live notes" at this quaint, "Chapel in the Woods." Gladwyne Presbyterian Church, 1321 Beaumont Dr., Gladwyne. 5 pm. \$10-\$25. 610-688-2800; VoxAmaDeus.org.

MARCH 11

Point Entertainment Presents ... Five for Fighting with String Quartet. Multi-platinum singer/songwriter John Ondrasik performs at The Colonial Theatre, 227 Bridge St., Phoenixville. 7:30. \$29.50-\$42.50. 610-917-1228; TheColonialTheatre.com.

MARCH 11, 23

Community Arts Center Concerts. *Mar. 11*, Tri-State Jazz Concert, 2 to 4, free; *Mar. 23*, legendary guitarist Charlie Gracie, 7 to 10 pm. \$10-\$15. 414 Plush Mill Rd., Wallingford. 610-566-1713; CommunityArtsCenter.org.

MARCH 23-25

Wilmington Winter Bluegrass Festival. Three days of great bluegrass music on two stages, workshops and jam sessions. Crowne Plaza Hotel, 630 Naamans Rd., Claymont. \$10-\$65. Check website for line-up and times. WilmingtonWintergrass.org.

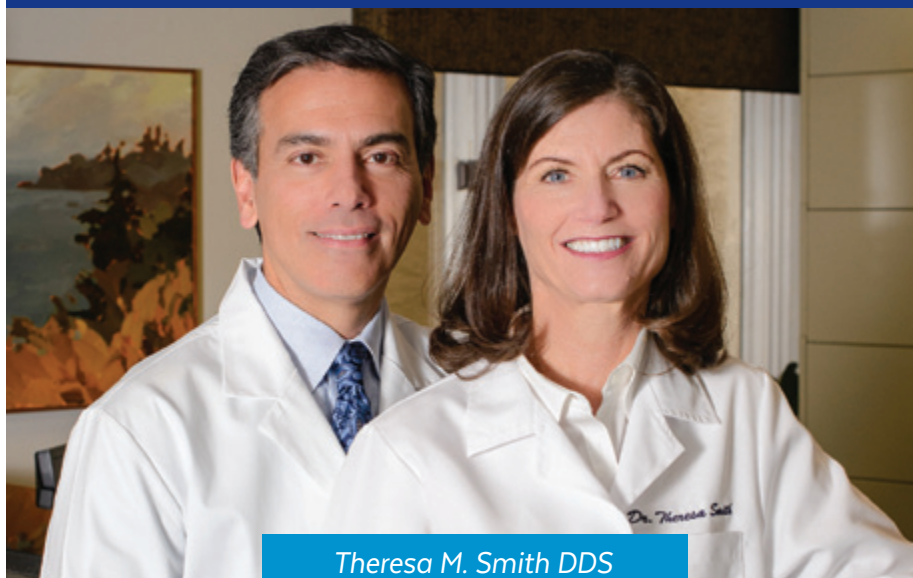
MARCH 31

WCU—Live! Johnny Peers & The Muttville Comix. Johnny Peers leads over a dozen personality-plus canines through challenging and hilarious tricks. Emilie K. Asplundh Concert Hall, 700 S. High St., West Chester. 3 pm. \$15-\$27. 610-436-2266; WCUPa.edu/Live.



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OUTDOOR ACTIVITIES.....

MARCH 10
5th Annual Conshohocken St. Paddy's Day 5K Classic. Run or run/walk along a scenic course. There are refreshments, water stations, prizes, post race St. Pat's Day party and a parade. Benefits Conshohocken Fire Co. #2. Starts and finishes at the fire company, 8th and Fayette Sts. 1 pm. \$20-\$35. Rain date, Mar. 24. 610-527-5510; BrynMawrRacing.com.

MARCH 11
The Land Conservancy for Southern Chester County Wildlife in Winter Series—Skulls,

Scat and Animal Tracks. Become a nature detective and look for clues to see who might be lurking around. Bucktoe Creek Preserve, 432 Sharp Rd., Avondale. 10 to noon. \$10. Register 610-347-0347, ext. 104; TLCForSCC.org.

APRIL 7
24th Annual Dash 4 Diabetes. The 5K Run, 2.5-Mile Walk and Kids Fun Run take place in downtown West Chester. Chester County Justice Center, 201 W. Market St. Benefits Diabetes Education at Chester Co. Hosp. Reg. 2:30. Kids run, 3:30, race at 4. \$10-\$20. CCHosp.com.

THEATER.....

THROUGH MARCH 31
The Diary of Anne Frank. By Frances Goodrich and Albert Hackett. People's Light, 39 Conestoga Rd., Malvern. Check website for show times and tickets. 610-644-3500; PeoplesLight.org.

MARCH 15-APRIL 1
Always Patsy Cline. See *March Picks* in this issue.

MARCH 21-APRIL 15
I Will Not Go Gently. A faded rock-n-roller reclaims the spotlight in this award-winning, one-woman show with original songs by Jennifer Childs and Christopher Colucci. People's Light, 39 Conestoga Rd., Malvern. Check website for show times and tickets. 610-644-3500; PeoplesLight.org.

MARCH 30-APRIL 15
Bullets Over Broadway. The Resident Theatre Company's musical adaptation of Woody Allen's movie about a 1920s playwright whose play is financed by a gangster. Uptown! Knauer Performing Arts Center, 226 N. High St., West Chester. \$25-\$53. Check website for show times. 610-356-2787; RTCWC.org.

TOWNS, TALKS & TOURS.....

MARCH 2, 10, 15
First Fridays, Second Saturdays, Third Thursdays. **Mar. 2, First Fridays: Kennett Square Art Stroll,** 610-444-8188; HistoricKennettSquare.com. **Lancaster City,** 717-509-ARTS; VisitLancasterCity.com. **Oxford,** 610-998-9494; DowntownOxfordPA.org. **West Chester,** 610-738-3350; West-Chester.com. **Wilmington Art Loop,** 302-576-2135; CityFestWilm.com. **Mar. 10, Second Saturday Arts Stroll: Media,** 484-445-4161; MediaArtsCouncil.org. **Mar. 15, Malvern Stroll,** MalvernBusiness.com.

MARCH 15
Chadds Ford Hist. Society Tavern Talks. Hugely popular series for adults, focusing on early American history and culture with activities, food and drinks. This month, "Mind Your Ps and Qs" (or Pints and Quarts). Barns Brinton House, 6030 Baltimore Pk., Chadds Ford. 7 to 9. \$15-\$20. 610-388-7376; ChaddsFordHistory.org. ♦

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2018 REGIONAL ANTIQUES SHOWS

Our calendar of annual shows, where you'll find everything from top-of-the-line antiques to popular collectibles.

MARCH 9-11

Chester Cnty Antiques & Arts Show

Church Farm School
1001 E. Lincoln Hwy., Exton
610-692-4800; ChesterCoHistorical.org
More than 40 exceptional dealers of 18th- and 19th-century American and Continental furniture and decorative arts display. This year's theme, "Past, Present & Future" will feature high quality American, Continental antiques and art. Preview Fri, 6 to 9 pm, early adm. 5 pm, \$150 and up, with cocktails, hors d'oeuvres, buffet. Sat, 10 to 6; Sun, 11 to 5, \$15.

MARCH 10-11

Elverson Spring Antiques Show

Twin Valley High School
4897 N. Twin Valley Rd., Elverson
610-721-2874; On Facebook
In its 49th year, this is one of the region's premier antique shows with over 40 dealers offering folk art, furniture, stoneware, art and Americana. Sat, 11 to 5; Sun, 11 to 4, \$7.

MARCH 17-18

Baltimore Antique Arms Show

MD State Fairgrounds Cow Palace
2200 York Rd. (Rt. 45), Timonium, MD
301-865-6804; BaltimoreShow.com

MARCH 17-18

Antiques at Kimberton Show

2276 Kimberton Rd., Kimberton
AntiquesAtKimberton.com

APRIL 19-22

Philadelphia Antiques & Art Show

The Navy Yard, Marine Parade Grounds
11th St. & Kittyhawk Ave.
Philadelphia, 610-902-2109
PhiladelphiaAntiquesAndArtShow.com
In its 56th year and offering many exceptional dealers. The loan exhibit, "Philadelphia Collects Philadelphia," features works of art made in Philadelphia recently acquired by the Phila. Museum of Art. Benefits the Philadelphia Museum of Art and Penn Medicine. Gala Preview, Thurs. April 19th, 6 to 9 pm, \$150-\$600. Show: Fri-Sat, 11 to 8; Sun., 11 to 5, \$15-\$25.

APRIL 26-28

Renningers Antiques Extravaganza

740 Noble St., South of Kutztown
610-683-6848; Renningers.net

MAY 4

West Chester's Vintage Market

Chestnut Street Parking Garage
14 E. Chestnut St., West Chester
610-436-9010; West-Chester.com

MAY 4-5

Eastern Nat'l Antiques Show & Sale

Carlisle Expo Center, 100 K St., Carlisle
410-538-5558; EasternNationalAntiques.com

MAY 4-5

Greater York Antique Show

York Expo Center, Utz Arena
334 Carlisle Ave., York
856-686-9000; MitchellDisplays.com

MAY 25-28

Brandywine River Museum of Art 45th Annual Antiques Show

Rt. 1 at the Museum, Chadds Ford
610-388-8318 (preview)
610-388-2700; BrandywineMuseum.org
Fine antiques including furniture, rugs, porcelain, needlework and more from distinguished dealers from the mid-Atlantic and beyond. Proceeds benefit the Museum Volunteers' Purchase Fund, and Art Education and Programming. Preview Party, Fri, 6 to 9 pm. Daily, 9:30 am. to 5 pm.

JUNE 28-30

Renningers Antiques Extravaganza

See April 26-28 listing.

AUGUST 26

Historic New Castle, DE Show

On the waterfront, Battery Park
434-361-1770; New Castle; DFShows.com

SEPTEMBER 21-23

The Original Semi-Annual 169th York Antiques Show and Sale

York Fairgrounds and Convention Center Memorial Hall East
334 Carlisle Ave., York, 302-875-5326 The-OriginalYorkAntiquesShow.com

SEPTEMBER 27-29

Renningers Antiques Extravaganza

See April 26-28 listing.

OCTOBER

Berks County Antique Art Show

Greshville Antiques & Fine Art
1041 Reading Ave. (Rt. 562), Boyertown
610-367-0076; GreshvilleAntiques.com

OCTOBER 5

West Chester's Vintage Market

See May 4 listing.

OCTOBER

The Main Line Antiques Show

484-580-9609; MainLineAntiquesShow.com
Annual fundraiser for Surrey Services. Check website this summer for details.

NOVEMBER

Elverson Fall Antiques Show

Twin Valley High School
4897 N. Twin Valley Rd., Elverson
610-721-2874; ElversonAntiquesShow.com

NOVEMBER 9-11

Delaware Antiques Show

The Chase Center on the Riverfront
Wilmington, DE, 302-888-4600
800-448-3883; Winterthur.org/DAS

NOVEMBER 10-11

Bucks County Antiques Show

Eagle Fire Hall, Rt. 202 & Sugasan Rd.
New Hope; BCADAPA.org

NOVEMBER 16-17

Eastern Nat'l Antiques Show & Sale

See May 4-5 listing.

NOVEMBER 17-18

Antiques at Kimberton Show

See March 17-18 listing. ♦

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PAST, PRESENT & FUTURE

36TH CHESTER COUNTY ANTIQUES & ARTS SHOW

MARCH 9-11

Step back into another time—specifically, the 18th and 19th centuries—and surround yourself with works of craftsmanship and experience the stories these handmade pieces could tell. The Chester County Antiques & Arts Show is bursting with stories.

More than 40 exhibitors from 13 states will be happy to tell you the provenance of the many museum-quality pieces on display as the Chester County Historical Society brings hundreds of antiques and art pieces for sale at its biggest fundraising event, March 9 through 11.

The Antiques & Arts show is part of CCHS's 125th anniversary, and is aptly named "Past, Present & Future." Proceeds support its mission of strengthening bonds between Chester County's community and its history. For those not familiar with the treasure trove that is the historical society, the West Chester location houses a remarkable library plus extensive galleries.

The new location for the show is the Church Farm School's campus in Exton. Celebrating its own 100th anniversary this year, Church Farm School is dedicated to building a top-tier education for its diverse community.

This year's antiques show, the 36th, will let you browse and buy a wide array of antique functional and decorative arts—silver, ceramics, needlework, rugs, fine furniture, period jewelry, and antique books, prints, maps and paintings.

If you're looking for something unique to add to your home, this is a rare opportunity to shop over 40 respected sources at one site. Each booth is a carefully curated display reflecting the exhibitor's style and taste.

