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Garlic Mashed Potatoes or Roasted Red Bliss Potatoes, Green Bean Almandine w/ Roasted Peppers
or Sauteed Broccoli Rabe, Garden Salad & Dinner Rolls, Italian Rum Cake, lemon Cello or Tiramist

ADE, GARGEN SAIAG & DINNET KOIIS, ITAIIAN KUM CAKE, IEMOI \$275.00 + Tax derloin w/ Chef's Lump Crab Imperial Add \$90.00 \* All Orders Must Be In By Nov Feeds 10 to 12 Guests

\* Thanksgiving orders must be in by November 23rd 2009 \* Christmas Orders must be in December 22nd 2009

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# I Love You

You, there are many half-cocked area. puns you could make to open a if you really do like them.

see them at the Mroom in Philadel-bigger – 100 percent bigger. phia on Dec. 1 (tomorrow - rearrange your schedule right now).

things for one simple reason - PS Saulnier said. I Love You's first album, "Meet Me damn good.

My first thought during the first Full of distorted guitars, sosong was, "Huh, it's kinda like the los that just keep going Canadian Jay Reatard with J Mas- and catchy drum beats, cis playing lead guitar." Then I "Meet Me At The Musthought about punching myself for ter Station" sounds bigmaking comparisons like that. PSI ger than two people. Love you really only sounds like PS It's because Saulnier I Love You.

So off to YouTube I went. I listened bass pedals from an to the album, but I wanted to see a organ. "It's that kind live performance. That's when the of big loud," Saulnier proverbial jaw dropped – there's said, adding, "volume only two people making all of this is what fills up the catchy racket.

Before the band's first East Coast tour that started in Washington, D.C., on Nov. 30, I had the chance to call Kingston, Ontario, Canada, and chat with the man behind PS I Love You – Paul Saulnier.

The band recently did their first West Coast tour with fellow Canadian bands Japandroids and Frog Eyes. "It was pretty exciting. It was our first major tour," Saulnier said.

But the band hasn't toured our region before. "I'm really excited to see all the new cities and venues I've never seen before," Saulnier said.

Before the Japandriods/Frog Eyes tour the band recorded "Meet Me At The Muster Station" and played *Photos: Paul Saulnier, left.* 

With a band name like PS I Love ton and throughout the Toronto space in our songs."

But we aren't going to do that here. that region. But when friend, fel-surprised," Saulnier said. You can take a minute if you'd like low band mate (in Saulnier's other

"I was doing solo shows (as PS I And they're Canadian. Love You) and I thought it would And you should do both of those be better with Benjamin on drums,"

piece lineup.

had the idea to play bass notes with the

This includes not only their live story about said band - especially Saulnier never had expectations show but also the album. "I was that his project would ever gar- happy with the size of the sound ner him much interest outside of we got (on the record). But I wasn't

MCANENY

WRITER

to, especially while you're logging band, Magic Jordan) and friend If you don't believe me, that's fine. into iTunes to download the album Benjamin Nelson sat down behind Just listen to it and decide for your-(you should) or making plans to go the drums, the band became, well, self. They're coming all the way from Kingston. How hard is it to take a minute and look them up?

"We found you get this special credit for being Canadian," Saulnier joked, that Canada is this "magi-At The Muster Station," is pretty For three years, it's been that two- cal land of cool bands. That kind of

plays in our favor."



around the college town of Kings- and Benjamin Nelson, right. Photos by Frank Nieto /230 Publicity - Seattle

# Guide to great FOODIE GIF

BY THETOWNDISH.COM

proach, go local and give Winesomething that will show Oh Gift vou care.

## Here are our cludes top picks for creative, local gift ideas:

# Baskets of food and baskets of fun Pick up a gourmet food basket

from Donnolo's Florist (100 Wallace Ave., Downingtown). They have lots of high-quality products, including local soups (Churchy's), oodles of chocolates, jams (Dilworthtown Inn), crackers, cheese, dipping sauces, mustards, chips and pretzels, homemade cookies, coffees, teas, Twin Brook wines, delicious Kog Hill Wine from Lancaster County and much more. These items can be used as stocking stuffers, and they're great for holiday gift exchanges. Shoppers can build a custom basket or The McKenzie Brew House Craft choose from the many beautiful baskets in their showroom or on www.donnolos.com. Gift baskets run between \$35 and \$100, depending on the size and contents. Orders can be placed online, by phone at 610-269-6656 (they have a 24 hour phone that even goes to the owner's house), by fax (610-269-5136), or by stopping by the store. They have a UPS pick-up every day, and you can even get flowers for your holiday decorating while you're there.

### Need a gift for the ultimate beer lover?

Release your inner beer snob by

Package \$30 Or give the gift

and inone bottle, two 18-ounce signature glasses and a beer tote.

that just keeps giving: An Iron Hill



Beer Basket is also a perfect pick for the beer connoisseur in your this process. Visit Exton Beverage cooking skills life. The restaurant and brewery's at 310 E. Lincoln Highway, online Know someone who always wanthand-crafted beers brewed by them at 610-363-7020. award-winning head brewer Ryan Michaels and assistant brewer Gerard Olson. Festively packaged in a red ice bucket, the \$39 gift includes two McKenzie pint glasses, special



gift for someone on your ture shirt that says, "Our beer snobs day passports packed with deals brewing advice (and tastings) for list who goested to have an beat up your wine snobs". Visit and discounts. The basket includes brewers of all skill sets. list who seems to have ev
www.ironhillbrewery.com or any Saison Vautour, their Belgian-style erything? Instead of tak- of their stores (3 W. Gay St., West farmhouse ale that's fermented and ing the big-box, "I bought Chester or 130 E. Bridge St., Phoe- aged in wine barrels and is a Great Chadds Ford (610-361-9800) loca- www.bvwinetrail.com. tions. For more information, visit www.mckenziebrewhouse.com.

> time you spend 300 points (it's \$1 than 250 varieties and they are 95 accessories. a point and you get 200 initially). percent craft beers. What does this Also, customers receive a \$20 bo- mean for you and your gift-giving? nus card for every \$75 purchased It means that you can allow others gift to look like a beer rock star in their homes by having a variety of craft beers on tap. When you use a sixtel, you end up saving \$15 to \$20 each time you buy beer. But if you're loading up on sixtels, make sure your gift-receiver has a home system, which can be easily on hand if you convert an old mini-fridge into your own tap system Exton **Brush up on your** Beverage is willing to fill you in on

> > at www.buzzhomebrewclub.com. get one free.

