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Preserving History: Meet the Friends of Martin's Tavern

(left to right): Jane Callahan, Marilyn Hines, Mark Slouf, Katherine Gelling, Marie Borda, Vince Vtsoskas, Linda Kaat, JoAnn Balcom



MEET OUR EXPERT

Contributors



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2024 'GLASSDOOR'



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Dear Residents,

April is one of my favorite months, because every morning is alive with possibility. You honestly never know what you will get weather-wise, and the Philadelphia region sees it all: 85-degree sunny days to snow storms. It keeps us on our toes, and reminds us of how little we can control about what happens in Life.

One thing we can control is how we show up, though, and that's why this month's cover story is so remarkable. I am always reminded of what amazing people live in East Bradford and its environs, and the choices they make about how they spend their time never fails to inspire me. The volunteers of the Friends of Martin's Tavern are those people. What started as trying to do something about an eyesore in the center of the community over twenty years ago became a project that has allowed them to make a big difference in Marshallton and other parts of Chester County. It's also allowed them to get out and meet people in their community that they normally would not get to know.

They give up their own personal time for nothing in return other than knowing they have made their community better. It's good karma, and the choices they have made benefit everyone, whether we realize it or not. They are helping to make history tangible for us, and remind us that it only happens with hard work and human interaction. When we take control of our choices, it is easier to accept the things we can't control. Like when it snows in April.

Here's hoping you get out of your comfort zone, meet someone you normally wouldn't, and control the things you can this month.

Heather Riley

My dog, Louie, unhappy with one of my choices last Halloween.



THE INQUISITIVE SCHOLAR

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West Chester Friends School Kindergarteners Take a Bath Outside

By Jennifer Lindsey Bondzeit
Photos by Michelle Lozowskii and
Jennifer Lindsey Bondzeit

A 26-year veteran teacher with the West Chester Friends school, Michelle Lozowski saw retirement in her near-future and felt the need to create a truly memorable experience for her students. She had been reading about the concept of "Forest Bathing," a practice that started in Japan as a way to inspire people to connect with nature as an antidote for technological overload. This concept was taken up by some educators who felt that a more distinct connection to nature could be beneficial to students. Lozowski found this idea interesting and began researching the topic. She participated in two workshops and began her quest to bring the Forest School to West Chester Friends School. Two years ago, she began "Forest School Fridays," where she takes her class outside, opening up a whole new kind of classroom for them. The kids are bussed to various nature preserves and parks for about four hours each Friday, rain or shine. Lozowski and her husband Steve "scout" the locations before visiting with the classes, scoping out safe areas and



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things for the kids to do. The class spends 2-4 hours at each preserve so they can observe changes in the natural environment. "The point of the Forest School is to connect children to nature," Lozowski says. "So much learning and time at home is now spent with technology. Being out in nature gives them the opportunity to watch something other than a screen. Noticing things in nature brings them to ask questions about what they are seeing."

One of the grandparents of a student loved the Forest School Friday so much that he asked Lozowski to bring her idea to students in Huatusco, Mexico, a place where he owned land. Alan Wright and his daughter Nora took one of the forest school workshops themselves to help establish Forest Schools in this region. In June of 2024, Lozowski and her husband were invited by the Wright family to help. They traveled to a remote area of Mexico that is situated in a cloud forest. They stayed twelve days and held five forest school classes and two teacher workshops. Eighty children and forty teachers attended. Lozowski said that the feedback was incredibly positive: the children had never had such an opportunity and the plants and life in the cloud forest proved to be fascinating subjects. Recently, the head of all preschool education for the State of Veracruz reached out to the Wright family to inquire about visiting with a group of supervisors to find out more about the forest school and the many benefits of the program. It seems that Lozowski's legacy has not only been realized, but it is far surpassing what she first thought might be possible.

"Kids learn through exploring and discovery. Being in nature naturally brings them to ask questions," she says. Lozowski has indeed created a unique experience that will make a lasting impression on her own students and



those in Mexico. While it was her desire to leave a legacy, it has been the children who are the beneficiaries of this program and there is little doubt that they will remember the lessons learned in Forest School fondly for many years to come.