A lively catered preview party launches two full days of the show, a must for everyone from curious hobbyists to hardcore collectors. Whether you buy or just browse, it's a day well spent. ♦

— Alexander Schmidt & Megan Sweeney



IF YOU GO:

When: March 9-11

Where: Church Farm School, 1001 E. Lincoln Hwy., Exton

Tickets: Show, \$15 and up; Preview Party, Fri., \$150 and up

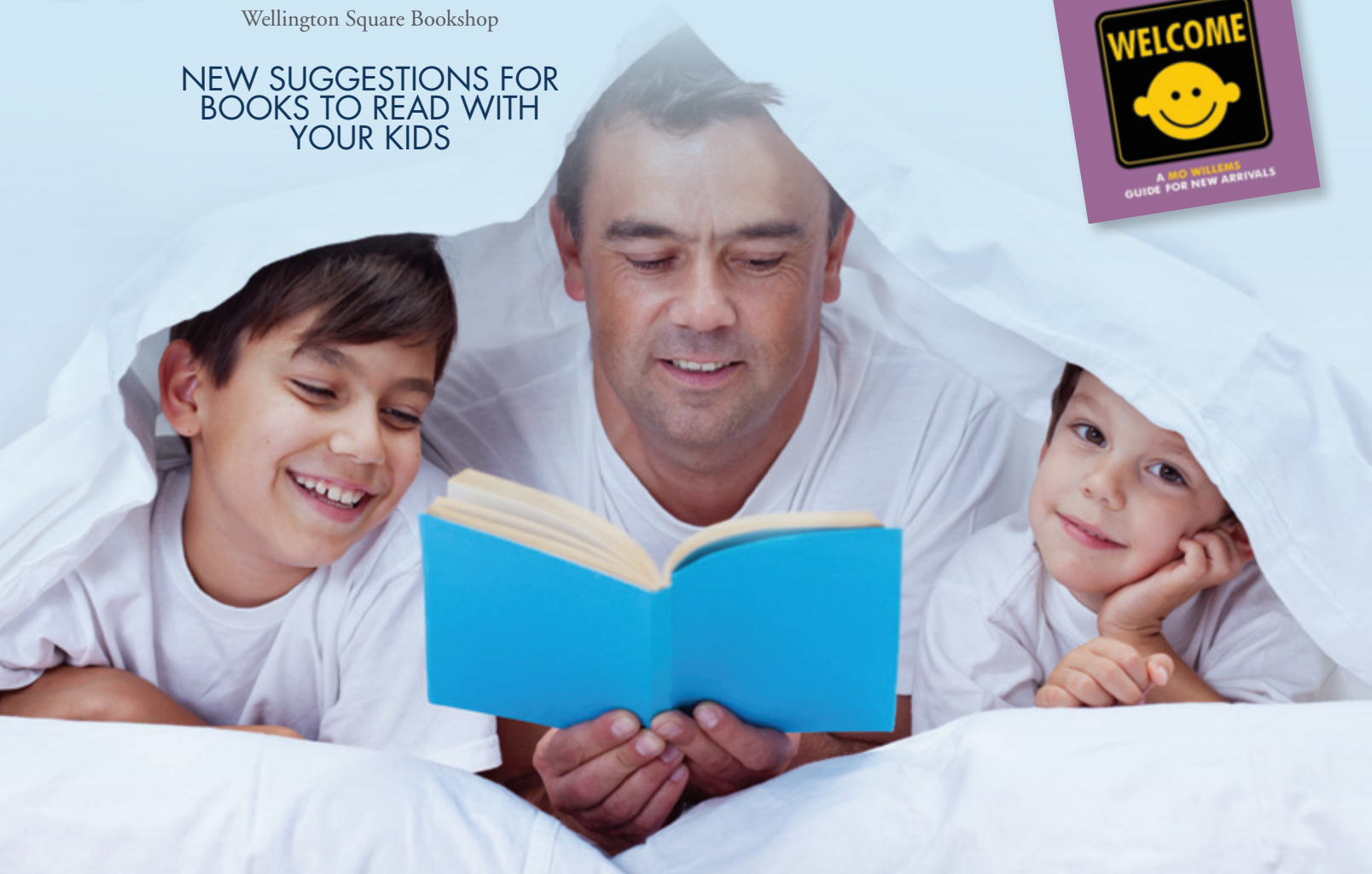
Information: ChesterCoHistorical.org



FOR THAT Most Special Time

Mike Wall and Leslie Finkel
Wellington Square Bookshop

NEW SUGGESTIONS FOR BOOKS TO READ WITH YOUR KIDS



Even if reading to your child didn't improve literacy and language readiness, what can match that special time of sharing a book? Before bedtime, after dinner, around the fire on special occasions—so many times pair well with a good book and an attentive child.

Here are suggestions beyond the classics for infants to tweens—no *Good Night Moon* or Dr. Seuss favorites here. Perhaps you'll get an extra cuddle as you discover a new favorite.

AWARD-WINNERS FOR YOUNG CHILDREN

Young children's books bond parent and child with a love of illustration and words. There's a cadence to reading, almost like song, that provides comfort and calm. Even for kids who don't like to sit still, reading to them while they play introduces words and another way to learn.

These books garnered notable awards including the NCTE Charlotte Huck Award, Kirkus Reviews Best Picture Book and NPR Best Book.

Welcome: A Mo Willems Guide for New Arrivals
by Mo Willems

From the author of the "Elephant and Piggie" series, "Welcome" is Mo Willems' guide for new arrivals in the world. The illustrations are bright and will attract young eyes, and the text is intelligent and easy to read out loud. It's a must for new parents and their babies. (Ages newborn to 2)



The Wolf, The Duck and The Mouse
by Mac Barnett

A sad little mouse is eaten by a wolf and meets a duck who's already in the wolf's belly. It turns out the wolf's belly is a nice place to live—great food, nice table settings—and given the wolf's voracious appetite, it's a gourmand's heaven. The author weaves in references to traditional fairy tales in simple text, along with charming drawings in a beautiful picture book for young children. (Ages 1–3)

A Different Pond by Bao Phi

The story is a father's reminiscence to his son of a long-ago fishing trip in a pond in Vietnam. *The New York Times* says Bao Phi's poetry "rhymes with the truth." Kirkus Reviews calls the book "a must-read for our times." This powerful picture book has received six starred reviews. (Ages 3–5)



Pax by Sara Pennypacker

A fox named Pax has been raised by Peter. They are soulmates, but war is coming, and they are separated. In alternating chapters, Peter then Pax tell their stories of their independent struggles to return to one another against all odds. (Ages 7–9)

After the Fall (How Humpty Dumpty Got Back Up Again) by Dan Santat



Everyone knows that when Humpty Dumpty sat on a wall, he fell off. But what happened after the fall? Humpty is now terrified of heights and is not able to bird watch, something he loves to do. The book describes in simple words how Humpty faces his fear and reminds children that life can go on after you "fall." (Ages 3–5)

The World Is Not a Rectangle: A Portrait of Architect Zaha Hadid by Jeanette Winter

Award-winning illustrator Jeanette Winter wrote this nonfiction picture book to introduce Zaha Hadid, a famous architect from Iraq. Hadid grew up in Baghdad and dreamed of being an architect. As a Muslim woman, though, she faced a culture that denied her access to the business of building design. She worked very hard and finally designed buildings that exist all over the world. The book is, of course, beautifully illustrated. (Ages 4–6)



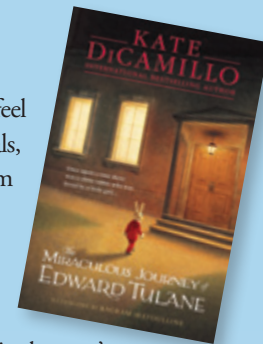
FAVORITE FABLES

Fables enchant children because the stories ask them to believe in what their imaginations tell them is true—that the world is filled with spirits, with animals that think, and with events that seem to rise out of nothing but to children are as real as the Sun.

These two recommendations exist in timeless landscapes and in unnamed countries that feel familiar—in worlds that children with their capacious sense of wonder can fit into easily. The authors understand the attraction children have to dolls and small animals that also

inhabit small spaces in what must sometimes feel like a world of giants. Just like dolls and animals, children can listen so quietly, they too might seem to disappear.

The Miraculous Journey of Edward Tulane
by Kate DiCamillo



A china rabbit—an elegantly dressed doll—is alive but can't move. He's a mind within a body, who thinks of himself as superior, as an aristocrat, but has no heart for anyone else. Through a series of losses and misadventures, he acquires a soul and learns to love. You may remember when People's Light produced a play last year based on this engaging book. (Ages 7–9)

BEYOND THE FABLE: FANTASY

Fantasy is the world of the fable made both stranger and more particular. In a sense, fantasy gives the reader an extension of the solid, real world, but one where the impossible is composed of facts. Its protagonists feel more heroic, its villains darker, more threatening. Through their connections with the heroes of fantasy, children too might take wondrous actions. They too might possess magical powers. They too might save the world.

A Wrinkle in Time by Madeleine L'Engle



In this book a young, awkward girl grows up as the target of bullies, but she has courage. When her scientist father disappears, she sets out to find him. With her companions—her brother and her friend Calvin—she confronts evil and vast dimensions of time and space. The fate of the universe comes to rest upon the shoulders of this small band. (Ages 9–12)

A Wizard of Earthsea (Earthsea Cycle #1)
by Ursula K. Le Guin



The hero in this story possesses immense powers, but as a foolish young man, Ged, who has become a great sorcerer, unleashed a shadow monster upon the world, and now must seek it out and master it. This is a story about learning wisdom and making use of courage in a world where danger might emerge from anywhere. (Ages 11–13) ♦

Find the Wellington Square Bookshop on Facebook, Instagram and on Twitter at WSBooksop. The Bookshop hosts a café, weekly story times on Tuesdays for children (ages 1–5), monthly fiction and nonfiction book clubs, author events with book signings and an Avid Reader podcast available on Podomatic. 549 Wellington Square, Eagleview Town Center, Exton. WellingtonSquareBooks.com.

Dream BATHROOMS

MAKE YOUR BATHROOM A PERSONAL OASIS,
MINI-SPA OR YOUR NEW FAVORITE ROOM.

Wish lists for today's master baths have much more than just a double vanity. Check out the finishes, fixtures and features in these examples of what local designers and builders can create for a bathroom to fulfill your dreams.



This bathroom is designed to be a glamorous retreat—from the chandelier to the large towel warmer to the luxurious soaking tub with a view. Wall cabinets with ribbed glass as well as a makeup area make this room functional for everyday use. A sophisticated color palette, quartz countertops and plenty of stone complete the transitional feel of this home.
COURTESY MAIN STREET CABINET. PHOTO: JAY GREENE PHOTOGRAPHY



Tired of an out-dated property, a Villanova family began a whole-house renovation to combine modern design with a bit of European flair. The master spa features back-to-back washbowl vanities divided by a mirrored partition for privacy and his-and-her storage. Modern high gloss metric cabinetry from Christiana Factory Studio is jeweled with crystal hardware. After a shower from multiple rain fixtures (photo far left), adjacent open bins, towel warmers and cozy robes are on standby for the walk to the dressing area.
COURTESY CHRISTIANA FACTORY STUDIO



This late 1800s barn was in poor condition before being converted to living quarters for both the horses and family. The transformation into a magnificent historic home—used remnants from the barn, seen in this gorgeous, spacious his/hers bathroom. Original exposed beams are accented by other refurbished beams creating division between custom his/her closets and bath space. Barn doors—salvaged and refurbished—conceal the closets. New dark hardwood floors were intended to accent the warm, original beams. Special placement of the custom vanity creates another division in this large space with its his/her theme.

COURTESY E.C. TRETWEY BUILDING CONTRACTORS



Despite the challenges of the long, dark, narrow and very dated space for this bathroom project off an indoor pool, the finished project is so well liked it became the owners' favorite bath. Several separate "compartments" can be seen along the interior hall—for the vanity, shower stall, water closet with sliding barn door, and substantial sauna. Natural materials—caramelized bamboo vanity, blonde lacquered bamboo wall panels, and custom bamboo ceiling tiles, accented by glass backsplash tiles resembling growing bamboo, and a handmade sink—add a spa-like feeling. Radiant heat under the slate floor is just another thoughtful detail.

COURTESY DOVETAIL GROUP, LLC



The smoky brown, herringbone-pattern plank tile flooring in this Malvern bathroom renovation is as striking as it is efficient. Its programmable, in-floor cable-style heating system creates a warm floor after any shower or bath. The luxurious oval style bathtub (photo far right), with free-standing faucet fixtures, helps create a mini-spa retreat for homeowners to enjoy everyday. Marble quartzite in the double sinks' custom vanity perfectly complements the herringbone floor. The blend of patterns, materials, textures, accents and colors creates a cohesive design in a master bath, matching the owners' wish list.

COURTESY LATTI KENNEDY BUILDERS
PHOTOGRAPHY COPYRIGHT GREGORY CAZILLO





Healthy Through the Ages

TO HELP US CLOSE OUT THIS CHALLENGING WINTER AND ITS EPIC FLU SEASON, LOCAL MEDICAL EXPERTS SHARE SOME ADVICE FOR EVERY AGE.



We asked the experts to weigh in on four health topics that span the ages. They started with advice on ways to build your child's immunity, touching on preventing colds and flu. Next they did a deeper dive into distinguishing colds, flu, bronchitis and pneumonia, along with recommendations on treatment. Then some tips everyone can use—how to protect your vision and avoid eye strain in a world of screens. We end with FOOSH—fall on outstretched hand—a common injury among athletes and seniors with balance issues.

Here's hoping this helps you and your family. And here's to your health at every age!