Looking for that unique sporting an Iron Hill Brewery signa- pairing suggestions, and two Sun- They meet once a month and offer **Mushrooms of** 

pack is the St. Romain Strong, an House on Saturday, Dec. 4 and marinade, mustard, and mush-East Coast-style barley wine that Sunday, Dec. 5. Wineries will be room clothing to show off your was aged 17 months in French oak waiving tasting fees and offering love for mushrooms. The "Celwine barrels, and the Oer Faute, the delicious foods, music will be pro- ebrating 25 Years! Mushroom Fesstrong, dark lager aged over a year vided by local musicians and cartival Cookbook" is only \$12 and

Mug Club Membership! For \$35 a lection of sixtels in the county, so Phoenixville) or Kreutz Creek (44 or used to cook, and come in twoyou can get a 22-ounce beer for the extreme selection. A sixtel is a 1/6 mosphere with live music, where give them a call at 610-444-8484. price of a pint each time you visit, of a keg, equal to 2 1/3 cases of beer. you can enjoy a delicious glass of and you receive a \$25 gift card each This distributor sells them in more wine and pick up a bottle or wine



seasonal brew gift features three at www.extonbeverage.com, or call ed to go to cooking school but didn't have the time? The Kitchen Workshop (21 Plank Ave, Paoli) Brewing your own beer is a creative offers a variety of three-hour cookrelease and the ultimate science ex- ing classes like "Perfect Pot Pies," periment. Head over to the Artisan "Roasting 101," "Entertaining on A Brew Shop (128 E Lancaster Ave., Budget" and more. Classes are \$54 Downingtown) to pick up all the and include hands-on instruction, What's even better than a basket supplies you need to make beer or a copy of all the recipes taught in of cheese hunks and wedges? A wine. The staff is very knowledge- class, food, beverages and a glass of membership to a local cheese CSA! able, so feel free to stop in, call 610- wine. View their full class schedule Yellow Springs Farm is one of the 873-HOPS (4677) or visit www. at www.kitchen-workshop.com. nearby cheese makers who offer artisanhomebrew.com for details. They also have a large selection a yearly cheese share. Other deli-For further guidance, check out the of used cookbooks for \$5. Give the cious cheese-inspired gifts avail-Brewers United for Zany Zymurgy gift of fun and a new experience. If able at Yellow Springs include home brew club in West Chester you buy four gift certificates, you cheese platters, goat cheese truf-

# **Chester County**

Nothing says Chester County better than the beloved mushroom. The Mushroom Cap (114 W. State it because of the label" apnixville) to pick up their shirts. American Beer Festival gold medal
The newly released Winter Wheat winner for the past three out of The Brandywine Valley Wine Trail
The newly released Winter Wheat winner for the past three out of The Brandywine Valley Wine Trail
The newly released Winter Wheat winner for the past three out of The Brandywine Valley Wine Trail

The newly released Winter Wheat winner for the past three out of The Brandywine Valley Wine Trail four years. Also included in the gift will be hosting a Holiday Open the Month Club," mushroom soup, in American oak. The Craft Beer olers, and holiday gift baskets will includes mushroom recipes from Baskets are for sale at the restauble for sale. For a schedule of events generations of mushroom growers, rant's Malvern (610-296-2222) and and directions to the wineries, visit chefs and restaurants in the region. While you are there (or online), pick up a bag of Snack N Shrooms, Consider buying a gift card for an an exclusive treat that can only be intimate tasting at Black Walnut's found at the Mushroom Cap. These Exton Beverage has the largest se- Tasting Room (260 Bridge St., tasty dried treats can be eaten alone year, you get an Iron Hill Mug, in- if you are looking to surprise a beer E. Gay St., West Chester). These ounce bags for \$8.50. Shop online vitations to members-only events, fanatic, head over to marvel in their tasting rooms offer a relaxing at- at www.themushroomcap.com, or

### Give local cheese, please

Chester County has its own cheese artisan alliance, which includes eight local cheese makers who produce cheese made from raw cow's milk, goat's milk, and even sheep's milk. Load up on an assortment of local cheeses from Birchrun Hills, Amazing Acres, Highland Farm, September Farm and others by visiting their holiday open houses and farm stands at local farmers' markets. For a complete list, visit www.chestercountycheese.org.



← CONTINUED FROM PG 5 DEC. 1, 2010 /PAGE 6

fles, goat milk caramel and goat milk soap. For details, visit www. yellowspringsfarm.com.

### For the foodie who This year, in lieu of a gift, consider has everything

recommend ticknixville,"

in Phoenixville. You'll make any www.chestercountyfoodbank.org. local food-lover gush when you biggest food event of the year. For **Something for** only \$60 per ticket (or \$100 for health-conscious two), you can give someone you love an evening to sample some of www.TasteOfPhoenixville.com.

# Give the gift of someone's next

making a donation to a local food bank. The Chester County Food Bank's mission to make sure no one goes without a meal in Ches- **road!** to ter County and they distribute The West Chester Recreation Dethe 9th 1,000,000 pounds of food to 65 or- partment is offering eye-catching Annual ganizations each year. One in eight entertainment options. Take ad-"A Taste people will go without a meal vantage of their upcoming journey of Phoe- and an estimated 70,000 people to New York City to attend the happening County. To learn more about them Jan. 20, 2011 at Franklin Commons and how to make a donation, visit

the best local fare in this foodie ha- Pureblend Tea - the organic, fair ven. The best part? It's a truly local trade and local whole-leaf tea coleffort, with proceeds supporting lection from Kari Dandrea of West the Good Samaritan Shelter, a non- Chester -- is your key to better livprofit that provides emergency and ing, allowing you to sip your way Department are tickets to "Disney transitional housing (and other through steamy specialty blends on Ice: Toy Story 3" on Dec. 29 at critical services) to homeless men and loose-leaf wonders like Pump- the Well Fargo Center. Catch the in the Phoenixville area. For more kin Patch Chai, Nettle Leaf Detox, bus at 9:30 a.m. and attend the kidinformation or to purchase tickets Sangria, Red and Green Rooibus, friendly show at 11 a.m. For details for "A Taste of Phoenixville," visit and Yerba Mate. Kari also packs an on either show, or other trips, call array of fine-tuned Kombucha and 610-436-9010.