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Preserving History: Meet the Friends of Martin's Tavern

By Heather Riley | Photos by Stacey Zarro Photography



FOMT at the Tavern

In 2000, Linda Kaat says that she “moved into [Marshallton] village, and my property adjoined an eyesore. A building that was 200 years old, crumbling, condemned.” She and her neighbor on the other side of the eyesore, Tom McGuire, agreed something had to be done, as they worried that it was pulling down their home values. So, she contacted the owner and about eight months later and with organized planning, ended up buying the property for \$1.

Little by little, she connected with other neighbors in the community, and through copious research by Tom McGuire, which included traveling to London and pouring through historical records, they found out that the dilapidated property had actually been a tavern in the eighteenth century. Known as Martin’s Tavern, the building had been a popular watering hole and a well-traversed spot for locals and travelers as it was at a major crossroads in Chester County. During the Revolutionary

War, the Tavern was a meeting place for the local militia, and along with British spies and Loyalists it was quite the setting for intrigue.

The group started to expand, and Linda Kaat and Robert Lyng, current and founding members, formed a nonprofit organization to raise money to refurbish the building, calling themselves the Friends of Martin’s Tavern (FOMT). At first, their goal was to simply restore the structure. Unfortunately, since it had gone through many additions with little maintenance, they realigned their goals and instead, raised money to tear down the structure, but maintain the footprint. Although it is not an enclosed building, visitors really can feel what the tavern must have been like three hundred years ago, as the remnants of the fireplaces and cooking areas are intact. The group was able to “keep the building pure,” as Linda says.

Close to twenty dedicated neighbors have come

together over the years to be part of the Friends of Martin's Tavern. The resulting preservation of the tavern, which was formally dedicated in 2006, is now host to many annual community events, including their annual Christmas tree lighting and ice cream social. One of their most notable events was the 300th birthday celebration of the village's namesake, Humphrey Marshall. Among the attendees at the dedication were Curt Cheyney and Nancy Hannum, who were representing their ancestors, Squire Cheyney and Colonel John Hannum, respectively, who were at the Tavern on the night before the Battle of the Brandywine in 1777.

"Martin's tavern has been an evolution," says Mark Slouf of the 20 plus years project. "Initially there was the teardown and reconstruction, and over the years we've continued to improve" the space. They filled in the basement, constructed a stone retaining wall and continuously upgraded the landscaping. Somewhat recently, the building on an adjoining property burned down. With the help of West Bradford Township purchasing the property, they've created what they now call the "Martin's Tavern/Humphrey Marshall Historical Park."

"This is protected land," Bob Lyng says. When the group realized their success with renovating the tavern, they didn't stop there. They set their sights on other areas of the village that needed improvement in order to reflect the histories that had fallen prey to time. They have since taken on the stewardship of the 1750 Marshallton Blacksmith Shop and are responsible for its preservation and upkeep. The Blacksmith shop ceased operation in 1954, the longest continuously operated Blacksmith shop in the County. Although you can no longer have your carriage repaired or new wheels put on your wagon, Linda operates an antiques and gift shop whose proceeds benefit FOMT's mission.

Everyone participates as their talents and time allows. Some, like Katherine Gelling, JoAnn Balcom and Jane Callahan take turns wearing period garb at their different events and town tours. Others, like Vince Visoskas,



Top from left: Katherine Gelling, Vince Visoskas, Mark Slouf, JoAnn Balcom, Nick Volpone; Bottom from left: Bob Lyng, Marie Borda, Cindy Prader, Linda Kaat

who also wears period garb, went door to door, visiting 88 different residents to get easements for a brick sidewalk for the Marshallton Streetscapes project. All their volunteering has created a unique and intertwined community based on history. "These structures tell stories," Linda Kaat says. "And when the community comes to visit, it's doing what the tavern has always been intended to be: a meeting spot for locals and a way to relive our history in the village. Had it fallen in and disappeared, we would have lost an important chapter in our story." Communities form on the backs of those who have come before us.