Protect Your Child from Cold and Flu Season with the Right Defense

Parents can take some simple steps to improve their children's immune systems.

Dr. Rajeev R. Shah, Children's Hospital of Philadelphia, Chester County Hospital

We've all heard about it in the news—the flu has been more prevalent this year than we've seen in the past. And although we may have been delighted when we caught “Super Bowl fever,” many parents are wondering how they can protect their children from catching less pleasant illnesses with fever-like symptoms this winter.

The old football adage, “Defense wins championships,” rings true in building your child's immunity as well. This plan of attack requires a multi-prong approach, like any good defensive strategy.

FIRST STEPS

The easiest way to fight off an infection is to avoid getting it in the first place. Washing your hands is the first and most important step in staying healthy. Avoiding other sick children, including siblings, will also help. If avoiding those who are sick is not an option, carry and use hand sanitizer.

In addition to keeping your hands clean, be sure to keep surfaces in your home clean. Winter viruses can linger for over three days on many surfaces including bathroom and kitchen counters, changing tables and toys.

Frequent cleaning while separating sick and healthy children as much as possible may stop some of the more contagious viruses from sweeping through your home.

SOUND NUTRITION

Another way to help fight off illness is by giving your child's immune system nutritional support. For the first few months of a child's life, this occurs through breastfeeding. Breastfeeding provides antibodies and a healthy gut flora—naturally occurring bacteria in the intestines that promotes healthy digestion and plays an important role in the immune system.

As your child grows, maintaining a healthy gut begins by limiting exposure to antibiotics and providing healthy bacteria through foods. The easiest way to improve your child's immunity through nutrition is by adding healthy foods to the family diet. Try organic yogurts spruced up with cut-up fruits or, for kids older than one year, honey—local honey is even better, especially for kids with seasonal allergies. You can also freeze homemade yogurt as a summer treat once it gets warmer.

...continued on page 61

Rajeev R. Shah, M.D., is Medical Director of Inpatient Pediatrics, Children's Hospital of Philadelphia Care Network at Chester County Hospital. He earned his medical degree from Albert Einstein College of Medicine and completed his residency at St. Christopher's Hospital for Children. Before joining the CHOP Care Network at Chester County Hospital, Dr. Shah had 15 years of experience as an Inpatient Director and Chairman of Pediatrics.





Colds, Flu, Bronchitis, Pneumonia — The Scourge of Winter

This epic flu season isn't over yet. What are you suffering from?

Dr. Charles P. Catania, Gateway Medical Associates

Staying healthy in the winter can be challenging! How often have you heard from family members or co-workers that they've been sick for weeks or have a cough that just won't go away? The next thing you hear is that the symptoms got bad enough to send them to the doctor. Now they've been diagnosed with bronchitis or walking pneumonia.

Sadly, these situations have become commonplace. Too many of us are working longer hours and running our immune systems into the ground. In winter, our sleep suffers, our diets wander, and we attend many social gatherings held indoors. Add to the mix that simple hand-washing hygiene may be forgotten. All these things leave the door open for the common cold, the flu, bronchitis and even pneumonia—or as we describe them, the scourge of winter.

When talking about these common ailments, it's key to understand that they are easily transmitted through the air when someone coughs, sneezes or talks, as well as by contaminated surfaces in our surroundings. It's important that we practice good hand hygiene as studies show that hand-washing could reduce respiratory infections by 16%.

During the winter, it's equally important to strengthen our immune system by eating nutritious meals, getting regular exercise and adequate sleep, and minimizing our overall stress.

But what should we do if we get sick?

SOME BASIC BACKGROUND

A first step is to know which ailment you have.

The common cold is a virus with more than 200 known strains (with rhinoviruses being the most common), making it difficult for a suppressed immune system to guard against. Influenza is also a viral illness and also has many different strains, again making it difficult to avoid becoming infected.

Although the symptoms of the common cold and flu are similar, they generally differ in severity and onset—colds come on slowly and are less severe, while flu symptoms appear more suddenly and are worse.

You may develop upper respiratory problems—a sore throat, runny or stuffy nose, fatigue and headaches with the common cold, which may last for

...continued on page 61

Charles Catania, M.D., is board certified in family medicine and hospice medicine. In private practice since 2010, he is currently in practice with Gateway Medical Associates in West Chester and is a Hospice Medical Director for Willow Tree Hospice, Kennett Square. Named a Top Doc by Main Line Today, he takes pride in bringing a personal and friendly experience when caring for his patients and their families.



Protect Your Vision — How to Avoid Computer Eye Strain

There's no way to avoid TV, phone, tablet and computer screens, so it's worth taking some precautions.

Dr. John C. Witherell, Crozer-Keystone Health Network

We're a nation in love with our digital screens, and the amount of time we spend in front of TVs, computers, phones and tablets continues to increase. Most adults spend more than 10 hours a day in front of a screen and most kids don't spend enough time outside in the fresh air away from their screens. While we've opened up a whole new digital world of knowledge and opportunity, in some ways we've closed off the real world.

You may already know that a heavy screen-time habit isn't good for your health. It usually involves lots of sitting, which can expand your waistline and increase your risk for cardiovascular disease. However, there's a less obvious way that your TV, computers and other devices may be sabotaging your well-being: They strain your eyes and may cause symptoms that reduce your quality of life.

The good news is there are a few simple changes you can make to protect your eyes, even if you have job that requires you to stare at your computer screen for several hours a day.

THE PROBLEM HAS A NAME: COMPUTER VISION SYNDROME

If you use a screen for an extended amount of time, chances are you'll wrestle with symptoms of Computer Vision Syndrome (CVS) at some point. In fact, according to the U.S. National Institute for Occupational Safety and Health, CVS affects about 90 percent of people who spend three hours or more a day at a computer.

The symptoms can be unpleasant and painful, but typically are not long-lasting or permanent, especially if you make efforts to reduce the causes.

If you've experienced any of the following symptoms, CVS may be the culprit:

- Eye strain
- Blurred vision
- Neck and shoulder pain
- Dry eyes
- Headaches
- Eye twitching

As the statistics show, not everyone who uses a computer will experience these symptoms, but many will. The severity of your symptoms will vary according to other eye conditions you may already have, such as problems

...continued on page 62



John C. Witherell, M.D., is a board-certified ophthalmologist. Locally raised and educated, Dr. Witherell graduated magna cum laude from Jefferson Medical College and completed his residency at Wills Eye Hospital in Philadelphia. He sees patients in his offices in Glen Mills, Media and Upland.



FOOSH

It's the second most common sports injury, but a fall onto an outstretched hand (FOOSH) can happen at any age.

Dr. Robert Huxter, Premier Orthopedics

A fall onto an outstretched hand is a common event in any age group—so common it has its own acronym, FOOSH. The cause of the fall can run the gamut: a sports injury, slip on ice, trip on an uneven surface, or simple loss of balance. Common among athletes—runners, skiers, skateboarders, pole vaulters—the injury can also occur in car accidents and whenever you try to break a fall by reaching out with your hand.

There's a wide range of potential injuries to the hand, wrist, elbow or shoulder associated with this type of fall. Many of these injuries are minor, causing only temporary discomfort and requiring no special treatment. Some injuries are clearly more significant resulting in a broken bone or worse. But there's a large middle ground, and it can be difficult to determine the significance of an injury.

In all ages, falls onto the hand most commonly cause wrist injuries. Elbow injuries and shoulder injuries may also occur, particularly

in older age groups. Initial treatment almost always includes ice and relative immobilization—the rest and ice part of RICE.

When there's an obvious injury—significant swelling, bone out of alignment—or the discomfort continues for a substantial time, you should seek medical attention.

THE WRIST

Of the over 300 joints in the body, your wrist is one of the most complex structures, capable of moving in many directions. The two large bones in the forearm (the radius and ulna) join with eight smaller bones (the carpal bones). Most of the up and down motion of the wrist happens at this junction. Some motion occurs between the small carpal bones as well.

Rotating the hand from a palm up to palm down position occurs with motion between the radius and ulna. The bones on

continued on page 63

Robert Huxter, M.D., is board certified in orthopaedic surgery by the American Board of Orthopaedic Surgery. He completed his residency and fellowship in hand surgery at Thomas Jefferson University Hospital and his clinical specialties include the hand and wrist and arthroscopic procedures. He sees patients throughout Chester County, with offices in Kennett Square, West Grove and West Chester.



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Chairloom works their magic on worse-for-wear chairs, sofas and more and turns them into functional works of art (photos this row).



From Scratch to Salvaged

Mary Irene Dolan

Handcrafted, Upcycled and Creative Furnishings to Add an Artistic Touch to Your Home



Find 20 artisans, artists and vendors offering unique home décor, furniture and more at **works**.

THERE'S SOMETHING TO BE SAID FOR FURNISHINGS made by hand. In a world with too many mass produced goods, things made with care, creativity and a passion for craft feel more meaningful—the way a handwritten letter is more appreciated than a generic greeting card or quick email.

If this personal touch appeals to you, consider adding a unique piece of fine furniture to your home. Where do you find handcrafted furniture nearby? Many places, in fact! Local artisans, creatives, upcyclers, purveyors and collectors are thriving in our area, ready to help you add that bit of magic to your living space.

A SECOND LIFE

A shabby but decidedly *not* chic bookcase. A beat-up old farmhouse dining table. A worse-for-wear vintage dresser. These may be pieces stuffed in a corner of your basement or sitting curbside on trash day. But that doesn't mean that's where they belong.

With creative vision and some TLC, the folks at **Salvaged Furniture & Home Décor Boutique** pride themselves on giving dumpster-bound furniture a Pinterest-worthy makeover, reviving them for a happy, productive second life.

"There's a lot of high quality older furniture out there that just needs some updating," says Maria Roberts. "Our passion has been saving those old, great pieces!"

Their Pottstown showroom is packed with solid wood vintage furniture—from kitchen tables, chairs and dining room sets to china cabinets, desks, mirrors and more—in what seems like every color under the sun.

Or bring your own ugly-duckling pieces to them and watch the transformation with paints, stains and trendy distressed or crackle finishes. If a piece needs a bit of repair or reupholstering, they've got you covered there, too.

And as Maria assures us, the paints are all non-toxic and water-based—giving you the freedom to remove them and switch up the finishes if your taste changes.

ALL IN ONE PLACE

Stepping into **works** in Kennett Square is like entering an artists' collective. Walls upon tables upon nooks and crannies are filled with local handmade, vintage and upcycled goodies of all varieties. With 20 different vendors, all hailing from the greater Philly area and many with shops of their own, every inch of the shop holds something special.

You'll find stunning, high-end reupholstered and reimagined chairs, sofas and stools from nationally recognized **Chairloom**—who will work their magic on your own pieces or their inventory of frames. **Eastcote Lane's** rescued and updated furniture and DIY chalk paint will catch your eye. (Be sure to ask about their hands-on workshops.) And **Greg Pilotti's** handmade, built-from-scratch furniture, with its impeccable quality and style—like his tables made from wood with a distinctive live edge—can't be missed.

Owner Tara Dugan—who also owns **Scout & Annie Vintage Homegoods**—knows every artist by name and will happily chat about each unique specialty. "That's the great thing about everyone being in one place," she says. "You can come here to meet the



Salvaged Furniture & Home Décor Boutique prides themselves on saving and transforming old, well-made furniture (this and left photo).



From chalk paint to upcycled vintage furniture, Eastcote Lane will help you makeover your worn out pieces.



Greg Pilotti Furniture Makers' handcrafted work is eye catching with live edge wood and precise design (photos this row).

vendors, make an appointment and brainstorm what it is you're looking for."

And if you have no idea just yet, you're sure to get inspired from the contact high with so much talent!

BUILT BY HAND

Or, you may know *exactly* what you're looking for, down to the precise dimensions. That's where artisans like the owner of **Paul Brogan Contracting** shine. All the hand-built furniture—cabinets, dining room tables, chests, bookcases, side tables, headboards and more—is made from solid wood to clients' exact specifications, says owner and artisan Paul.

"Usually clients come to me with a photo of what they like, and I'll work with their idea to get it as close as possible," says Paul. That includes their preferred type of wood, dimensions and style. Everything he creates is customizable, and is often part of a bigger

renovation project. The handcrafted pieces can create a cohesive, complementary look, if that's what you're going for.

Paul will also work with repurposed things you own—like a salvaged copper or iron base to give a wooden table unique character.

He's also happy to invite clients into his workshop for an insider's look at the progress on their piece. Though when asked if his studio is open to the general public, he laughs, "No, there's a lot of tools here. That would be a bit too dangerous!" Those who do get to visit his shop know it's a special treat.

REIMAGINING POSSIBILITIES

If you really want something outside the box, something so unique you could only picture it in fairytales—and certainly never in a big box store catalogue—head off the beaten path just three miles outside West Chester to **The Merchant of Menace Reimaginers Gallery** in Marshallton.

Founder Michael Arizin believes in second acts. He wanted a place where artists with vision and a knack for seeing the possibilities in found objects and reclaimed materials could showcase their work. Though "artistic" doesn't do justice to the pieces you'll find there.