Japanese Matcha that will have the tea lovers on your shopping list swooning. To stock up on her variblendtea.com.

# Celebrate on the

Spectacular, offered on Dec. 4 and 5. With a cost of \$165 per person, guests will nab killer tickets to the show (orchestra seats in the row B to E, section 200), a snack and transportation. The bus departs from West Chester Muncipal Building at 401 E. Gay St. at 7:30 a.m., arriving in New York City for showtime at 11:30 a.m.

Also available from the Recreation

### Dinner and a holidav classic show

without seeing "The Nutcracker." fice at 610-696-2711. The Brandywine Ballet will be performing the classic ballet on **Gift-giving for the** Dec. 10, 11, 12, 16, 18, and 19 at the Emile K. Asplundh Concert Hall, anti-shopper two blocks away from the theater). with fellow male anti-shoppers on Warm up in front of a wood-burn- Wednesday, Dec. 15, during the ango hungry every night in Chester Radio City Music Hall Christmas ing stone fireplace during your nual Men's Night Out in downtown tickets can be purchased online or at 5 p.m. for a pre-shopping happy by calling the box office. Consider hour, and then, around 6 pm, head goodies with Clara, the Sugar Plum cluding Penwick Design, Ruby Slip-Ave.). Tickets are \$25 per person with some brotherly love.

(in addition to a performance ticket) for The Nutcracker Tea, and can be purchased at www.brandywineous assortments, visit www.pure- The holidays are not complete ballet.com or by calling the box of-

West Chester University. Tickets If your male counterpart dreads are \$22 to \$37. Enjoy a pre-show the thought of having to shop, three-course dinner at Avalon he's in luck! He's not off the hook, Restaurant (312 S. High St., only but he can moan and complain sophisticated night out. The din- West Chester. Gents will meet at ner upgrade is \$35 per person and Iron Hill Brewery and Restaurant having a spot of tea and assorted out to West Chester boutiques, in-Fairy, and other characters at noon pers, Jane Chalfant, Sunset Jewelers on Dec. 11 and 18 at WCU's Philip and Feminique Boutique, enduring Memorial Library (29 W. Rosedale the pain of Christmas shopping





# SPOTTED ROCIOUS

mind.

These five guys from Pennsylago and created something truly unique. "There's still great, original music left to be made," said singer and guitarist Ryan Warf- long-term relationship." ield.

Full of enthusiasm and obviously in love with what they do, the and share with West Chester -and soon the world - their positive energy and ideas.

with a local band, I thought I'd This band couldn't have chosen a was a rarity. Going out and having came to watch. be asking a few questions and get more suitable name. They started a good time is one thing, but going a few straightforward answers. as friends, who were all in other out and listening to exciting, origi-Little did I know that the Spot- bands. When bass player Mitch- nal music is another. ted Atrocious had much more in ell Way, drummer Chris Hall and singer/guitarist Ryan Warfield joined, and as Ryan put it, "I knew it was going to be way more than a fling. I knew it was going to be a

He was right. Formed in 2008, the band has only just begun, with band is out to create new music their first full-length, self-recorded the band's stamp. album coming out soon.

own backyard," said bass player is West Chester's band. Hope-Mitchell Way.

I went to the Side Bar to check them out. They're a great band with rocking guitar solos, but each song was The Spotted better than the last. Every song has a different sound, but they all have Ryan Warfield – lead

Looking around the jam-packed guitar Living, working and playing in room, I realized that these guys re- Liam Tinney - guitar West Chester has helped them ally draw a crowd, and they know and backing vocals The Spotted Atrocious is defined understand what this town really how to get everyone asking for Mark Mullen - keyboards,

When I was asked to sit down native, and the only one of its kind. bands, but new, innovative music around and talk to everyone who Chris Hall - drums

to dance and have a great time, go track from their upcoming album, see the Spotted Atrocious perform. visit facebook.com/ "There's really great local music. You'll go home with a smile, tired SpottedAtrocious. came together, they knew something good was to come. Later, record label to find good, original appreciation for the local music vania came together a few years Liam Tinney and Mark Mullen music. You can just look in your scene. The Spotted Atrocious truly fully, these guys will keep playing for us when they make it big.

## Atrocious:

vocals and guitar Mitchell Way - bass as a creature that's fierce, imagineeds. There are plenty of cover more. They took a break to walk guitar, vocals and synthesizer

To download free music from Spotted If you enjoy new music and love Atrocious, including a brand-new ADRIANNA



# **Upcoming Events at Black Walnut Winery**

JOIN US FOR THE INDOOR CONCERT SERIES AT OUR SADSBURYVILLE LOCATION (last Saturday of each month) AND LIVE MUSIC AT OUR **PHOENIXVILLE LOCATION** 

Check the events page on our website (upcoming events and calendar) for details.

SATURDAY, DECEMBER 4TH & SUNDAY, DECEMBER 5TH

at our Sadsburyville Location - 11:00am - 6:00pm both days

Holiday Open House - Check our events calendar for details

## **EVERY WEDNESDAY IN DECEMBER**

Wine & Food Pairing at Daddy Mims' Creole, in Phoenixville, PA - Check our events calendar for details

## THE HOLIDAYS ARE RIGHT AROUND THE CORNER - PLANNING YOUR HOLIDAY EVENT?

Black Walnut has fabulous space available for rent for your holiday gathering! Contact us at events@blackwalnutwinery.com or 610-857-5566 for details.



We crush innocent grapes to make you wine.

# meet

It's no secret there are bars in Ches- hood bar can be a great idea. You the day that a customer came in what's (in the tanks). They get curi- their drink and over time you know ter County. There are lots of them. not only get to know the regulars and wasn't real happy. He came ous." And why not, there are lots of peo- but also the bartenders. ple here too. From neighborhood bars to sports bars to craft-beer bars In West Chester, there are a few that customer had just caught his Pikeland location, just down Route Schnering, also a real estate agent, to breweries, there is a good chance neighborhood places to choose wife with another man. Like any 113 in Uwchlan, you'll find the said that bartending, although you can find exactly what you are from. But none probably as famous good bartender, Nastase was there bartenders at Ron's Original Bar & stressful, "it's a different kind of looking for.