The group, although they succeeded in their initial goal,

Graduation Portraits

by
Stacey Zarro
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has not rested on its laurels. Instead, they continue to strengthen the ties to the area's unique history. In 2016, they raised money to erect the Trimbleville Historic Marker, which memorializes Irish immigrant John Trimble and Trimble's Ford, where the British Generals Howe and Cornwallis crossed with their troops on their way to confront George Washington in the Battle of the Brandywine. The marker was the first of now 17 erected across the Brandywine Battlefield, the largest land battle of the Revolution.



Photo by Mark Slouf; The Trimbleville Marker

others throughout the County, is a mini History center with static and interactive exhibits depicting the local history from the Lenape to Quakers, local historical figures and the Battle of the Brandywine. You can also download an app for a walking tour of the Historic Village. The Heritage Center functions as a Chester County Tourism Center where visitors can gain information on local events, museums, lodging, restaurants and recreation. Its impressiveness cannot be overstated. Never could one imagine spending so much time in a space that's not your car. And

Photo by Linda Kaat; Martin's Tavern before demolition



Photo by Stacey Zarro Photography; The Marshallton Village Heritage Center

Perhaps their crowning achievement is the Marshallton Village Heritage Center. Created in 2018, the Heritage Center, located between the famous watering holes of the Marshallton Inn and the Four Dogs Tavern, was a partnership with owners David and Wendy Cox and Chester County. The Heritage Center, a prototype for

yet it is all fascinating, and reflects the hard work of the group, through their tireless research, fundraising, and meetings to decide what and how they tell the story of their village. They encourage the public to come experience the fruits of their efforts: the Blacksmith Shop, the Heritage Center, and of course, the Tavern.

"When 10,000 cars go through a village every day, it either falters, or it builds from that," Marie Borda says, quoting Bob Lyng. "And it renewed pride to say that you live in Marshallton."

The group continues to grow and influence the disbursement of local history. With the nation's 250th next year, they are gearing up to have Martin's Tavern play a substantial role. Rose Fennel, director of Valley Forge Park, is leading the initiative



Mark Slouf in front of the Blacksmith Shop

"Dare to Declare" by encouraging the community to come together to read the Declaration of Independence out loud, which was done 250 years ago in local taverns throughout the colonies. FOMT intends to be part of that. The group, all of whom are transplants from other areas of Pennsylvania or the country, are dedicated to preserving the history of their adopted land. "When I moved here from New York, I didn't want to take it for granted. When you look around [Marshallton], it's like no place on Earth. You feel pride in your community, and you meet others who have similar passions," says Katherine Gelling. A community that formed over its respect for their shared past gives hope for the future. To find out more about the workings of the Friends of Martin's Tavern, or how you can support them, visit their website: www.martinstavern.org. History is waiting.

Board Members-

- Mark Slouf, President
- JoAnn Balcom, Secretary
- Vince Visoskas, Treasurer
- Katherine Gelling