What will you find? Whimsical furniture made of old farm machinery and barn wood. Animal, robot and clock sculptures crafted from repurposed odds and ends. Rag rugs, pillows and ottomans made of recycled textiles. Wall hangings and décor made from cast-off vintage materials and license plates. And anything else your imagination can dream of!

WHY HANDMADE?

In addition to owning something unique and a great conversation starter, what other reasons might make you want to go the handmade route when furnishing your home?

First, if you're upcycling your own pieces, it's usually cost effective. "When done correctly with the proper products, painting a good quality piece of vintage furniture that you already own is much cheaper than replacing it," says Maria Roberts of Salvaged Furniture. She notes that older furniture is also likely well made, you can style it however you want, and you get to send one less thing to the landfill.

Tara Dugan of workS seconds the customization, quality and eco-friendliness. She adds that people want to feel they have a connection to things in their home. "If you can say 'This was my aunt's favorite chair' or 'My husband and I picked this out at a garage sale together and restored it,' there's a story and memories behind it," says Tara. Those pieces have more meaning than their cookie-cutter counterparts.

It's also great to support local businesses and artists, knowing they pour their time, attention and heart into their work. Seeing the evidence of the hand of the artisan—whether in brushstrokes, tool marks or a signature—is a reminder you own something connected to a person.

"I think people appreciate and have more of a special attachment to a handcrafted piece," says Paul Brogan. And when you get to meet the artisan and be part of that process, it's even better.

Convinced yet? We sure are! ♦



Find the wacky and the whimsical, all made from reclaimed materials, at The Merchant of Menace Reimaginers Gallery (photos this page).



High quality, solid wood, and built to your specifications, furniture by Paul Brogan Contracting will be a perfect fit (photos this row).



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JUST YOUR TASTE

Carol Metzker
Photos by Wil Moore

EXTON AND DOWNINGTOWN: TWO DESTINATIONS FOR GOOD FOOD, DRINK, AND FUN.

BLUE CHEESE CRUMBLES. FRESH MICRO-greens. A fine layer of tangy mango chutney. All harmonizing with melt-in-your mouth salmon ceviche. One bite into my appetizer, I realized Bluefin Eagleview isn't any ordinary Japanese restaurant and sushi bar. By the time I finished an innovative, indescribably good oyster mushroom roll with hints of shrimp tempura, avocado, cucumber, Kennett Square mushrooms and truffle oil, I knew I'd tasted sunshine in winter.

Bluefin, the newest addition to Eagleview's Restaurant Row—with wonderful classics, inventive dishes for cuisine-explorers and unforgettable house-made soy sauce with a delicious deep smoky flavor—sends a message: Exton, the crossroads where hungry travelers stopped more than a century ago, is again on the map for great food and fun.

TWO DINING TOWNS

Whether you want burgers with a side of amusement, upscale dining or one-of-a-kind cups and plates, Exton and Downingtown have something new to suit your taste. Discover sustainable, local foods and craft beers, spirits and coffees.

For an evening with a “denim-to-diamonds” dress code and tableside service for Steak Diane Flambé in a charming historic farmhouse, follow the brick floor past the stone inscribed “A Faithful Friend” at Vickers. The longtime Chester County restaurant stays true to the past while celebrating the present and evolving for the future. Under the bar's rustic chandelier or on the outdoor patio in spring, get nostalgic over a Sidecar vintage cocktail invented in 1922 or refresh with a Corpse Reviver #2 invented in 1954. Linger over Filet Mignon Béarnaise by a cozy fireplace.

History lovers, ask Vickers' staff to point out an Underground Railroad hiding place and share secrets of the building's owner and abolitionist during the late 1800s.

Bluefin Eagleview



Vickers Restaurant





Famous Toastery

KICK BACK, DRINK UP, CHOW DOWN

If you light up at midnight, Round1 Entertainment at Exton Square Mall is for you. The game center—far beyond a bowling alley with billiards and arcade—is a daily carnival from 10 a.m. to 2 a.m. Whether you're 8 or 80, use motion sensors, joysticks and your own adrenalin to activate superpowers or become a singing diva.

Haven't had enough snow yet? Hop on an Alpine snowboard or Sno-Cross game snowmobile; feel the breeze as you maneuver down the extreme-video-games' challenging virtual slopes.

If you light up at sunrise, the Famous Toastery at Main Street in Exton is a cheery place where you're greeted by attentive servers and almost any breakfast food you can think of. You'll never have to flag down another server to find your own because—as the Toastery promises—"every server is your server." Menu items include The Blah-Blah-Blah Omelette—a build-your-own-feast that can include practically anything you'd put on pizza—gluten-free flapjacks, breakfast burritos with homemade salsa, and lunchtime salads, burgers, melts and more. Of course, there's toast, too—five kinds, plus French toast varieties.

If you light up later, head for Appetites on Main, a long-time favorite for a snack or a meal with your furry friend—its patio is very pet-friendly when the weather warms. Sports fans find 11 high-def TVs, many beers on tap and in bottles, plus game day menus featuring Philly faves add to the friendly "Cheers"-like neighborhood bar vibe. Plus they're a pub affiliate of our soccer team, the Philadelphia Union (see article in this issue).



Appetites on Main

DINNER OPTIONS ABOUND.

For fun, food and the feeling you're an esteemed family member, enter Eagleview's Suburban Restaurant & Beer Garden. Tasty dishes and murals, sourced from Pennsylvania whenever possible, are the order of the day. Past the teal blue barn door with orange handles, sit at the bar or tables of reclaimed Pennsylvania barn wood in the Farmer's Room. Ask for Cooper's Spicy Buttermilk Fried Chicken Sandwich—Suburban's twist on buffalo chicken named for the customer who liked it so much that when it first ran as a special he insisted it live on the menu. Pair it with PA beer Levante Tickle Parts or order a Zamboni as a nod to winter.

At Suburban, celebrating its first birthday March 1, you'll find local Revivalist Gins—adventurous DragonDance or sought-after Solstice Expressions—from Elverson's award-winning Brandywine Branch Distillers.

For tasty dried beef, pork, fruits and vegetables with a side of humor, stop at Thom's Jerky—"not a commentary, food!" says Thom—in Marchwood. Made from scratch with house recipes, dried meats enhance salads and mac and cheese; fruits make school lunches special.

If real food for the health of it is what you crave, Exton landmark Ron's Original Bar & Grille has from-scratch cooking with all natural ingredients that you love. For nearly 30 years, vegetarians, the gluten-free and low-carbers, and garden variety omnivores of all ages have found a menu that's long on choices and satisfaction. The ovals (pizzas) are legendary.



Lionville Natural Pharmacy



Suburban Restaurant & Beer Garden



Round1 Entertainment



Ron's Original Bar & Grille



East Branch Brewing Company



Bottle Room

BOTTOMS UP

Raise a glass of IPA Alluvium or Czech pilsner Morava at the **East Branch Brewing Company** in Downingtown. Last September former high-school-friends-turned-business-partners opened the brewery with onsite pub. They're already expanding—renovating the building's second floor for a taproom and opening a kitchen.

Also in Downingtown, the **Bottle Room**, established in 2016 right next door to Station Taproom, is gaining a solid reputation for its curated brews. "Hundreds of bottles can be confusing, so we help guide people

through a selection of beer, wine and cider, from classics to current trends," says Carey, a manager. Enjoy tasty bites, local cheeses, and events like a beer and cookie pairing.

On the horizon, another bright spot is **Stolen Sun Craft Brewing and Roasting Company**. Across from Target in Exton, a band saw buzzes and co-owner Jonathan Zangwill prepares for a trip to Colombia to meet with coffee growers. A former garage is transforming into a brewery and a Spongebob mural, once part of the gym's kids' area, awaits its new role as kitchen art. This spring, doors open to beer, food—a

bold fusion of spicy, smoky flavors of Mexico, South America and the Caribbean—and a great cup of coffee with a profile you won't find elsewhere.

GO ORGANIC, TWO WAYS

Still can't make up your mind? Exton's **Whole Foods**, newly opened in January, has aisles of tantalizing choices. Watch as pasta is freshly cut to your specification. Choose cheese—a wine-infused slice from nearby **Yellow Springs** or a buttery wedge from Provence. Dip into buckets of ethically sourced tulips and a bin of edible cactus leaves (called pads), rounding out the produce section. Quench your thirst with selections from the craft beer and wine shop or the coffee and juice bar. To relax, create a home spa day with milled soap and aromatic scrubs found conveniently near the specialty chocolate aisle.

On a smaller scale and family-owned, **Lionville Natural Pharmacy** stocks select organic foods along with its extensive selection of supplements and other health aids. It's not too late in the year to resolve to up your nutritional game with a personalized consultation or customized medication.

Whether a sip, a bite or a smorgasboard, Exton and Downingtown are on the menu. ♦



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UPCOMING EVENTS IN DOWINGTOWN AND EXTON

April 14 – Kids Free Trout Rodeo. Sponsored by Brandywine Trout & Conservation Club. Pavilion at Kerr Park. 9 to 2. Free for kids 15 & under. BrandywineTrout.net.

April 21 – Healthy Kids Day. Hosted by YMCA of Greater Brandywine to improve health and well-being for kids and families. Kerr Park. 11 to 1. YMCAGBW.org.

April 21 – 4th Annual Readers on the Run. Benefits Downingtown Library. Struble Trail & Kardon Park entrance, Penn Ave. at Green St. 8 am. \$10–\$25. RunTheDay.com.

May 19 – Bike Sale and National Bicycle Safety Event. Downingtown Borough Parks & Rec Commission holds this event. Benefits park improvements. Kerr Park. Downingtown.org.

May 19–20 – Theater in the Park at Eagleview Town Center. Visit EagleviewTownCenter.com for details.

May 26 & 27 – Downingtown Fine Arts Festival. A two-day fine arts festival weekend and community tradition. Sat, 10 to 6; Sun, 10 to 5. Free. DowningtownFineArts.com

May 28 – Memorial Day Parade & Services. Downingtown Veterans' Memorial in Kerr Park. 10 am. Downingtown.org.

June 10 – Crafted—A Curated Arts & Crafts Festival. Demos, craft-speople, food, local wine and craft beer tastings. Eagleview Town Center, Wellington Square, Exton. Crafted-Eagleview.com.

June 10 – Chester County Mac & Cheese Cook-off. Local restaurants, businesses and hometown cooks compete. Check website for times and admission. Kerr Park. MacN CheeseCookoff.com.

June 9, July 14, August 11 – Movies in the Park. Kerr Park. DowningtownMainStreet.com.

June 16 – 7th Annual 5K for Aidan J. Run/Walk for Heart-Safe Communities. Benefits SCA (Sudden Cardiac Arrest) in kids. Kerr Park, Struble Trail. 8 am reg., 5K at 9 am. AidansHeart.org.

June 19–23 – St. Joseph Community Festival. Check website for times and fireworks info. StJoelsFestival.com.

June 29, July 27, Aug. 31 – Downingtown Main St. Assn. Summer Jam Series. Kerr Park. DowningtownMainStreet.com.

July 4 – Good Neighbor Day. Enter the Run for Life (5K, 10K & 15K) or 5K Freedom Walk. Enjoy fabulous food, crafts and other activities. Benefits area emergency providers. GoodNeighborDay.com.

September 30 – Downingtown FallFest. Street festival on Green St. & E. Pennsylvania Ave. 11 to 4. DowningtownFallFest.com.

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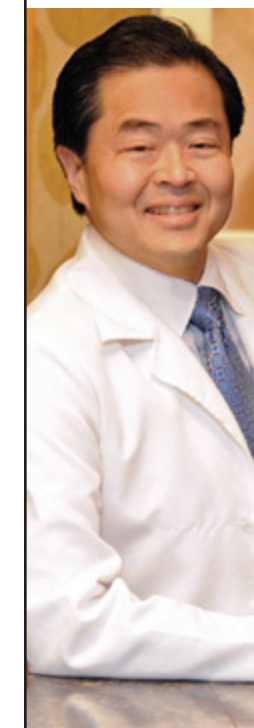
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Stoney Ridge Farm

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Laurel Anderson



WHEN YOUR NEIGHBORHOOD RESTAURANT ABOUT HALF a mile down the road is the famed Birchrunville Store Café, you know it's a very special kind of neighborhood. The half square mile that is the classic Chester County town of Birchrunville is home to a small town post office and a well-known 4th of July town parade, which includes, among other surprises, pet goats Archie and Templeton, belonging to the owners of Stoney Ridge Farm.

This is a neighborhood well-suited for two self-described foodies who had their second date at that intimate culinary gem in West Vincent Township. Yes, Stoney Ridge Farm owners Sandra and Michael Fisher have many ties to the crossroads at Flowing Springs and Hollow Roads. In fact, although these empty nesters are downsizing, they hope to stay in the Birchrunville bubble.

FARMHOUSE SEARCH

Having each lived in the area—Sandra in Charlestown and Michael in Warwick—the couple decided to find a new spot nearby to start their life together. Their search for a dream farmhouse was slowed by two false starts when deals fell through during the hectic, booming real estate market in 2006, recounts Sandra. Then, as luck would have it, they found Stoney Ridge Farm—a property not yet even on the market.

Their luck held when they discovered family ties between the owners and Michael's family. "It was meant to be," said Sandra.