Each bar has it's own ambience, where only the date is updated. Want sports? ... Find a sports bar These shirts can be seen, randomly, At other bars in the county, like ter, the bar at Ron's feels like an one loses a house," he joked. that has multiple TVs. Want great across the country. They've even Sly Fox in East Pikeland, bartend- old time tavern. With dark wood, beer selection and a tavern setting? been written about. Find a craft-beer bar. Want a place where everyone knows your name? But what makes Jake's great is the teach them - specifically about the chat up the person giving you your code: what happens in the bar or is hood bar.

where you go, remember you now. wouldn't enjoy a beer or cocktail if it weren't for the person behind Nastase returned to the family the bar.

The bartender remembers you. He remembers what you drink. He re- "Probably the best part about the bers what you don't do. And he re- workers," he said. members if you tip.

bartenders agree, it's not the job for opinions." you.

as Jake's. Jake's sells t-shirts, the to lend an ear and offer a drink. same recognizable, blue, t-shirt "I'll never forget that," he said.

Spend time at your local neighbor- bartenders. One of those bartenders is Orazio Nastase. It was Nastase's grandfather that started the Nguyen has worked at Sly Fox for One of those bartenders is Fran thing from everyone." But no matter what you like or bar decades ago. His father owns it a little more than five years. He Schnering's been bar-

> business after working as a civil engineer and he loves his job.

members what you do. He remem- job ... I feel my customers are my co- And that back and forth is what mean just get drunk. "You see the

It's a place where Nastase is quick Just as each bar has its own ambi- to make fun of you, but at the same "It's like hanging out with friends," Schnering steps in ence and personality, so does the time expects it right back. It's like he said. bartender. But one thing they all being at home. It's how he looks share is an outgoing personality, at bartending, "it's a social outlet," A lot of the conversations he has ships with his cus-If you don't like talking to people, he said. "You get to see everyone's with customers are about the beers tomers.

Frequenting the same neighbor- Nastase has never forgotten was

to his neighborhood bar where he knew his bartender. It turned out Not too far from Sly Fox's East

beers that Sly Fox brews.

tender and manager.

He said his first shifts didn't go as the people," he said. smoothly as they could but his customers were there to help him out. Schnering said he enjoys watching of life."

Nguyen said he enjoys about bar- weight of the world lift off their tending.

at Sly Fox, though. He said you can see the fermentation tanks while You might not Over the years the one thing that you're sitting at the bar and cus- always tomers get curious about the brew-someone's name, ing process.

ers there, like Simon Nguyen, are multiple TVs and personable bar- Like most bartenders, Schnering there to listen to customers but also tenders, it could be a great spot to lives by the unwritten bartender's drinks

started as a server and is now a bar-tending on and off for 20 years. All three bartenders agree: It's

people transform - and he doesn't shoulders," as they sit down and relax. That's where as a bartender. He develops relation-

he said, but you

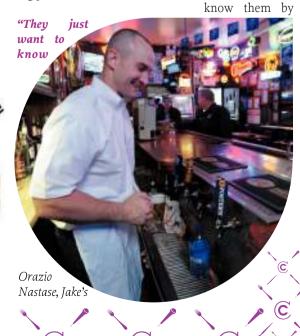
that Jim is the guy that drinks rum and cokes.

stress," he said. If a mistake is made, like giving someone the Located in a strip shopping cen-wrong drink - you just fix it. "No

> said in the bar, stays in the bar, adding, "I have seen and heard every-

"There's something about the job about building relationships with that keeps me coming back. I enjoy people and in what Schnering said: "It's about being able to have relationships with people from all walks







Simon Nguyen, Sly Fox



# DEC. 1, 2010 / PAGE 9 Customers are Pistachio-crusted going nuts over we dish we dish we dish we dish we dish. Com Pistachio's in West Chester

shop due to its popularity.

and dinner. It has wi-fi and even ners to go. has its own parking lot with 23 required.

zola and Pear Salad or a Funky creations. Chicken Wrap with grilled chickin a balsamic vinaigrette dressing. fordable catering menu for off-site six daily specials), a choice of Cae-

Pistachio's Cafe and Catering (237 Their items are mostly homemade, celebrations, and can accommosar or garden salad, E. Gay St., West Chester) has only like their dressing, soups and croudate up to 50 people for parties, speand fresh cookies for been open for a month, and already tons. For everything else, they get cial events or corporate meetings. \$27.95. The eggplant parthe owner needs to expand the the finest and freshest ingredients Customers can get generous trays mesan, gravy, and meatball reciaround. Pistachio's has a wide array of original appetizers (including pes come from the owner's mother, and was founder of the highly sucof pies, cakes and decadent cookies the pistachio chicken fingers), and his father often comes into the cessful DiFabio's Catering in Media. This BYOB restaurant has a beautito satisfy any sweet tooth. Their sandwiches and wraps, breads, salestore to trim meats. ful Tuscan-style dining room with freezer is stocked daily with pastas, ads, hot and cold pasta dishes, vegdining in or takeout during lunch homemade soups, sauces and din- etable dishes and an assortment of "I am a food man. I started cooking Cafe and Catering, in his new

dinner platter for \$9.95. Customers ask for Chris for your next event. are hooked on their signature pista-The menu is diverse, with creative chio-crusted chicken fingers. A third Pistachio's is certainly a family af- with only the freshest, highest qual- www.pistachiochicken.com or stop and generous dishes like a Gorgon- of their daily business is due to these fair, and it's a family-friendly estability ingredients. I cook only the best in yourself. You would be nuts to

en, feta, onion, pepper and almonds They also have an extensive and af- and includes a main dish (there are

glorious spaces, with no quarters They offer lunch for \$7.95, and a hot fect menu. Call 484-887-0488 and er to share a good meal," Chris Diam. to 9 p.m. on Friday and Satur-

ner special that serves four people for you and your family."

chicken fingers

desserts. The owner, Chris DiFabio, when I was 13 and I came from a hometown. Hours are 10 a.m. to 8 caters to each client to plan the perfamily where we always got togethp.m. Tuesday through Thursday, 10 Fabio said. "Pistachio's takeout and day, and 10 a.m. to 2 p.m. on Suncatering menu items are created day. Look at their full menus at lishment. They offer a family din- for my family. Let me do the same miss this delicious dining spot in

been in the restaurant

business for 30 years He sold that about three years ago to start a a new venture, Pistachio's West Chester.