General Membership-

- Bob Lyng
- Linda Kaat
- Cindy Prader
- Sara Papenhausen
- Jane Callahan
- Marie Borda
- Marilyn Hines
- Nick Volpone
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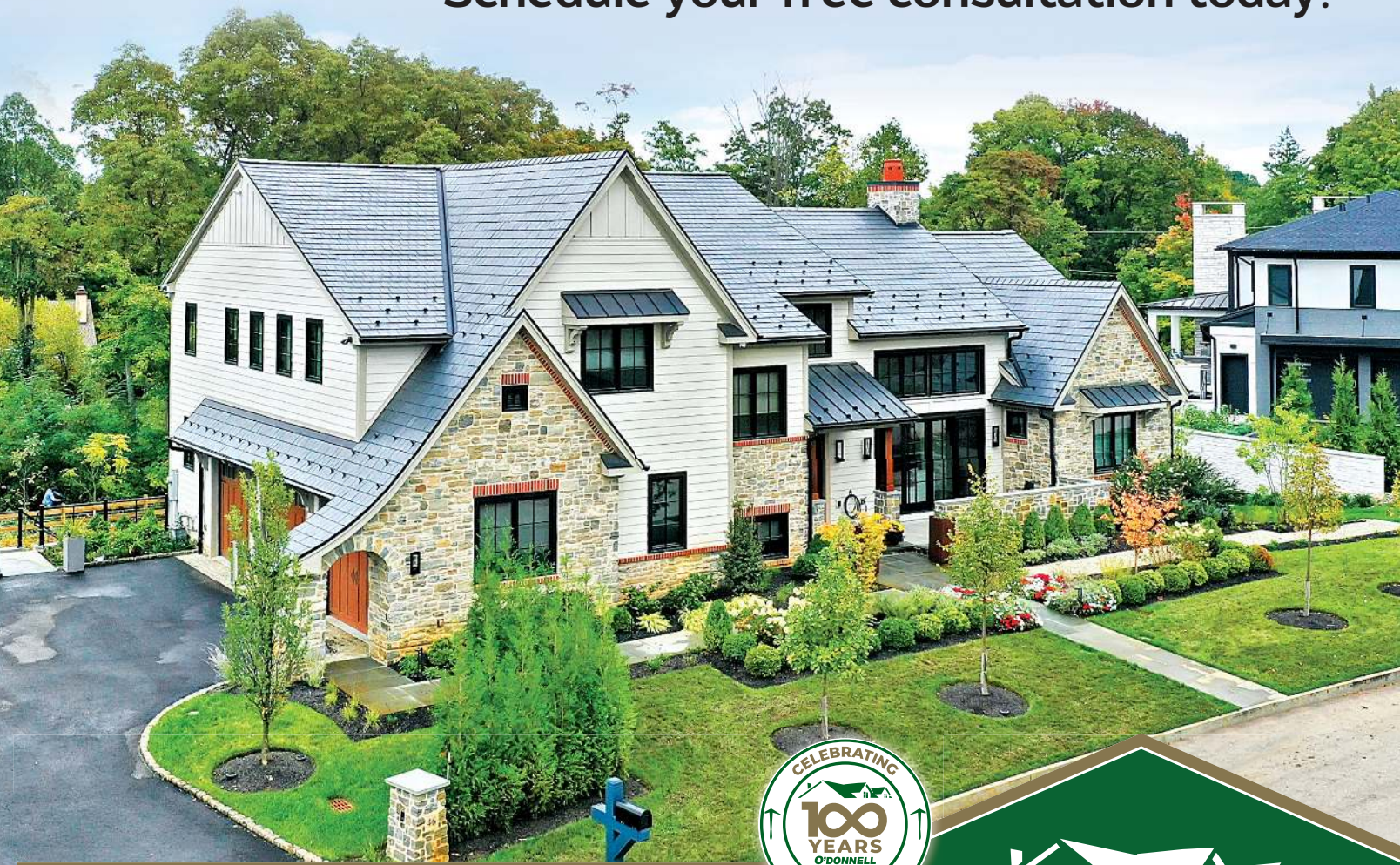
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If You Are Retiring This Year, Think About This

By Daniel A. White, CLU, ChFC, RICP, President and Founder of Daniel A. White & Associates, LLC

If you are retiring in 2025, congratulations. Along with the good things you anticipate, there is also uncertainty. There are some decisions that you need to make and some others you should consider. Retiring is “work” and may seem daunting, but you can control more of this than you may think.

Retirement can be stressful. Keep a positive attitude about all you accomplished in your work and career and about what you can accomplish during retirement. Be confident you will find your path to retirement success. With over 75 million Americans already retired, your chances are good.

Your retirement “work” is to inventory your resources and identify your primary needs. Create your plan for the amount and source of your retirement income. You are more confident with a plan and have a lot less stress. Your Social Security benefit is your starting point. Build your income plan on top of Social Security.