Reached by a tree-lined drive, the property more than met their wish list—almost seven acres, charming farmhouse with great bones, stone barn, pond, springhouse, in a neighborhood with conserved properties, where their viewscape was protected.

They would make it their own for their blended family.

TRANSFORMATION

The early 1800s stone Colonial home had been thoughtfully expanded by prior owners who added historically correct additions in the late 1970s—bedrooms, bath, formal dining room—and another in the late 1980s—a sun-filled, vaulted-ceiling, fireside living room, plus foyer. These two additions, the latter designed by local architect Peter Zimmerman, gave the Fishers the basic structure to work with.

Preserving period details of the farmhouse that already had five fireplaces, beamed ceilings, built-ins and original floors was key to the renovation. With the help of local designer Liz Hunt, the transformation also maximized all available charm—like preserving original stone walls that were now in the interior—all while adding 21st-century amenities for an active family.

A chef's kitchen with top-of-the-line appliances (Viking, Gaggenau, Sub-Zero, Miele) and adjacent fireside breakfast room share French doors to a covered porch with stunning sunset views overlooking the picturesque pond and firepit. Custom cabinetry complements the original random-width wood floors.



The showstopper in the formal dining room is the unique, custom-built 250-bottle, cherry wood and glass temperature-controlled wine cabinet—a conversation piece that adds ambient light as it displays prize vintages.

LOWER AND UPPER LEVELS

The lower level houses an updated family room and master suite, both with access to the outdoors. The relaxed family room boasts exposed beams, fieldstone walls, fireplace and French doors to a second covered porch for all-weather entertaining or relaxing.

Key features of the adjacent master suite are the romantic fireplace, custom walk-in closets and en suite bathroom with whirlpool tub, shower, W.C. and radiant heat. A bonus feature is another set of French doors, these leading to a secluded outdoor terrace with a large hot tub surrounded by stone walls and plantings.

The upper level includes three additional spacious bedrooms, plus hall bath with a shower with a view. Period hardwood floors and windows along with more stone walls and exposed beams accent the space.

Less glamorous but costly and essential high-quality upgrades—completely updated multi-zoned HVAC, all new utilities, custom lighting, stone entryway and cedar shake

roofs—were completed, making this a turnkey residence. Other essentials—ample storage, mudroom, mechanicals room, pristine laundry room (exhibit A for how well maintained the home is)—were added for easy living and maintenance.

THE GROUNDS

The almost seven-acre grounds on this flag-shaped property are a blend of lush natural landscape with mature oak trees, newer plantings including weeping cherry and saucer magnolia trees, pastures, manicured gardens with roses and a spring-fed pond—suitable for fishing, boating and ice skating.

A three-stall stone barn, three-car garage and springhouse offer additional space for hobbies, home offices and more.

Equestrians, history buffs and country-life-loving families would enjoy the miles of trails, glimpses of fox hunters, and this tranquil private retreat on the edge of Birchrunville. ♦

For more information about this charming 6.9-acre property, offered by Country Properties, Berkshire Hathaway, Fox & Roach at \$1,220,000, contact Amy McKenna at 610.470.7138 (cell) or 610.347.2065 (office); TheCountryProperties.com.

Protect Your Child continued from page 41

If your child must be placed on antibiotics, follow up that course of medicine by feeding your child probiotics to reestablish a healthy intestinal environment.

In addition, adding zinc, vitamin C and omega fatty acids to your child's diet will also help strengthen their immune system. Fresh fruits, such as strawberries and oranges—or for the rare child who enjoys more exotic options, kiwi's and mangoes—along with vegetables like broccoli and peppers are all great sources of vitamin C. Snacks with almonds and walnuts and meals with fish, such as salmon, and lean meats will help support the immune system with omega 3 fatty acids and zinc.

For food to avoid, numerous studies have linked high sugar and higher fat diets to a depressed immunity in addition to other adverse health effects.

SLEEP TARGETS

One of the most overlooked components of immune system support is the power of sleep. Sleep is essential during the winter, so check your child's current sleep schedule.

Nowadays, children have packed schedules full of activities. Add to those activities sleepovers, electronic screen time and

schoolwork, and children are getting less sleep than ever.

The recommended amount of sleep for toddlers is between 11 and 14 hours; children between the ages of 3 and 13 should get between 10 and 11 hours of sleep; and teenagers, a very busy group that needs more sleep than most are getting, stay healthier if they get between 8 and 10 hours of sleep each night, not just on weekends.

OTHER PRECAUTIONS

If your child does come down with an illness, rest is important. During the early signs of illness, the more rest your child gets, the better the chance for them to recover more quickly.

Beyond physical rest, mental rest is also essential. The same stress parents go through during the winter can often be felt by their children. To help reduce stress, maximize the amount of sunshine exposure for relaxation plus the added benefit of vitamin D; provide unstructured play activities; and model stress-free behaviors to help keep your child healthy.

VACCINATIONS AND ANTIBIOTICS

Outside the home environment, your

healthcare provider can work with you to help strengthen your child's immune system. Adhering to a regular vaccination schedule has been one of the most powerful immune system boosters for decades. This includes seasonal vaccines like the flu shot, which not only helps prevent the flu (some years more effectively than others), but also reduces the severity of the illness.

Occasionally, despite the best defense, the offense (illness) sometimes wins and you need to change your game plan.

If your child develops a bacterial infection—as opposed to a viral infection—antibiotics are often necessary. Be sure to finish all the medication prescribed, even when your child begins feeling better.

It's never a good idea to use an antibiotic as a preventive measure or not finish the entire course of medication. These actions can lead to antibiotic resistance and colonization, which will put your child at risk for later and recurring infections.

Although winter can be tough on the mind, body and the immune system, these tips can help support a healthy child and make for a happier and less sickly cold and flu season. ♦

COLDS/ FLU continued from page 42

a week to ten days. When influenza is suspected, fever (over 100.4), chills and sweats, body aches (especially back, arms, legs), dry persistent cough and increased fatigue are usually apparent, causing a greater level of misery.

Although similar in symptomology to some viruses, bronchitis and pneumonia also differ in severity. Bronchitis by definition means an inflammation of the lining of the bronchial tubes leading to the lungs and may be acute (sometimes called a chest cold) or chronic (a different type of ailment not addressed here).

The inflammation with bronchitis causes thick mucus and trouble breathing from the inflammatory response within the tube bringing air to the lungs. A sore throat and persistent cough are sometimes accompa-

nied by shortness of breath, slight fever and chills, and chest discomfort. Sometimes developing from a cold, bronchitis is less severe than pneumonia, but the cough can last for weeks.

Pneumonia is also caused by an infection, in this case of the air sacs located inside one or both of your lungs, causing fluid in the lungs. Pneumonia may be bacterial or viral and is often accompanied by a productive cough, fatigue, high fever with chills, chest pain and trouble taking a deep breath. It can range from mild, often called walking pneumonia, to a life-threatening disease, especially for infants and seniors.

WHAT TO DO

If you're unfortunate enough to catch one of these winter ailments, it's important to

know what to do and when to do it. First, try to recognize symptoms as quickly as possible and then react accordingly.

If you're ever confused about what to do, it's best to contact your doctor for advice. Often early symptoms can be improved with simple home and over-the-counter remedies.

For both the common cold and flu, the best advice for early treatment is to make sure you're well rested, well hydrated and well nourished—and yes, chicken soup, as well as other warm liquids, can help. In addition, medicines like acetaminophen and ibuprofen can help with muscle pains, headaches and fevers that accompany the common cold and influenza.

Using nasal saline and decongestants can often improve nasal symptoms, along with salt water gargle and cough syrup for

your cough. Even for colds, which generally resolve themselves, see a doctor if you have a fever over 101.3, or lasting more than five days, or severe throat, sinus or head pain.

Even though viruses can last 10 to 14 days, it's advisable that if symptoms are progressing without improvements between days 3 to 7, you should seek medical attention to ensure you're not battling something more serious.

Although the flu generally resolves on its own, it can be deadly. Certain groups are at greater risk—kids under 5, adults over 65, pregnant women, those with weakened immune systems or with certain chronic health conditions—so annual flu vaccinations are highly recommended.

It's also important to seek medical attention within the first 3 days if you have a very high persistent fever, which may indicate influenza. The anti-viral therapy (Tamiflu) can help if administered within the first 48 hours.

If your symptoms are more bronchial or

lower respiratory in nature (rather than a head cold), with a persistent or productive cough, chest congestion, difficulty breathing, and sometimes wheezing, then consider the possibility of bronchitis. In contrast, you may be dealing with a mild infection of pneumonia if a fever or chest pain is present.

Bronchitis symptoms could be lessened by using over-the-counter decongestants and mucolytic medications that break up mucous and decrease coughing. If OTC medications don't help, your doctor may prescribe oral or inhaled steroids. In some cases inhalers to decrease inflammation may also be prescribed.

When there's a fever or chest pain, your doctor may recommend a chest x-ray to check for pneumonia. If bacterial pneumonia is confirmed, antibiotics are generally prescribed. A vaccine is recommended for adults over 65.

LIMITED USE OF ANTIBIOTICS

Note that antibiotic therapy has come

up only for pneumonia. Although many patients want a quick fix of a prescription medicine, with most of these ailments it's recommended to treat symptoms rather than jumping immediately to antibiotic therapy.

When battling these ailments, it important to be vigilant in washing your hands, coughing and sneezing into your elbow or tissues to prevent spreading them to people around you. Another key recommendation is to take time off from work, school or other gatherings if you have a fever or if your symptoms are severe. Again, most of these irritating symptoms improve within 10 to 14 days, so you may return to work if you seem to be improving.

In summary, know your body and practice a healthy lifestyle as best you can. The stronger we keep our immune system and the better we are with hand-washing and hygiene, as well as avoiding those with symptoms, the more successfully we can fend off these unwanted nuisances of winter. ♦

Protect Your Eyes *continued from page 43*

with focusing and coordinating your eyes.

CVS may also be a problem if you have uncorrected vision problems, such as farsightedness or astigmatism. Unfortunately, it also gets worse with age. And with more years of lifetime screen time, the issue is more serious for our kids.

BEWARE OF BLUE LIGHT, TOO

Overexposure to blue light can also be a problem for anyone who uses a screen for an extended period. Blue light is part of the visible light spectrum and is present all around us. By far, the biggest source of blue light is the sun—but your screen emits it too.

The potential problem with blue light is that your eyes aren't great at filtering it out like they do with other forms of light, such as UV rays. Instead, blue light passes through the cornea and the lens and reaches all the way to the retina, a structure at the back of your eye.

Too much blue light can damage the retina and increase your risk for problems like macular degeneration, the leading cause

of vision loss in the United States. While there's more research to be done on the connection between blue light from digital screens and these types of permanent eye damage, it's always a good idea to reduce your risks if you can.

FOLLOW THE "20-20-20" RULE

One of the easy ways to reduce CVS is to follow the "20-20-20" rule. It's easy to remember, and it's a great way to give your eyes a much-needed break throughout the work day. After 20 minutes of screen time, look away from your computer at something 20 feet away. Make sure this break lasts for at least 20 seconds.

ADJUST YOUR LIGHTING

Overhead fluorescent lighting contributes to eye strain and headaches. If you have the option, don't use them in the office, and instead opt for a desk lamp. Fluorescent tube lights can also be switched out for full-spectrum lights that more closely resemble natural daylight, which is better for your eyes.

CHECK YOUR SCREEN SETTINGS

The default brightness screen settings on your computer screen may not be optimal for you, so experiment with different settings to dim the screen light or warm the colors. Newer computers—as well as phones and tablets—may also have a nighttime setting—sometimes called Night Shift—to reduce harsh light and colors as the sun goes down.

Check your settings to make sure the text is a readable size—a text size you can easily read when your computer is at least an arm's length away. Adjust the default text size, if needed, once you've adjusted the monitor's distance.

AVOID GLARE

Glare in the environment can also contribute to CVS and eye strain. If you sit near a window with natural light, be aware of extra glare that may be hitting your screen throughout the day. You may need to adjust your blinds or your shades to reduce glare on your screen.

DON'T FORGET TO BLINK

Blinking helps keep your eyes hydrated and healthy. When you're performing a complex mental task, you typically will blink fewer times per minute than you normally do. Over the course of a day using your computer, blinking less will lead to dry eyes and irritation.

CONSIDER EYEWEAR AND COMPUTER SCREEN ADAPTIONS

Finally, you may want to consider purchasing special eyewear to help reduce the strain on your eyes. There are affordable (under \$50), protective lenses available without a prescription that are designed to cut down on screen glare and filter out blue light and which can reduce eye strain. And

your prescription glasses can be adapted for computer use. There are also filters you can place directly over your screens and apps available to provide similar protection.

Make these simple changes now, and contact your doctor or ophthalmologist today if Computer Vision Syndrome is a problem for you. ♦

FOOSH *continued from page 44*

either side of every joint are connected by fibrous ligaments. In the wrist, these are specially shaped to allow motion in some directions, but to restrict motion in other directions. The joint surfaces in the wrist are lined with smooth cartilage to allow easy motion.