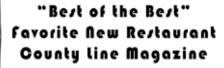


CHOICE AWARD

# KOOMC







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"Best Japanese Restaurant" Neighborhood Choice Award for Cherter County

"Bert Martini Bar" Philadelphia Magazine

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# oodS to save the day!

Don't you wish there was such thing as a magical food? Something that would give you a large amount tle foods are packed full of monoof nutrients and help saturated fatty acids. These healthy you lose weight?

foods! They won't make you faster and cognitive performance. than a speeding bullet, but they do have some super qualities.



**ible egg is a nutri-** plates, but it's a rich source of vitatious, versitile, eco- min A, vitamin C and bone-buildnomical and great ing calcium and it's full of way to fill up on fiber to fill you protein. Studies show that up and con-

if you eat eggs at breakfast, you trol your tend to eat fewer calories during weight. the day. They also pack in 12 vita- T w o mins and minerals, some of which cups of are good for brain development steamed and memory.



Do you go nuts for nuts? Well, these delicious lit-Well, there is such a thing! These also known to boost your vitamin can add up! marvelous foods are called super E levels, increasing your memory

> Low-fat yogurt - This creamy and cool dairy product contains super special agents called probiotics. Also known as the "friendly bacteria," probiotics Berries help the intestinal tract and immune system. Mix in some nuts or berries or have it with some cereal, and this treat is a yummy way to blueberries, raspberries, strawberget the good stuff in your belly.

**Broccoli.** Our kids tend to The incredible, ed- whine when we put it on their

> calcium, broccoli

you up for hours.

Avocados are full of fat – but good fat.

They're loaded with healthy fats and fiber and can fill you up and help control your appetite. Other fats help lower your risk for heart foods high in "healthy fats" are oldisease and diabetes and can help ive oil and nuts. Just watch your control your appetite. Nuts are portion sizes, because the calories



are very high in antioxidants. Black currants, ries and pomegranates are also high in vitamin C and a natural protective compound called phytochemicals. Some types of phytochemicals are known to inhibit the growth of lung, colon and leukemia cancer cells without affecting the growth of healthy cells. Others are known to affect the body's metabolic process to decrease the development of cancer and heart



tent. One cup of beans provides energy. 12 grams of fiber – nearly half the recommended daily dose for adult There is nothing women. The high fiber content for a longer period of time.

Sweet potatoes are fatty acids, salma delicious member of the dark or- your heart. angevegetable fam- It is low in ily, which lead the calories and pack in vitamin A saturated fat, and high

sweet potato (also loaded with vitapoach it, serve it on a salad ... salmmin C, calcium and potassium) for on is a healthy main course. a baked white potato and you will save a bunch of calories. When If you work these and the many you taste the natural sweetness of other super foods into your diet, the sweet potato, you realize that you may begin to feel stronger, it does not need the added butter faster, smarter and healthier. And and salt that a baked potato does. who knows? You may feel like that Other healthy dark orange veggies speeding bullet isn't so fast after include pumpkin, carrots, butter- all! nut squash and orange

Whole grains highin

bell peppers.



But unlike meat, they are incred- ings. Also, they are a great ibly high in fiber and water con-source of vitamin B, which boosts

will ensure that you are full, and fishy about how healthy salmon is for you. Rich in Omega-3

on can help **content.** Substitute a baked iron and protein. Grill it, broil it,

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# A FEW MORE WINNERS

# Here are the additional winners of the Chester County Choice Awards 2010:

**Best Thai:** Nooddi Thai Chef 10 W. Market St. West Chester 610-430-3300

vegetarian and sushi entrees. Best Delivery is free. With delicious appetizers, tasty curries and Sports Bar: Thai classics like Pad Thai and Drunken Noodles, it's no wonder readers picked Nooddi Thai der readers picked Nooddi Thai Chef as their favorite. Large portions are adorned with beautiful garnishes in an atmosphere that **Sports** is unusual and fun, with brightly colored painted fish on a deep blue background. The owner, This BYOB in the bor- Nick, is a gracious host, and the 143 W. Lincoln Highway ough of West Chester of- service is always attentive. Stop Exton

# Winner's

www.winnerscirclesportsgrille.com

bar food, weekly all-you-can-eat rises above the rest. wing specials, inexpensive domestic and premium draft beers, Best Brunch: and even late-night happy hours with wine and martini markdowns. Better yet, diners can take part in the Monster Burger
Challenge, where amateur eat-Challenge, where amateur eatpound burger patties with two Room toppings and a pound of fries – all in 20 minutes.



#### Riverstone Cafe Tapas

# **Best Tapas:** Riverstone Cafe

143 W. Lincoln Highway Exton 610-594-2233 www.riverstonecafe.com

Even though it's December, you may still be dreaming of Oysterfest, Riverstone's month-long celebration that features 30 varieties of oysters throughout October. But there is much more to love about this place. Whether Ever since last year's addition of you prefer their lean buffalo and 30 plasma TVs, a Chester County aged Vermont cheddar sliders, Sports Hall of Fame and an over- the prosciutto-wrapped asparahauled game room, Winner's gus, or tea and honey poached Circle has been a home away pear with warm brie, the smallfrom home for sports fans. With- plate menu at Riverstone has out a bad seat in the house, the plenty of tasty options to explace has a perfect assortment of plore. Their attention to detail

635 N. Pottstown Pike Exton

610-363-0521 www.draftingroom.com

There is no better way to start off your Sunday than attending The Drafting Room's brunch buffet. From 10 a.m. to 2 p.m., visit this beer-centric eatery to load up on the never-ending lineup of the best sweet and savory munchies, including warm bourbon sticky buns (one order per table), madeto-order crab Florentine or eggs Benedict, chocolate chip challah French toast, cream puffs, wild mushroom and brie omelets, and fried egg sandwiches. While I would suggest enjoying a pint from their excellent assortment of craft brews, they also have eye-opening cocktails, including bloody Marys, mimosas, and champagne-and-pomegranate drinks.