You can buy a bond or annuity that pays more interest. Maybe you have a big pension? You cannot buy a better stream of income than Social Security. It is guaranteed for life and can be increased by delaying your starting date. It is inflation adjusted and includes an incredible survivor’s benefit.

If you are aged 65 to 67, you are retiring at a traditional retirement age. For those born in 1960 and later, Social Security will pay your Full Retirement Amount beginning with the month after you turn age 67. Waiting until 67 is worth 8% more per year. Starting Social Security before age 67 will be 8% per year less than your full benefit (pro-rated monthly). It pays to wait.

Have you considered delaying Social Security a year or two—or even to age 70? Where else can you earn an 8% return on your money, absolutely guaranteed, very safe, with increases for inflation and for your surviving spouse? Consider using other retirement assets for income

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withdrawals instead—your 401(k), IRAs, or investment portfolio instead. A higher Social Security income lasts for your lifetime (and perhaps your spouse too).

If you have any concerns about how much income you can have in retirement or whether you will run out of money in your lifetime, work for another year and delay Social Security for that year. Research shows that working a little longer increases income and the probability of lifetime success. Also, will stay with your 401(k) plan or do an IRA Rollover?

If you are retiring this year, create an inventory of your assets, liabilities, income resources, and insurance. Outline your financial plans for retirement, and include what you want for family, for fun, and maybe work and community too. Invest in your health to feel better and live longer. Get enough sleep, don't smoke, exercise, get your check-ups, and exercise.

Retiring has challenges but you have your life experience for confidence and the best practices of those retiring before guiding you. We wish you much happiness and health.



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April is **Safe Digging Month!**

By Mandie Cantlin,
Township Manager, East
Bradford Township

Traditionally, outdoor projects start in the spring. Pennsylvania 811 Safe Digging Month serves as a reminder for all excavators and homeowners to contact 811 at least three business days before you dig, so that the approximate location of underground utility lines can be identified and marked by facility owners.

Whether digging to plant a tree, remove a tree or shrub, install a fence or new mailbox post, or lay a foundation – any contact with underground power lines can injure or kill. Even properties that are not served by a particular service may still have utility lines running below ground.

Below is a list of color codes should you see colored markings on your property or on the road:

White - Proposed excavation

Pink - Temporary survey markings

Red - Electric power lines, cables, conduit, and lighting cables

Yellow - Gas, oil, steam, petroleum, or gaseous materials

Orange - Communication, alarm or signal lines, cables or conduit, and traffic loops

Blue - Potable water

Purple - Reclaimed water, irrigation and slurry lines

Green - Sewer and drain lines



Looking for a *FUR-~~EVER~~ HOME*

By Madison Murray, Brandywine SPCA | Photos by Eli Martínez

Brandywine Valley SPCA,
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Hobbes

HOBBS, 2 YEARS OLD, MALE

Meet Hobbes! This handsome fella is a younger adult who is ready for his forever family to adopt him. He is a gentle soul whose personality comes alive when he's running around with his canine companions. Come and meet him today! Brandywine Valley SPCA, 1212 Phoenixville Pike, West Chester, PA 19380, PA Kennel License #01647.

Ice Cube

ICE CUBE, 7 YEARS OLD, MALE

Ice Cube is our own little Lion King, with his huge head and handsome orange and white tabby looks! As his name suggests, he is a cool cat, very confident and calm. We suspect he has quite a story to tell! Please stop by to meet Ice Cube just as soon as you can.