DIFFERENT AGES, DIFFERENT BREAKS

In children, a fall onto the hand will often produce a minor break or "buckle fracture" of the radius near the wrist (fracture is the

medical term for broken bone). There may not be obvious injury but there is tenderness at the site of injury. An examination and x-ray are needed for an accurate diagnosis. Treatment is usually simple—a cast or brace for a few weeks.

Another common wrist injury in children is a fracture through the growth plate at the end of the radius. This area is where immature bone is forming rapidly and so is more easily broken. This injury is more likely to show some obvious deformity and is also more likely to require correction or

manipulation by the doctor. Correction usually involves administering an anesthetic and manually straightening out the bone before applying a cast, in a process called reducing the fracture.

Adults have a wide spectrum of possible wrist injuries. A broken wrist (fracture of the end of the radius) is more likely to produce an obvious deformity and may require surgical correction, using metal pins or plates to maintain the corrected position while healing occurs. This surgery is usually performed on an outpatient basis. Advances in



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both hardware and surgical technique in the last 20 years have improved outcomes for patients with this surgery.

Breaks of the smaller bones of the wrist (carpal bones) can also occur in adults. These injuries can be hard to diagnose. Although initially the x-rays may appear normal, it may be helpful to repeat the x-rays after seven to ten days, or to perform

special tests such as CT scan or MRI to verify the diagnosis. Most carpal bone fractures can be treated with immobilization, but in some cases surgery is recommended to speed recovery.

WRIST SPRAINS

A FOOSH injury can also cause a wrist sprain—an injury to the ligaments holding

the bones together at that joint. Sprains can be minor, recovering gradually over weeks. Sprains can also be quite significant, with complete disruption of the ligaments, allowing the carpal bones to shift abnormally.

Most sprained wrists will appear normal on an x-ray. Additional imaging, particularly with an MRI, can be helpful in making a diagnosis. Sometimes a diagnostic surgical procedure called arthroscopy is required to determine the extent of the injury. In severe sprains, surgical reconstruction of ligaments may be needed.

OTHER INJURIES

A fall onto the hand may also cause injury to the elbow. The most common such injury is a break of the radial head, a part of the radius near the elbow joint. This injury can often be treated with rest followed by early range of motion exercises, starting with pain free motion. More severe injuries often require surgical correction.

In older age groups, a fall onto the hand can also produce injury to the long bone of the upper arm (the humerus) just below the shoulder (fracture of the humeral neck). A fracture here can often be managed simply with a sling. For severe injuries, as with the elbow and the wrist, surgical correction may be an option.

RECOVERY AND PREVENTION

While children usually recover from wrist injuries quickly and rarely require any formal therapy, adults are more likely to benefit from formal hand therapy. A hand therapist can direct range of motion exercises and strengthening programs and may provide custom splinting. The therapy can often help speed recovery and allow faster return to work and play.

And prevention—wearing wrist braces with risky activities and improving balance—may help you avoid a second FOOSH. ♦



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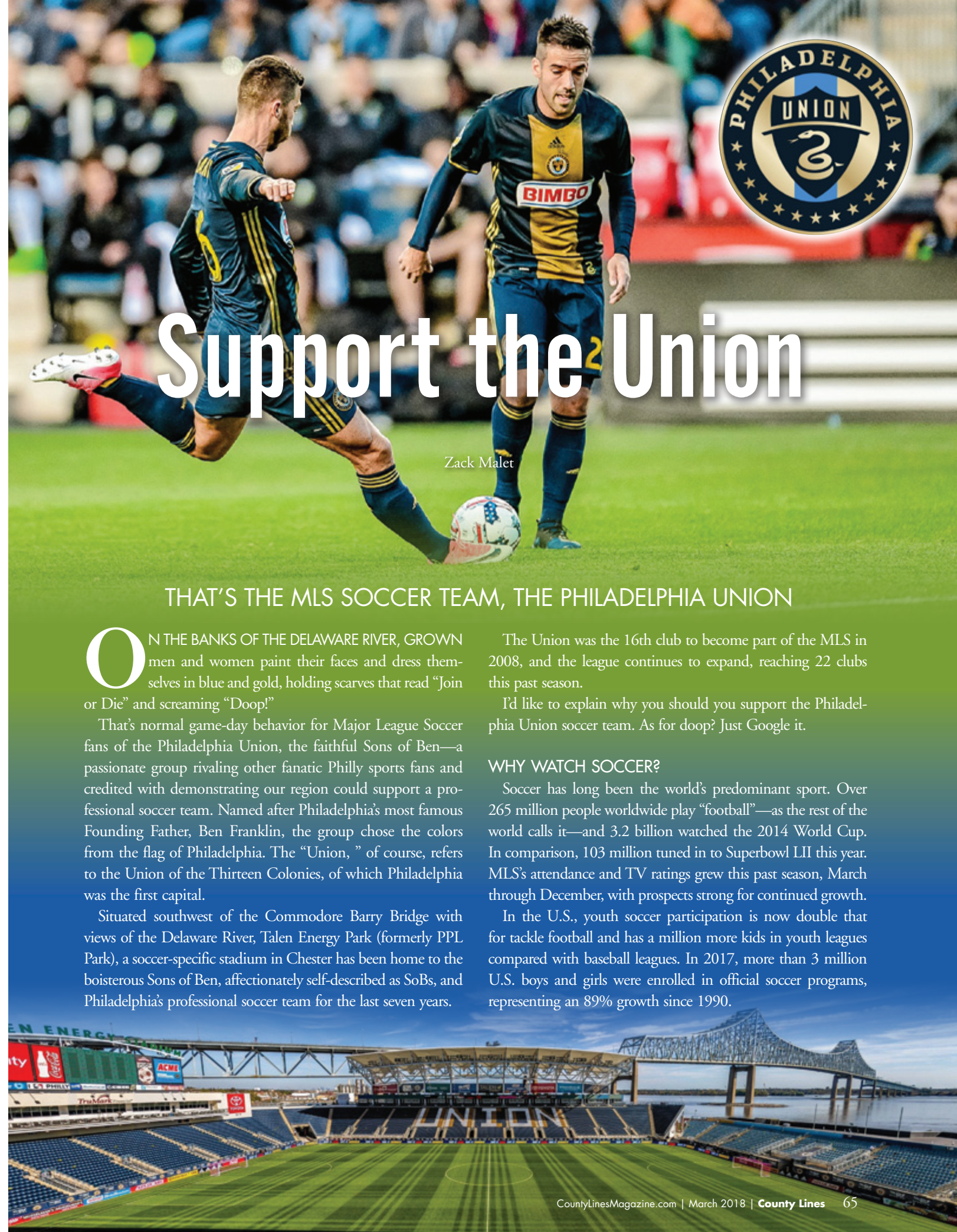


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Support the Union

Zack Malet

THAT'S THE MLS SOCCER TEAM, THE PHILADELPHIA UNION

ON THE BANKS OF THE DELAWARE RIVER, GROWN men and women paint their faces and dress themselves in blue and gold, holding scarves that read “Join or Die” and screaming “Doop!”

That’s normal game-day behavior for Major League Soccer fans of the Philadelphia Union, the faithful Sons of Ben—a passionate group rivaling other fanatic Philly sports fans and credited with demonstrating our region could support a professional soccer team. Named after Philadelphia’s most famous Founding Father, Ben Franklin, the group chose the colors from the flag of Philadelphia. The “Union,” of course, refers to the Union of the Thirteen Colonies, of which Philadelphia was the first capital.

Situated southwest of the Commodore Barry Bridge with views of the Delaware River, Talen Energy Park (formerly PPL Park), a soccer-specific stadium in Chester has been home to the boisterous Sons of Ben, affectionately self-described as SoBs, and Philadelphia’s professional soccer team for the last seven years.

The Union was the 16th club to become part of the MLS in 2008, and the league continues to expand, reaching 22 clubs this past season.

I’d like to explain why you should you support the Philadelphia Union soccer team. As for doop? Just Google it.

WHY WATCH SOCCER?

Soccer has long been the world’s predominant sport. Over 265 million people worldwide play “football”—as the rest of the world calls it—and 3.2 billion watched the 2014 World Cup. In comparison, 103 million tuned in to Superbowl LII this year. MLS’s attendance and TV ratings grew this past season, March through December, with prospects strong for continued growth.

In the U.S., youth soccer participation is now double that for tackle football and has a million more kids in youth leagues compared with baseball leagues. In 2017, more than 3 million U.S. boys and girls were enrolled in official soccer programs, representing an 89% growth since 1990.

This explosion in U.S. youth soccer means more parents now spend time on the sidelines of the many soccer fields that dot suburbia watching their offsprings and learning the game. Some knowledgeable parents can spot an uncalled offside violation.

Parents are also fans of soccer's nonstop action, the teamwork of 11 players (enough so plenty of kids get to play), and perhaps best of all—the finite game length, a special boon for busy families. Many parents happily acknowledge that soccer games require much less time than unpredictable baseball and lengthy track meets.

And even during the early years of “magnet ball”—when all kids follow the movement of the ball rather than play set positions—kids get much more exercise than sitting on the bench or standing in the outfield for t-ball games.

At the more expert level of play in the MLS, the Philadelphia Union provides 90 predictable minutes of world-class soccer excitement for families to enjoy just five miles south of the Philadelphia International Airport.

WHY SUPPORT THE UNION?

Now that the Union has built it—the 18.5-thousand-seat Talen Energy stadium designed so more than half the seats have river views—the fans have come. “To watch the growth of soccer in our community has been tremendous to see. We have great fans and the atmosphere at Talen Energy Stadium is top notch. Our fans have made our stadium a true home field advantage for us over the years, and it's not easy for teams to play at our place. Our guys on the field really enjoy playing in front of our fans, especially when the building is full. We love seeing the support and we're excited to see it continue this season,” says Head Coach Jim Curtin.

This renaissance on the Delaware River offers easy access from I-95 and I-476, shuttles from the nearby SEPTA Wilmington-Newark Regional Rail station, and reasonable parking and ticket prices. Think about the crowds, congestion and costs for a Philadelphia Eagles game—if you could even get a ticket.

Another attraction is the fun themed nights the team sponsors throughout the season, like Youth Soccer Night, Fireworks Night, Paws on the Pitch for pet lovers, and more. Toss in parachute drops of giveaways and ball jumpers—the official game ball delivered by a skydiver—to up the fun quotient.

Single tickets start at \$23, season ticket memberships start at only \$21 per game and offers like Family Meal Deals sweeten the deals. Season ticket holders get extra perks, like post-game club access with Union players—think of the photo ops with kids and players—plus discounts on parking and concessions. And there are plenty of seating options—field-side seats, manager's row seats behind the players' bench, party decks, club seats, standing sections, supporters sections or luxury suites.

Before the game, fans come to tailgate and enjoy the fun on Toyota Plaza—games of corn hole, miniature game day fields, live bands and giveaways. Check out the food trucks outside the stadium, plus more inside, along with family-friendly foods from Chickie's and Pete's, Philly Pretzel Factory and 15 concession stands and 25 portable carts.

Local brews are available at the Union Ale House and other concessions stands, where you can sip a cold one from Yards, Victory, Yuengling, Modelo and Sterling Pig. When you can't make it to a game, local pub affiliates—like Exton's Appetities on Main and West Chester's Kildare's—host fans to share the fun.

In short, the Philadelphia Union offers an exciting experience for a reasonable cost, while providing family entertainment and plenty of amenities. The organization and team are young and have put their energy and emphasis on becoming part of Philly.

It's time to support them back.

WHAT ARE THE LOCAL CONNECTIONS?

The Union also strives to connect with Delaware and Chester Counties as well as the greater Philadelphia area. “This area is excellent for producing and identifying talent. The U.S. Soccer Federation held a youth national team talent evaluation camp where 12 invitees were tied to our club, including eight current academy players. It's great for us, great for our profile, great for recruitment. It speaks highly of the work we're doing and can only help us as we move forward,” says Tommy Wilson, Philadelphia Union Academy Director.

The Union and Official Youth Development Partner YSC established the YSC Academy in Wayne, designated for student-athletes who hope to play professional soccer. Today the Union have four players who came out of their Academy, called “homegrown players.”

Some examples: Anthony Fontana, the second MLS player ever from Delaware;

19-year old Auston Trusty of Media; and just-added 18-year-old defender Matt Real from Drexel Hill. Derrick Jones and Mark McKenzie are the trailblazers for what the Union hopes will be a growing group of homegrown players on their MLS Roster.

The Union also support a reserve team named the Bethlehem Steel FC that began playing matches in 2016 at Lehigh's Goodman Stadium.

Team sponsors are local as well. Bimbo Bakeries of Horsham, PA (U.S.'s largest bakery, known for Entenmann's and Sara Lee) is their jersey sponsor. Dogfish Head Brewing of Delaware is fittingly the Union's official beer sponsor, with a beer garden and Dogfish River Deck at the stadium. And Jay Cuncliffe, of Aston, is the team's chief tattoo officer.

The Sons of Ben do their part as proud supporters of the Delaware Valley, hosting philanthropic events, such as the “Stache Bash” at their opening home tailgate to benefit the Special Olympics of Pennsylvania.

WHAT ABOUT WORLD CUP 2018?