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# HE SAID WHERE TWO SINGLES MEET AND REVIEW SHE SAID the food & each other.









JOB: Accountant SIES:Drag racing, car. working out.

HOBBIES:Drag racing, working on my car, working out, spending time with family

### He Said/She Said: This new couple spent their first holiday together and let us know how it went.

#### FIRST IMPRESSIONS:

- MICHELLE: We first met online from a dating site, and our first date was at the Iron Hill in West Chester. We planned to spend our first Thanksgiving together at our vacation house in Myrtle Beach, S.C. He looked very nice on Thanksgiving. He was wearing jeans and a nice sweater.
- **JASON:** When I first met Michelle on our first date, I was very impressed. She looked great and was very mature. Michelle was planning on going down to Myrtle Beach with her mom and they offered for me to join them, so I drove down two days later to meet them. On Thanksgiving, she was wearing jeans and a yellow top with flip-flops and she looked gorgeous. We were at the beach for a good part of the day, but we had to wait for rain to pass so we could walk on the beach and take pictures on the nice warm day (It was 70 degrees!)

#### THE CONVERSATION:

- MICHELLE: We were just with my mom and had met her plenty of times before. We talked about past Thanksgivings down there before, and family traditions, and about family in general what his parents usually do for the holiday.
- JASON: I had met her mother before, so I wasn't nervous to spend time with her on Thanksgiving. She is very hospitable and easy to talk to,

so it was my pleasure to spend the holiday with her.

#### THE MEAL:

- MICHELLE: My mom cooked the turkey, mashed potatoes and corn casserole, and I made the dessert. We were at our house in South Carolina and we ate at the dining room table.
- JASON: I didn't help cook at all, but Michelle and her mom did the traditional spread with turkey, stuffing and mashed potatoes. Normally on Thanksgiving it's me, my mom, step dad and his mother. It'd say this meal was just as good as my stepdad's mother would cook. She's 80 years old but she can still cook!

#### TASTING NOTES:

- MICHELLE: It was very yummy. I had to put gravy on the turkey since it was slightly dry from the oven, but I always like mashed potatoes and gravy. That's my favorite on Thanksgiving.
- **JASON:** The corn casserole was just awesome. But everything overall was fantastic as well.

#### **DRINKS:**

- MICHELLE: I had Barefoot pinot grigio.
- **JASON:** A little pinot grigio and some H2o.

#### **DESSERT:**

• MICHELLE: I made a coconut cream pie, which was very good -- a new thing

for us to try.

• JASON: We didn't have a traditional pumpkin pie, but we did have pumpkin bread and Michelle made a coconut cream pie that I thought was really good. And I'm not just saying that 'cause I should.

#### CHEMISTRY:

- MICHELLE: There was no awkwardness in our little family. We all get along and we have very good chemistry!
- JASON: It was very natural to enjoy the holiday with her and her mom. I think we have a great connection and conversation.

#### WAS IT A MATCH?

- MICHELLE: It is definitely a good match. We see it growing into something very long-term, and I think it made things more special now after spending a holiday with each other.
- JASON: I believe it is. I get along with her mom, and she gets along with my mom and stepdad, so as far as the families are concerned, we all get along really well.

# NEXT DATE? WILL YOU BE SPENDING CHRISTMAS TOGETHER?

• MICHELLE: His birthday is Friday so we will go out to dinner for that and then on Saturday we are spending the day in NYC. We may spend Christmas Eve together, but I'm not sure about Christmas day. We will see.

• **JASON:** We will absolutely be spending our Christmas together. I'm planning something nice for her and looking forward to spending our next holiday together.

#### HOW DID YOU LEAVE IT?

- MICHELLE: Well, we are still going strong and left it on a very good note. We're probably going to spend all the holidays together. Maybe next year we can spend it with his family!
- **JASON:** Even before Thanksgiving, we have slowly been progressing in a very positive manner, so that was the first of many more Thanksgivings together in our future.



# CALLING ALL SINGLES!

If you would like to take part in HE SAID, SHE SAID, please email your name, age, job title and hobbies along with a picture to wcdish@gmail.com. When we have a match for you, we will let you know.



WELLS FARGO CENTER (formerly Wachovia Center), Philadelphia: Linkin Park with Pendulum and Does It Offend You, Yeah? (Jan. 31, 7 p.m., \$42.50 and \$72.50); Sade (June 19, 7:30 p.m., \$52.50 to \$152.50).

SUSQUEHANNA BANK CENTER, Camden, N.J.: Q102 Jingle Ball with Justin Bieber, Selena Gomez, Adam Lambert, Bruno Mars, the Script, Train and others (Dec. 8, 6 p.m., sold out).

ACADEMY OF MUSIC, Philadelphia: John Mellencamp (Feb. 21, 7 p.m., \$48.50 to \$140). TEMPLE PERFORMING ARTS CENTER, Philadelphia (1-800-298-4200): Loretta Lynn with The Secret Sisters (March 18, 8 p.m., \$62.50 and \$72.50).

THE TOWER THEATER, Upper Darby:

Dukes of September featuring Donald Fagen, Michael McDonald and Boz Scaggs (Dec. 4, 8 p.m., \$39.50 to \$95); Joe Satriani with Ned Evett and Triple Double (Dec. 10, 8 p.m., \$39.50 and \$49.50); Kevin Hart (Dec. 17, 8 p.m., \$35.50 to \$55.50); Kevin Hart (Dec. 18, 8 p.m., \$35.50 to \$55.50); The Disco Biscuits (Dec. 30, 8 p.m., \$41; Dec. 31, 9 p.m., \$62); Robert Plant and the Band of Joy with North Mississippi Allstars (Jan. 26, sold out); Imagination Movers with Nina and Warehouse Mouse (April 10, 1:30 and 4:30 p.m., \$25 to \$45).