APRIL

THURSDAY, APRIL 3

CHADDS FORD HISTORICAL SOCIETY LECTURE SERIES

Chadds Ford Historical Society, 1736 Creek Road (Barn Visitor Center), Chadds Ford
 In the Historical Society's last lecture in the series, join Dr. Heather A. Wholey, Professor of Archaeology at West Chester University, as she discusses the archaeology of the Eastern Woodlands.
 Time: 7PM - 8:30PM
 Cost: \$10 per person at the door (free for members)
www.chaddsfordhistory.org

FRIDAY, APRIL 4

ADULT EASTER EGG HUNT

2 North High Street, West Chester
 Easter eggs packed with awesome prizes (discounts at local establishments) will be hidden in Downtown West Chester.
 Time: 5 PM - 7 PM
 Cost: Free
www.downtownwestchester.com

SATURDAY, APRIL 5

THE MENTAL HEALTH ASSOCIATION IN DELAWARE PRESENTS "YOGA AND YOGURT"

The Newark Senior Center, 200 Whitechapel Drive, Newark, DE
 Join us for a make-your-own yogurt parfait, coffee and conversation, followed by a one-hour chair yoga/ mindfulness session led by Barbara McAnany of Barbara's Healing Touch.
 Time: 10 AM - 11:30 AM
 Cost: \$20 per person if purchased in advance on their website; \$25 at the door.
www.mentalhealthde.org

MONDAY, APRIL 7

WEST CHESTER BIRD CLUB MEETINGS

West Chester Friends Meeting, 425 North High Street, West Chester
 The topic for tonight's meeting: We Count! Raptor Migration Monitoring in the Americas. Presented by Julie Brown, Raptor Migration and Program Director at the Hawk Migration Association.
 Time: 7:30 PM (Zoom also available. See website for details.)
 Cost: Free
www.westchesterbirdclub.org

SATURDAY, APRIL 12

BEERS AND BUNNIES

Thornbury Farm, 1256 Thornbury Road, West Chester
 Vendors, local food trucks, music, and games to celebrate the opening of the CSA season. And the Easter Bunny, of course.
 Time: 11 AM - 4 PM
 Cost: \$5 per car
www.brandywinevalley.com

SATURDAY, APRIL 12

ANNUAL WEST CHESTER EASTER EGG HUNT

Everhart Park, Brandywine and Miner Streets
 Time: 10 AM
 Cost: Free
www.west-chester.com

SATURDAY, APRIL 12 (Rain date: SUNDAY, APRIL 13)

PETS ON THE PATIO

Chester County Arts Association, 100 North Bradford Avenue, West Chester
 Join us for an unforgettable day of fun! Adopt a lovable pet, explore incredible local art, groover to live music, and experience a stunning gallery show from The Corner Art Collective, live music and adoptable pets from Brandywine Valley SPCA and Lucky Dawg animal rescues.
 Time: 11 AM - 3PM
 Cost: Free
www.chestercountyarts.org

WEDNESDAY, APRIL 16

"TRUE CRIME ON TRIAL"

Victory Brewing, 3127 Lower Valley Road, Parkesburg
 Presented by the Chester County History Center, hear the facts of one of the most controversial historical trials and decide if the verdict seemed correct. Order cocktails, beer and refreshments (separate from ticket).
 Time: 6 PM - 9 PM
 Cost: \$20 per person
www.mycchc.org

SATURDAY, APRIL 19

WEE-KIDS WEEKEND WORKSHOP: EARTH DAY ADVENTURE

Delaware Museum of Nature and Science, 4840 Kennett Pike, Wilmington, DE
 Join the quest to care for the planet.
 Time: 11 AM - 12 noon
 Cost: \$5 per member-child, free for member-adult; \$20 per non-member child, \$15.50 per non-member adult.
www.delmns.org

FRIDAY, APRIL 25 THROUGH SUNDAY, APRIL 27

WEST CHESTER FILM FESTIVAL

Most films at Uptown! Knauer Performing Arts Center, 226 North High Street, West Chester
 Showing short films (30 minutes or less) from filmmakers around the globe. Purchase tickets for film blocks.
 Time: Blocks beginning Friday evening at 7PM, through Sunday at 3:30 PM. Tickets available for the opening and closing parties, as well.
 Cost: See website for ticket blocks
www.westchesterfilmfestival.com

NOW THROUGH MAY 4

"SPRING BLOOMS"