Soccer's main event worldwide, the Men's FIFA World Cup, takes place this summer

“The fan experience is vital to our game day environment and we believe we have the best fan experience in the city for any professional sport,” said Doug Vosik, VP of Marketing. “In soccer, fans and supporters play a critical role in driving the energy, noise and excitement during matches. The Union won JD Power's Best Fan Experience in Philadelphia 2017.”



from June 14th to the July 15th championship in Russia. And although USA's National Team won't be playing this year after reaching the round of 16 in 2014, fans should not lose heart.

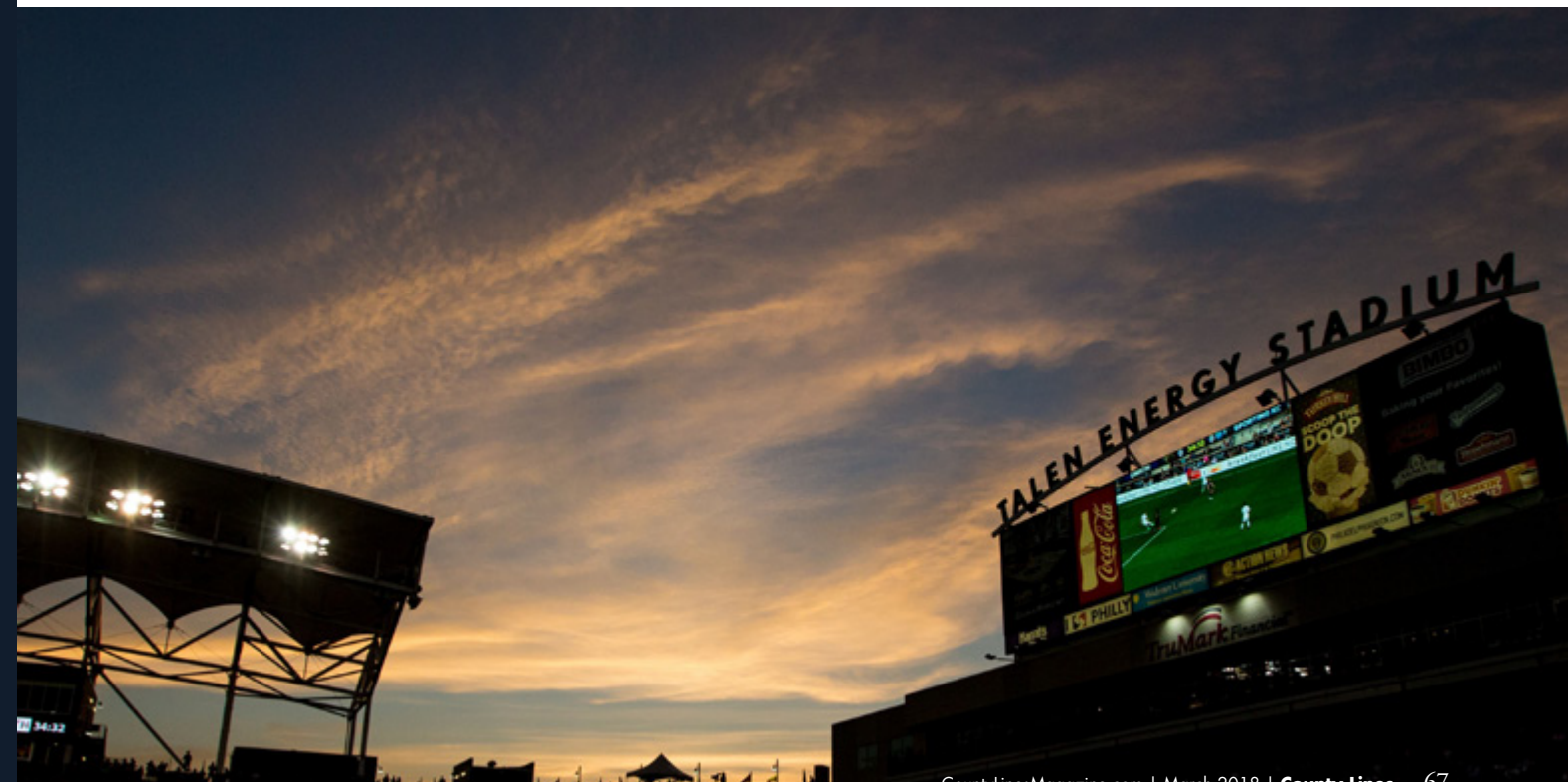
Union homegrown players Auston Trusty and Derrick Jones were members of the elite USA FIFA U-20 team in 2017. Even though they won't be in Russia, you can support these world-class athletes locally all summer long.

Also noteworthy: before the World Cup kicks off in June, the FIFA Congress will

announce the host city for the 2026 World Cup. As you might guess, Philadelphia is a potential host city in the joint country bid of Canada, Mexico and the U.S.

And in 2026, Christian Pulisic of Hershey, PA, America's next great soccer hope, will be 28. ♦

Zack Malet has worked for ESPN for six years in the Distribution and Acquisitions Departments. His soccer career began at age 4 in the Lower Merion Soccer club and ended his senior year at Friends' Central School. He supports the Philadelphia Union.



Piedmont Picks

Kayleigh Thompson

FROM DRY REDS TO SWEET WINES, A REGION WITH RANGE

PIEDMONT, ITALY IS A WINEMAKING REGION THAT has it all—age-worthy dry reds, crisp whites, sweet wines, sparkling—and does it all well! This area has the country's highest concentration of DOCG production (Italy's top-level designation for wine), with 84 percent of its wines earning this designation.

The region is also unusual because, for the most part, it resists planting common international grapes like cabernet sauvignon, pinot noir and chardonnay. Instead, the focus of Piedmont wine growers is on their unique and traditional local varieties.

I frequently turn to Piedmont wine for many occasions because the variety of unique grapes and wine styles pair with everything—from shellfish to steak to crème brûlée. Plus, they're really good!

Here are some of my favorite grapes by wine style below—at least, the ones you're likely to find in local wine stores. Although there are many other great grapes from Piedmont, some—because they aren't widely grown or exported—can be harder to find.

DRY REDS: DOLCETTO, BARBERA, NEBBIOLO

With a name like dolcetto (“little sweet one”), this grape sounds like it would make a sweet wine. Surprisingly, dolcetto makes a delicious medium-bodied, low-acid, tannic red with black cherry and licorice flavors with a hint of almond on the finish. It's meant to be drunk within a few years.

Luigi Einaudi Dolcetto di Dogliani DOCG 2015 (92 points and #38 Top 100 of 2017 *Wine Spectator*, \$17.99) has a rich purple color and complex bouquet of blackberry, earth, blueberry, graphite and a characteristic slight almond finish. Drink it with pasta dishes and pizza.

Barbera, the most widely planted red grape in Piedmont, makes

a medium-bodied, dry, ruby red wine with high acidity and lower tannin levels. Lighter versions are known for their red cherry, berry and dried fruit flavors. Although most of these wines are intended to be enjoyed young, those made from older vines or with reduced yields often have better fruit and acid balance, so with a bit of oak aging, can be cellared for many years. Barbera is grown perhaps most famously in Barbera d'Asti DOCG, which has lighter, more elegant expressions, and Barbera d'Alba DOCG, which produces more powerful versions.

Michele Chiarlo Le Orme Barbera d'Asti DOCG 2014 (\$14.99) is made from barbera grapes selected for optimum exposure and aged for eight months in large French oak casks to add complexity. Medium-bodied, with flavors of ripe cherry, blueberry and raspberry, this wine pairs well with roasted chicken with wild mushrooms, grilled pork or salmon, and pasta with red sauce and sausage.

The most prestigious grape of the region is the native Nebbiolo. Its two most famous wine appellations, Barolo DOCG and Barbaresco DOCG, have been called by experts the king and queen of Italian wine, respectively.

This grape is named after the Italian word for fog (*nebbia*), which covers the vineyards in thick layers in October. Nebbiolo wines are an orangey, brick-red color and are flavorful, elegant, tannic and exceptionally age-worthy (for almost two decades), sometimes requiring many years to mellow the tannins to balance with other characteristics.

These wines have aromas and flavors of tar, violets, truffles, roses, tobacco, herbs, black cherries and plums. Barbaresco DOCG wines are lighter and have less mandatory aging before release (21 months total, 9 months in oak) than

Barolo DOCG (3 years total, 1 year in oak). Both regions must make wines from 100% Nebbiolo grapes, and both have several sub-regions that produce different styles due in large part to the chalk, clay and marl (lime-rich) in the soils and different sun exposures.

Other famous appellations include Gattinara DOCG, Ghemme DOCG and Roero DOCG, all of which may blend Nebbiolo with a small amount of other red grapes and produce lighter, earthier styles worth exploring. Prices for Nebbiolo run the gamut, though high-end bottlings from prestigious regions can easily cost hundreds.

Produttori del Barbaresco Barbaresco DOCG 2014 (94 points *Wine Advocate*, \$39.99) is made by a 52-member cooperative and aged in large oak casks for two years. It's a beautiful, medium-bodied wine with fragrant notes of licorice, cherry, rose, strawberry, tar, earth and jasmine with grippy tannic structure.

Renato Ratti Marcanasco Barolo DOCG 2013 (95 points and #54 Top 100 of 2017 *Wine Enthusiast*, \$49.99), aged in oak casks for two years, is elegant, full-bodied and refined with aromas of herbs, tar, blackberries, violets and baking spice and flavors of cinnamon, pepper, tobacco and cherry that last through the velvety tannic finish.

Pair these fantastic wines with venison, grilled steak, egg pasta and long-aged cheddar cheese.

DRY WHITES: CORTESE AND ARNEIS

Very productive, Cortese grapes have been grown for more than four centuries in Piedmont and create excellent wines when their yields are restricted. They may be labeled Cortese di Gavi, Gavi or Gavi di Gavi. The wines are light- to medium-bodied, crisp, dry whites with aromas and flavors of citrus, wet stone and green apple.

Fontanafredda Gavi di Gavi DOCG 2016 (\$18.99) is full of character. The wine is straw yellow with notes of lily of the valley, green apple, lemon, flint, wet stone and a hint of vanilla. It pairs excellently with spinach and artichoke dip, fish with herb butter, asparagus risotto, shrimp scampi and pasta with pesto sauce.

Arneis is native to the Roero Hills sub-region and has grown there for more than six centuries. It faced extinction in the 1960s but was brought back into the limelight by two famous Barolo and Barbaresco producers, Vietti and Bruno Giacosa. The name Arneis (little rascal) refers to its difficulty to grow. It's a lovely, heavy-bodied dry white with complex notes of stone fruit, white flowers and almonds.

Vietti Roero Arneis DOCG 2016 (90 points *Wine Advocate*, \$19.99) marks the 50th anniversary of their first production of this wine. The pale yellow, full-bodied wine is electric with a unique bouquet of pear, citrus, saline, melon, white peach, herbs,

white flowers, chalk and cashews. Serve with crab cakes, creamy chowder soup, fish tacos with cilantro, or roasted chicken with saffron rice.

SWEET WINES: MOSCATO BIANCO, BRACHETTO, MALVASIA DI CASORZO

In Piedmont, Moscato Bianco (Muscat Blanc à Petits Grains) is the most planted white grape and the star of two famous wines, Moscato d'Asti DOCG and Asti DOCG. The first is the *frizzante* (slightly effervescent, sweet white) that's achieved huge popularity in recent years, and the second is a sweet, fully sparkling wine. Moscato Bianco delivers aromatic, musky notes of honeysuckle and ripe fruits.

Vietti Cascinetta Moscato d'Asti DOCG 2016 (\$13.99) is pale golden yellow and entices the nose with aromas of ginger, peach, orange, melon and honeysuckle. Try it with orange chicken, creamy lobster dishes, blue cheese, baklava and crème brûlée.

The Brachetto grape could be Moscato's brother. Also sweet and bubbly, Brachetto d'Acqui is a very aromatic red wine with berry, honey, rose and white pepper flavors.

Bersano Brachetto d'Acqui DOCG NV (87 points *Wine Spectator*, \$13.99) has alluring strawberry, raspberry, cherry, orange, spices and rose petals flavors. This bright ruby wine is a treat with raspberry cheesecake, fresh berries or milk chocolate.

Another sweet red *frizzante* wine, Malvasia di Casorzo has darker fruit flavors with chocolate and floral notes. It's made from a dark red, local variant of the Malvasia family of grapes, which include both reds and whites.

Antichi Giochi Piemontesi Voület Malvasia di Casorzo DOC 2016 (\$12.99) is a cherry red color with flavors of concord grape, raspberry, plum, wild berry, and rose. Pair it with spicy barbecue, peach cobbler, chocolate cake, or dark chocolate.

With so many styles to choose from, you're bound to find a wine from Piedmont that will suit any occasion. Or better yet, have a Piedmont wine party and potluck with friends and family and create an occasion to try them all! ♦

Kayleigh Thompson has worked in the wine industry for over seven years and earned the Certified Specialist of Wine certification from the Society of Wine Educators. She works as a Wine Specialist at the Fine Wine & Good Spirits Premium Collection store in King of Prussia, on DeKalb Pike. Learn more at FineWineAndGoodSpirits.com.