THEATER OF THE LIVING ARTS, 334 South St., Philadelphia: The Sword with Karma to burn and Mount Carmel (Dec. 3, 9 p.m., \$15); Matisyahu with Moon Taxi (Dec. 8, 8 p.m.,

Line Stitch and Incite (Dec. 9, 8 p.m., \$25); Better Than Ezra with Big Sam's Funky Nation (Dec. 10, 9 p.m., \$22); Old 97s with Hayes Carll (Dec. 11, 9 p.m., \$22); Attack Attack! with Emmure, Pierce the Veil, Of Mice & Men, and In Fear & Faith (Dec. 12 and 13, 7 p.m., \$20); Liz Phair (Dec. 16, 9 p.m., \$22.50); Good Old War with East Hundred and The Great Unknown (Dec. 17. 9 p.m., \$15).

THE ELECTRIC FACTORY, Philadelphia (www.electricfactory.info): Twiztid with Blaze, MicLordz and Sauce Funky (Dec. 2); Confederate (Dec. 3); Dimmu Borgir with Enslaved, Blood Red Throne and Dawn of Ashes (Dec. 10); Get the Led Out: Led Zeppelin tribute (Dec. 11); Badfish: Sublime tribute (Dec. 16); Lotus

(Dec. 31); Dr. Dog (Feb. 11).

THE KESWICK THEATRE, Easton Road and WESTMINSTER Keswick Avenue, Glenside (215-572-7650 or www.keswicktheatre.com): "A Very Merry Doo Wop Spectacular" (Dec. 4, 8 p.m., \$42.50 and \$52.50); Bowfire "Holiday Heart Strings" (Dec. 8, 7:30 p.m., \$38 and \$48); The Blind Boys (Dec. 10, 8 p.m., \$36 and \$46); Manhattan Transfer holiday concert (Dec. 16, 7:30 p.m., \$38 and \$48).

THE NOTE, 142 E. Market St., West Chester (800-594-8499 or thenotewc.com): 30 Bars in 30 Days featuring "How to Fail: The Self-Hurt Guide" by Aaron Goldfarb, with The Good-

\$30); Soulfly with Desperate Union, Straight night Lights and Hey Market Riot (Nov. 29, 6 p.m.); Iration with The Movement and The Green (Dec. 2, 8 p.m., \$10).

THE COLONIAL THEATRE, 227 Bridge St.,

Phoenixville, will present guitarist Leo Kottke (Dec. 10, 8 p.m., \$24.50 to \$38.50). Visit www. the colonial theatre.com.

#### TROMBONE CHOIR

GROVE UNITED METHODIST CHURCH, 490 W. Boot Rd., West Chester, presents the West Chester University Trombone Choir on Dec. 7 at 7:30 p.m. Tickets are \$10, and proceeds benefit Compeer Chester County, a nonprofit that fosters mental health recovery through friendship. Call 610-399-7058 or visit www.CompeerChesco.org.

#### ART-REACH CONCERT

PRESBYTERIAN **CHURCH,** 10 W. Pleasant Grove Rd., West Chester, will host a fully accessible Christmas concert by the Chancel Choir in association with Art-Reach on Dec. 9 at 7 p.m. Admission is free, and a reception will follow. The concert of Alabama holiday concert with Ruthie Foster is intended for organizations that serve people with disabilities or economic disadvantages, along with people from the community. There will be open captioning, sign-language interpretation and large-print programs. Tickets must be reserved by calling 267-257-5866 or emailing christinebarbush@comcast.net.



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BRICKETTE LOUNGE, 1339 Pottstown Pike, Foot (Nov. 26); Crossroads (Nov. 27). West Chester (610-696-9656 or www.brickettelounge.com). Line dancing on Tuesday and Thursday from 8 to 11 p.m. with DJ. Karaoke on Wednesdays from 9 p.m. to 12:30 a.m. Live bands from 9 p.m. to 1 a.m. Smoke-free

DOC MAGROGAN'S, 117 E. Gay St., West Chester (610-429-4046 or www.docmagrogans. com). Karaoke on Tuesdays at 9 p.m. Trivia on Wednesdays at 10 p.m. DI on Thursdays at 10 p.m. DJ Stu on Fridays at 10 p.m. Live bands and video DJ Johnny Å on Saturdays at 10 p.m. HILLTOP CRABHOUSE, 8980 Gap Newport Pike, Toughkenamon (610-268-2735 or www. hilltopcrabhouse.com). Entertainment: Good

4690 Horseshoe Pike, Honey Brook (610-273-9000 or www.thehorseshoepub.com). Buzztime trivia and games on Tuesdays. DJ dance m. parties and live bands on Saturdays from 10 p. MR. E'S TAVERN, 313 W. Kings Highway, m. to 2 a.m. KENNETT FLASH, 102 Sycamore Alley, Ken-

nett Square (484-732-8295 or www.kennett- Free pool on Thursdays from 8 p.m. to midflash.org). Blue Monday Jam on Mondays at 8 night p.m. Del Bittle's Bluegrass jam every Thursday SPORTSTERS BAR AND GRILLE, 1701 Pottat 8 p.m. Admission \$3 for players and \$5 for audience. Open Mic every Sunday at 7 p.m bar.com). Poker Night on Tuesdays. Open Mic MAS CANTINA, 102 E. Market St., West on Wednesdays, Live bands on Fridays and Sat-Chester (610-918-6280 or www.mascantina. urdays.

Foot (Nov. 26); Crossroads (Nov. 27). com). Rooftop deck open for lunch and dinner. HORSESHOE PUB, at the Waynebrook Inn, Karaoke on Wednesdays at 10 p.m. DJs on Thursdays at 10 p.m. Rock bands on Fridays at 10 p.m. DJ Dance Party on Saturdays at 10 p.

Coatesville (610-384-4356 or www.mrestavern. biz). Trivia and prizes on Tuesdays at 8 p.m.

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#### BARLEY SHEAF SEASON

THE BARLEY SHEAF PLAYERS, 810 N. Whitford Rd., Lionville (www.barleysheaf. org), present the following shows this season: the holiday comedy "Nuncrackers" by Dan Goggin (Dec. 3, 4, 5, 9, 10, 11 and 12); "Into the **PEOPLE'S LIGHT SEASON** Woods" by Stephen Sondheim (March 11, 12, 18, 19, 20, 25, 26, 27, April 1 and 2); the comedy

"Life x 3" by Yasmina Reza (April 29, 30, May 6, 13 and 14); the farce "Move Over, Mrs. (\$12 for seniors and students 18 and younger).

