



March/April 2020

Physical Therapist Joins Genesis Chiropractic on South Pine Street

Dr. Cole Chamberlin, PT, DPT is pleased to announce the opening of his physical therapy practice in the community of Elverson. Dr. Cole has dreamed of developing a practice that he could use to serve others. This desire to help others has led to the formation of Impact Physical Therapy and Rehabilitation. Dr. Cole has been familiar with the area for many years, visiting family in North Coventry and attending Lebanon Valley College in Annville, PA. While in graduate school at Lebanon Valley, he received his Doctorate of Physical Therapy and established his niche within the healthcare community over the past several years.



Impact Physical Therapy and Rehabilitation is a company dedicated to setting the “gold standard” of care in skilled therapeutic/rehabilitative services. Dr. Cole offers high-quality, one-on-one care through a variety of manual techniques, corrective exercise, and neuromuscular re-education. He specializes in orthopedic and sport-related

injuries, neurodegenerative disorders, vestibular and post-concussion rehabilitation, chronic pain syndromes, and a large spectrum of other health-care related disorders.

Dr. Cole strongly believes that there is a greater purpose far beyond the basic concepts of exercise. His physical therapy practice has the unique potential to serve as a platform for development of positive relationships, personal health goals, and functional recovery. When used effectively in this manner, you are no longer viewed as “just another patient”. Dr. Cole is excited to begin this adventure to further assist those in need within the Elverson community.

Impact Physical Therapy and Rehabilitation is located on 102 S Pine St, in the same building as Genesis Performance Chiropractic. Contact information—**610-286-0004**, www.impractptr.com and also on facebook.



Another business new to Elverson is **Side Street Salvage** on Park Ave. Drop in to appreciate the interesting assortment of vintage items gorgeously displayed in their spacious store. ***They are open Wednesday to Sunday, 10-5.***



Chris Cameron

Walter B. Duffy inherited his family's Rochester Distilling Co. in the 1870s, but was forced into bankruptcy by 1886. But Duffy turned his debt around and created an even stronger company through his false advertising.

At the time the word “malt” conveyed medicinal qualities. The muckraking investigative journalist Samuel Hopkins Adams wrote an expose of patent medicines in 1905 (“The Great American Fraud” published in *Collier’s Weekly*) arguing that Duffy’s Malt Whiskey was a con and most definitely not a medicine. That same year in another legal case, the New York Supreme Court determined that Duffy’s was a liquor, not a medicine.

Check back next time as we uncover how the Livingoods came to endorse Duffy's.



WALTER BERNARD DUFFY

[illegible]



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Other Articles to be Announced Later

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Weeding, Pruning and Mulching

(in that order)

Herb Hamilton, Tree Commission Chairperson

Spring is around the corner and signs are everywhere. Bluebirds and robins are making the rounds. The days are longer and warm up more quickly. Mulch pallets are in the store parking lots. Yes, it will be nice to get outside and play in the garden again.

If you are like me, seeing the mulch pallets all lined up makes you anxious to get started. A fresh application of mulch will make everything look so nice and fresh. But hold your horses. There are a few things that we need to do before we mulch.

Weeding and general clean up is at the top of the list of our spring outdoor chores. Plenty of winter weeds have germinated and need to be pulled. General clean up is the term for cutting back the Liriope, ornamental grasses and perennials that we left standing over the winter. It's time for final leaf removal as well.

Pruning of our shrubs is next. Shrubs are easy to trim back but you may wonder about when to prune. Remember this. If it flowers in spring, prune after flowering. If it flowers in summer, prune in spring. By the way, Memorial Day is the dividing line for seasonal spring/summer pruning.

Now it's time to edge the beds. Take a spade or flat shovel and restore that edge between the garden bed and your lawn. A nice one to two-inch-deep straight edge gives us a good line that keeps mulch in the bed with a crisp clean look.

Alright, let's apply mulch. Adding one to two inches is fine for established beds. Don't overdo it. We want a finished depth of two to three inches. Finally, I apply pre-emergent herbicide to help with weed control. If you have pets that are outside and dig or roll in your beds, skip this step. That's it. All finished. Enjoy a nice cold Arnold Palmer. You've earned it.



Find Your Elverson Niche

Esther Prosser

Last week I gathered with a few other Elverson enthusiasts to resurrect our Elverson Easter Egg Hunt. Five of us met to discuss the ins and outs of putting together a fun morning on Easter Saturday for kids, their parents and grandparents. Kelly Frizen agreed to lead the effort. Andrew Hageman offered volunteers from Brick Lane Community Church. Maureen Siwik took the huge bins of plastic eggs from earlier years and promised to make order of them. This event will be held Saturday, April 11 at 10 am at the Livingood Park for aged 2-12 years olds. We are hoping to get Twin Valley Coffee there and pick up a bunch of Shady Maple donuts. The TVFD will be present, arriving with the Easter bunny of course. Register your children at the Borough website—www.elversonboro.org. It will help us in our planning.

Not into Easter Egg Hunts? Our Elverson Day committee is meeting for the first time this year on Tuesday, March 10. We are discussing moving the Elverson Yard Sale, that is customarily scheduled in May, to the morning of Elverson Day (always the last Saturday in June). We have secured the fireworks and the West Chester Band. A-Z Urgent Care, new to Elverson, is enthusiastic about contributing. If this event, scheduled for Saturday, June 27 is of interest to you, let me know as we need energy and ideas as we plan for another day of fun for Elverson.

You may know that our newly formed Trail Committee is securing funding for a Trail study so that Elverson residents can walk the perimeter of the town safely. We want our town to be known as pedestrian-friendly Elverson.



Did you know that we are hoping to repurpose the basketball courts at the Borough Hall for pickle ball? I am a tennis player so this pickle ball thing is new to me. But a friend of mine, Lee Heller, has begun a pickle ball league in Honey Brook and promises to advise me and others as we figure out how to get this going in Elverson.

So find your Elverson niche and jump in because we need all of Elverson to make our greatest square mile even greater. Want to help? Call or email me—**484.269.1753**, esther@stoltzfus.com.



EASTER EGG HUNT

**Saturday, April 11, 10 A.M.
Livengood Park, Elverson**

**For children ages 2 to 12! Easter
Bunny will visit on a Twin Valley
Fire Department truck!
Coffee and donuts will be sold.**

**Please REGISTER to help us plan at:
Elversonboro.org**

ELVERSON PARK & RECREATION COMMITTEE





Dr. Leo McCormick
Dr. Darryl Hajduczek
Dr. Leslie Freeman
Dr. Connor McCormick

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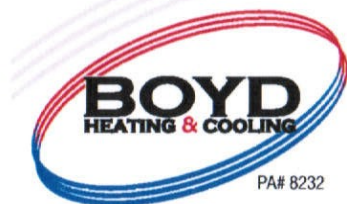
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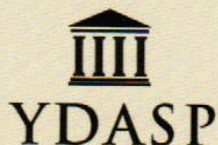
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Send your Elverson news and stories to our editor at brenda@stoltzfus.com by April 15 or call her at 610.286.5115. Newsletters can be found on elversonboro.org.

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DATES TO REMEMBER

Elverson Easter Egg Hunt—Saturday, April 11—Livingood Park—10 am

Street Sweeping—April 14—Main Street

Memorial Day Remembrance—Monday, May 25—Elverson Cemetery—10:30 am

Elverson Day at the Park—June 27—Livingood Park—5 pm