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



Say Cheese. Chester County farmers had their cheese wheels in motion at the **102nd Pennsylvania Farm Show**. Locally loved cheese earned several notable awards. Coatesville's own The Farm at Doe Run won their fourth Best of Show award for selections such as St. Malachi and Seven Sisters cheese. Honey Brook's September

Farms took home awards for their Aged Gouda, Birchrun Hills Farm saw success with their semi-soft Birchrun Blue, and Yellow Springs Farm scored with Black Diamond and Cloud Nine cheese. *FarmShow.pa.gov*.

Nothing to Wine About. Raspberry, red plum and white pepper, oh my! **Galer Estate Vineyard and Winery** took home the prestigious Double-Gold medal for its cabernet franc at the 2018 San Francisco Chronicle Wine Competition. Beating out thousands of entries from 35 states, this aged wine has notes of tobacco and smoke, and expertly exhibits every characteristic of the cabernet franc grape. The award is a huge success for Galer and Brandywine Valley wines. Find this award-winning wine at *GalerEstate.com*.



Finder's Keepers. Easter egg hunts aren't just for kids. For three weekends in March, Chaddsford Winery hosts **Adult Easter Egg Hunts**, where you can compete to win fun prizes—winery event tickets, bottles and glasses of wine, winery merch and Easter candy, of course. Food trucks and live music add to the fun. Don't miss out on the festivities ... or the wine. \$15 includes one timed egg hunt and a glass of wine. Tickets at *Chaddsford.com*.

Veg Out. Looking for a very veggie dining experience? Look no further than **Marwar Mirchi**. Malvern's newest restaurant boasts a tempting menu bursting with authentic Indian and Pakistani options, all completely vegetarian. Be merry on Meatless Mondays in March, enjoying your favorite curries, naans, chaat and more. Ceiling décor transforms the space and creates a one-of-a-kind atmosphere.

Check out their Facebook page for the complete menu. *309 Lancaster Ave, Suite #C1, Malvern.*



New Brews. A new brewery in Honey Brook is brimming with in-house beers and local wines and spirits. **Suburban Brewing Co.** is sure to charm with its eclectic feel from upcycled materials. Owner Eric Yost, of Suburban Restaurant & Beer Garden, and business partner Corey Ross have curated a relaxing spot where you can enjoy freshly brewed beers, indulge in PA Dutch-inspired snacks and challenge your friends to pool or vintage arcade games, from Pac-Man to pinball. Grab one of 8 to 12 beers on rotation at *2536 Conestoga Ave., Honey Brook. SuburbanBG.com*.



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Brandywine Table

Breakfast Anytime

FOR SOME, IT'S THE FAVORITE MEAL OF THE DAY.

Laura Muzzi Brennan

MUCH INK HAS BEEN SPILLED OVER THE HEALTH benefits of eating breakfast. But why should traditional breakfast foods be viewed simply as a way to fill the tank before driving into your day? Eggs, pancakes, hot cereal, even a humble hash deserve the limelight not only in the morning but at lunch, dinner and dessert.

Seth Arnold, executive chef at **EatNic Urban Farmhouse Eatery & BYOB**, wholeheartedly embraces this philosophy. FYI: Arnold is a veteran of Silverspoon, Station Taproom and Amani BYOB where he was chef de cuisine.

Ever since EatNic opened in late 2016, it has allowed diners to order breakfast-y dishes from the lunch and weekend brunch menus anytime. And if you want a dish from the dinner menu first thing in the morning? That's fine too. Such flexibility is possible because dishes are made fresh to order in a kitchen that's open 7 days week and serves continuously from 11 a.m. weekdays and 9 a.m. weekends until 9 at night.

Arnold takes special pride in EatNic's egg cookery, which starts with eggs sourced from Glenmoore's Hillshire Hills Farm. Although he smiles when he quotes Anthony Bourdain—"the way you make an omelet reveals your character"—he's serious about turning out classic French omelets (creamy inside, pale outside) from basic bacon cheddar to the gourmet gastro duck confit and goat cheese.



His frittatas showcase each season's finest produce, and a duckfat basted egg accompanied this winter's farmhouse apple hash. On the early spring menu, look for steak and eggs featuring Niman ranch strip steak. The Urban Farmhouse Breakfast—2 eggs any style, breakfast potatoes, bacon and/or sausage, toast—is immensely popular, and Arnold relishes the challenge of making eggs to a diner's specifications. Like eggs sunny and well-done? No problem.

Poached egg dishes add another feather in EatNic's cap. Arnold keeps an induction burner going all day dedicated entirely to poached eggs. The steady simmer means the poached eggs for classic Benedicts and daily farmer's market special are cooked fresh to perfection time after time.

EatNic's deconstructed take on shrimp and grits is also an eggy affair: poached eggs top sautéed shrimp, grit cakes made with Castle Valley grits, and Anaheim chile romesco sauce.

On the sweeter side, Eatnic satisfies with offerings made daily by pastry chef Karly Arnold, Seth's wife. Chocolate cranberry scones and apple cider donuts were favorites on the mid-winter menu. French toast (traditional and pumpkin), blackberry pancakes, and pear and steel cut oatmeal—a must-try says Chef Seth—rounded out the brunch offerings.

Next time you're deciding what to make for dinner or dessert, follow EatNic's lead and think breakfast. It's not just for breakfast anymore.

Shrimp & Grits

Since the grit cakes and romesco sauce are made in advance, all you have to do at the last minute is to cook the shrimp, poach the eggs, garnish and enjoy! Recipe courtesy of Seth Arnold, EatNic Urban Farmhouse Eatery & BYOB.



For the grit cakes:

- 3 C. water
- Salt
- 1 C. grits (preferably Castle Valley Mills)
- 1 Tb. butter

For the Anaheim chile and apple romesco sauce:

- 2 Anaheim chiles
- 2 green bell peppers
- 1 shallot
- 2 garlic cloves
- 2 apples (preferably Honeycrisp)
- ¼ C. hazelnuts
- ¼ C. vegetable oil
- ¼ C. apple cider vinegar

For the poached eggs:

- 8–12 eggs (plan for 2 eggs per serving)
- 1 gallon water
- ½ C. white wine vinegar

For the shrimp:

- Vegetable oil
- 12–15 jumbo shrimp, peeled and deveined

For the garnish:

- 1 apple, sliced thinly
- ¼ C. hazelnuts, chopped

To make the grit cakes:

Bring water to a boil. Water should be salted to the point where it's slightly over-salted.

Slowly sprinkle grits into the water, while whisking vigorously. Once grits are incorporated, reduce heat to low, and cook for 35–40 minutes, stirring occasionally. Once cooked, stir in 1 Tb. butter.

Place in a small baking dish, and smooth out with a spatula to form a solid block of grits. Once cooled, cut into 8–12 squares. You'll want two 2-inch squares per portion.

Cereal Anytime

When you're hungry, tired and uninspired, cold cereal sounds like a dinner plan. But before you reach for the milk, consider the hardworking oat bran. It cooks in a few minutes. It packs significantly more fiber and protein and fewer calories than oatmeal. And with a polenta-like texture, it's an ideal blank canvas for a variety of veggies, cheeses and condiments.

Try these combos or use whatever you forage from your fridge or pantry:

- Avocado, scallions, shredded cheddar, salsa
- Halved cherry tomatoes, pesto
- Arugula, sautéed mushrooms, crumbled feta
- Baby spinach, shredded cheddar, bacon
- Baby kale, carrot ribbons, cottage cheese
- Roasted red peppers, crumbled goat cheese
- Parmesan, pepper, poached egg



To make the romesco sauce:

Preheat oven to 275°. Chop vegetables and apples. Roast along with whole hazelnuts until all are cooked, about 1 hour. Cooking this slowly develops a lot of flavor.

Puree vegetables and nuts in a blender with oil and vinegar. Reserve.

To poach the eggs:

Bring water and vinegar to a simmer until steam rises off the surface. Next, slowly stir the water, and add one egg at a time. After adding eggs, again stir the water. This will help the white surround the yolk.

Set a timer for 4 minutes. Using a slotted spoon, remove the eggs.

To cook the shrimp and assemble:

In a hot saute pan, sear shrimp and grits cakes in a little oil. After about 1 minute, flip until both sides of grits cakes are golden brown and shrimp is cooked through. The shrimp should not be translucent at all.

Place a small amount of the romesco sauce on each plate, and drag the sauce across the plate with a spoon.

Next, shingle the grits cakes in the middle of the sauce so they overlap slightly. Top with poached eggs. Plate the shrimp leaning on to the grit cakes, and garnish with 2–3 apple slices and chopped hazelnuts.

Makes 4–6 servings.

Winter Frittata

Accompanied by the side salad, this frittata makes a satisfying lunch or dinner. Recipe courtesy of Chef Seth Arnold, EatNic.

For the frittata:

- 2 large sweet potatoes, cut into small dice
- 1 Spanish onion, julienned
- 2 lbs. Brussels sprouts, thinly shaved

- 3 Tb. butter
- 18 large eggs, room temperature

For the salad:

- ¼ C. apple cider vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 C. vegetable oil
- Salt and pepper to taste
- 2 apples, sliced thinly
- 1 fennel bulb, shaved
- ½ red onion, julienned
- 1 C. pecans, toasted
- 1, 2-lb. bag spring mix



To make the frittata:

Preheat oven to 350°.

Roast sweet potatoes in oven until fork-tender, about 20 minutes. Caramelize onions by slowly cooking over low/medium heat in a saute pan until brown. Stir occasionally.

Saute roasted sweet potatoes, Brussels sprouts and caramelized onions in 3 Tb. butter in a large saute pan.

Next, whisk eggs together to emulsify the whites and yolks. (This creates a lighter, more homogenous frittata.)

Divide vegetables among pans and add eggs to pans. (Chef Arnold makes frittatas individually in 5" pans but says home cooks can use any size pan and keep frittatas warm in a 275° oven until cooks have made the quantity they need.) Cook time is about 2 minutes for 1 frittata.

When you see a bubble form in the center of the eggs, begin to stir the eggs with a rubber spatula, while agitating the pan forward and back with your other hand. This creates a light and fluffy frittata. After it has formed together, flip and let cook briefly on the other side. Frittata should be lightly browned.

To make the salad:

Make vinaigrette by mixing vinegar, honey and Dijon in a blender for about 30 seconds. Next slowly drizzle the oil into the mixture to emulsify. Season with salt and pepper to taste.

Combine all salad ingredients and dress lightly with the vinaigrette. Salad is traditionally served right on top of the frittata.

Makes 4–6 servings.

Apple Dutch Baby

Kitchn writer Emma Christensen calls a Dutch baby a love child of a popover, pancake and crepe. After reading her recipe as well as ones from Bon Appetit and YourHomeBasedMom.com, I came up with this apple version. Pop it in the oven while you eat dinner, and you'll have dessert in a jiffy. If you can't find Penzey's apple pie spice (cinnamon with a little nutmeg and cloves), regular cinnamon works just fine.



- 2 apples, peeled and cut into ½" dice
- 2 Tb. granulated sugar, divided
- 1 tsp. apple pie spice or ground cinnamon, divided
- ¾ C. all-purpose flour
- ¼ tsp. baking powder
- ¼ tsp. kosher salt
- ¾ C. whole milk, room temperature
- 3 large eggs, room temperature
- 1 tsp. vanilla
- 4 Tb. butter
- Powdered sugar

Place 10" cast iron skillet in the oven and heat to 425°. Once temperature has reached 425°, keep pan in for a few more minutes.

Toss apples with 1 Tb. sugar and ½ tsp. apple pie spice and set aside. In a large bowl combine remaining 1 Tb. sugar, ½ tsp. apple pie spice, flour, baking powder and salt. Whisk in milk, eggs and vanilla.

Put butter in pan and put pan back in oven until butter melts. Arrange apples in pan. Pour batter over apples.

Bake for about 12–15 minutes. Sprinkle with powdered sugar. Makes 4–6 servings.

Roast Beef Hash

This dish is so much more than the sum of its parts! Adapted from Serious Eats.

- 1 Tb. butter
- 2 Tb. oil
- ½ C. finely chopped onion
- 2 cloves garlic, minced
- 3 C. frozen hash browns
- ½ lb. leftover roast beef, cut into ¼-½" pieces or shredded

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¼ tsp. cayenne
½ tsp. dried thyme
Sweet paprika to taste
⅓ C. heavy cream
Salt and pepper to taste



In a large skillet, melt butter and olive oil over medium heat. Add onion and garlic and cook for a few minutes until they start to soften but not brown.

Add hash browns and spread evenly over pan. Cook for a few minutes as if you are cooking a pancake and allow bottom to brown. If hash browns start to burn, reduce heat. Stir and spread evenly again. Keep stirring and spreading until you get all the hash browns to brown.

Stir in roast beef, cayenne, thyme and paprika and cook for a few more minutes. Stir in heavy cream and spread mixture evenly. Allow to cook and brown for a few more minutes, stirring occasionally. Season with salt and pepper.

Makes 4 servings. ♦

Laura traces her love of all things culinary to the first time she leafed through her mother's Betty Crocker's Cooky Book—which still occupies a place of honor among her 600+ cookbooks. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant openings with the excitement most people reserve for winning a Mega Millions jackpot.



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