THE PEOPLE'S LIGHT AND THEATRE

644-3500 or www.peopleslight.org), presents: "The Master Builder" by Henrik Ibsen (March Markham" by Ray Cooney and John Chapman 23 to April 17); "Dividing The Estate" by Hor-(June 10, 11, 17, 18, 24 and 25). Tickets are \$15 ton Foote (May 11 to June 5); the farce "Hatchetman" by David Wiltse (June 15 to July 10). Tickets are \$25 to \$45. Call or visit online for information.

49ERS CHRISTMAS SHOW

**HENDERSON HIGH SCHOOL,** 400 Montgomery Ave., West Chester, will be the site of the annual 49ers Christmas show. This year's production, "Christmas Eve at the Museum," will be presented Dec. 9, 10 and 11 at 7:30 p.m., and Dec. 11 and 12 at 2 p.m. There will be a concert or holiday songs during the first half, and the holiday musical comedy is the second half. Tickets are free, but must be ordered by visiting www.49ersChorus.org.

'TRIAL BY JURY'
COURTROOM ONE OF THE CHESTER

COUNTY COURTHOUSE, S. High and W. Market streets, West Chester, will be the location of the Gilbert and Sullivan Society of West Chester's "Trial By Jury" and carol sing on Dec. 2 at 8 p.m., Dec. 3 at 5:30 and 7 p.m., and Dec. 4 at 2 and 8 p.m. Tickets in advance are \$10 for adults (\$8 for seniors and youth). Tickets at the door are \$12 for adults (\$10 for seniors and youth). Call 610-269-5499 or visit www.gsschesco.org.

'A CHRISTMAS CAROL'

FOOTLIGHTERS THEATER, Main Avenue, Berwyn (610-296-9245 or www.FootLighter-sTheater.com), presents "A Christmas Carol" on Dec. 3, 4, 10, 11, 16, 17 and 18 at 8 p.m., and Dec. 5 and 12 at 2 p.m. Tickets are \$12. Call for visit online for more information.



# Brandywine Valley Wine Trail hosts a

The Brandywine Valley Wine Trail hosted its Puree as a dip the homemade bread. The first first batch of wine dinners at Catherine's Restaurant (routes 82 and 162. Unionville) on Oct. This intimate gathering was an opportunity to not only savor a fantastic six-course meal and local wines, but to get a first-hand lesson about wine from the winemakers them-

Lance Casthe, owner of Black Walnut Winery; and John Weygandt, owner of Stargazers Vinevard, were the humorous hosts of the evening. Lance spent two hours sampling Catherine's eclectic menu to find the perfect pairings. He kept a nice pace throughout the courses. allowing enough time to let each person savor each bite while he answered questions about winemaking.

Catherine's Restaurant has a comfortable and laid-back ambiance, with its warm autumncolored walls and lots of candles for a roman-

To start the intoxicating dining experience,

course was a mushroom and crab bisque that was paired with a Pinot Noir from Chadds Ford Winery. The soup is a crowd favorite and signature dish at Catherine's, and was full of flavor. It leaves you craving more once you get home (Good thing they sell it to go). The Pinot Noir had a light and medium body with a very smooth finish.

Next up was goat cheese ravioli served with Patone Cellar's Viognier. This ravioli was served with smoked scallops, sun-dried tomatoes and fresh spinach in a blush sauce. The dish had a lot of distinct flavors that blended perfectly with the Viognier, which has hints of vanilla, citrus, peach, pear and apricot.

Next, the spicy chipotle Caesar salad offered a bold kick. This snappy salad was paired a sweet White Cabernet Franc from Black Walnut Winery. This refreshing wine had a sweet and subtle taste that balanced the spiciness of the celebrate a wonderful evening.

Barolo wine demi glace. This juicy steak was "It was a really great night. I really liked the served with Paradocx Vineyard's Merlot, a fact that they introduced wines I would have complex wine with a long finish, made from never tasted that went well with foods you dark berry fruits with hints of earthy tones.

The next course was a creamy risotto with generous portions of shrimp in a zesty lemon and Catherine's Restaurant is a family-owned ginger sauce. It was paired with Kreutz Creek Vineyard's Chardonnay, a smooth wine with a the front and her husband, Kevin Mcbuttery flavor and enchanting smells of vanilla Munn, takes care of the kitchen and oak. The sweet and dessert-like sauce was The restaurant is named after a perfect transition to prepare diners for Cath- Marybeth's grandmother. It's a erine's signature dessert tray. The meal ended with a dessert sampler that was out of this world, including lemon cheesecake, a home-during the week, or grab a made truffle, chocolate cake, blueberry tart delicious weekend brunch. and key lime pie.

Everyone raised their glasses of Stargazers Cuisine and Nightlife Read-Vineyard Sparkling Traditional champagne to er's Choice Award Winner

guests were served a Roma Tomato and Basil The fourth course was a filet mignon that and his wife have visited Catherine's and some munity, buy local and organic

can't do yourself. It was very enlightening and I hope they do more of this stuff.

business. Marybeth Brown takes care of perfect place for a private party, to pick a up a boxed lunch

Catherine's Restaurant was the 2010 Chester County for Best BYOB. They constantly give back to organiza Kirby Tirk was one of the satisfied diners. He tions and schools in the com-

melted in your mouth, with foie gras, green of the winery tasting rooms. "We value the as often as possible, and will soon be showcasbeans and a dollop of black truffle butter, in a idea of drinking wines from the area," he said. ing local art. To view menus or read reviews, visit www.catherinesrestaurant.com.

DEC. 1, 2010 /PAGE 15

The next Wine Trail dinner will be at Majolica Restaurant in Phoenixville, so he sure to visit www. bywinetrail.com to learn details





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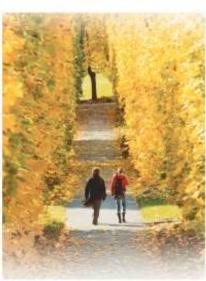
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