Longwood Gardens, 1001 Longwood Road, Kennett Square
 The newness- and beauty- of spring beckons, with new outdoor landscapes, our stunning Bonsai Courtyard, and redesigned Idea Garden..making this a season of fresh beginnings like never before.
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 Cost: \$32 adults, \$28 seniors (free for members)
www.longwoodgardens.org

NOW THROUGH JUNE 15

ANDREW WYETH: HUMAN NATURE

The Brandywine Museum of Art, 1 Hoffman's Mill Road, Chadds Ford
 One of Andrew Wyeth's legacies is his response to the subject of the human body.
 Time: 9:30 AM - 4:30 PM, Wednesdays to Mondays
 Cost: \$20 per person
www.brandywine.org

Looking ahead:

SATURDAY, MAY 3

CFTRA SPRING ROADSIDE CLEANUP

Join us for the annual Spring Roadside Cleanup sponsored by the Chadds Ford Township Residents Association. Meet up at the Chadds Ford Township Municipal Building (10 Ring Road) for coffee, donuts and supplies. The CFTRA will provide gloves, bags and grabbers to help keep our roadsides clean and beautiful. It's a great community and family event and a fun way to earn community service hours!
 Time: 8 AM - 11AM
 Cost: Free
www.cftra.org

SUNDAY, MAY 4

THE CHESTER COUNTY CONCERT BAND

Fugett Middle School, 500 Ellis Lane, West Chester
 The band performs music selections that please a wide variety of audiences, including Broadway, big band, patriotic, marches, pop, rock, movies, and children's music.
 Time: 2:30 PM
 Cost: Adults, \$10, Seniors and Students, \$7, Children Under 12: Free (Tickets may be purchased online, closer to the event, or at the door).
www.cccb.org

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Healthy Kids Running Series: Promoting Active Lifestyles for Children

Article and Photos by Dawn M. Epstein,
Executive Director, HKRS

Healthy Kids Running Series (HKRS) is a national, community-based non-profit organization dedicated to encouraging kids to lead active and healthy lifestyles. Founded in 2009 in West Chester, PA, HKRS provides a five-week running program for kids ages 2-14, offering a fun and inclusive environment that motivates kids to get moving and stay active.

HKRS aims to instill a love for running and physical activity in children from a young age. The program is designed to be accessible to all children, regardless of their fitness level or athletic ability. HKRS also offers opportunities for children with special needs and / or disabilities to participate with their peers and its scholarship program provides financial assistance so every child who wants - is able to run.

While HKRS has 250 locations in 36 states, its headquarters is in Chadds Ford and has a strong local presence. There are HKRS programs available in Concord Township, Kennett Square, Aston, Media, Springfield, Chester, West Chester, Exton, Downingtown, Avon Grove, Oxford, and so many more!

By participating in HKRS, children can experience numerous physical, mental, and social benefits. Regular physical activity is essential for children's overall health and well-being. Running, in particular, helps build strong muscles and bones, improves cardiovascular health, and enhances endurance.

The mental benefits of regular physical activity are equally important. Exercise has been shown to improve attention and memory, reduce symptoms of anxiety and depression, and boost overall mood. For children, participating in



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a structured running program like HKRS can also enhance self-esteem and confidence.

HKRS provides a supportive and inclusive environment that encourages teamwork, perseverance, and sportsmanship. By participating in HKRS, children learn the importance of setting goals, working hard, and supporting their peers, which fosters a sense of community and belonging.

Healthy Kids Running Series is more than just a running program; it is a platform that promotes a lifelong love for physical activity and healthy living. By providing children with the opportunity to participate in a structured and supportive running series, HKRS helps them develop the physical, mental, and social skills they need to lead active and healthy lives. Encouraging children to move their bodies outside not only benefits their physical health but also supports their overall well-being, setting the foundation for a healthy lifestyle.

For more information about the Healthy Kids Running Series and how to get involved, visit their website at www.healthykidsrunningseries.org.

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