

IN

An IN COMMUNITY Magazine

Great Valley

Great Valley Honors Outstanding Alumni

Great Valley alumni Hillary Dunlop-Schmid (left)
and Shannon Nutter-Wiersbitzky



Special Section: Health & Wellness

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School & Township News

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features

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A head-to-toe guide to staying healthy internally and externally.
- 44 Chester County Well-Represented in Rio Olympic Games**
Five Chester County Olympians competed in four sports at this year's Games.



Adam McKay

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on the cover

Great Valley alumni Hillary Dunlop-Schmid (left) and Shannon Nutter-Wiersbitzky attended Great Valley's Homecoming where they were formally inducted into the district's Wall of Fame. Alumnus Adam McKay (see inset photo above) was also inducted, but could not attend. See story on page 21. Photo by Jennifer Blake, Great Valley School District. Inset photo by Gary Sanchez Productions.

IN Community is a publication dedicated to representing, encouraging and promoting the Great Valley area and its comprising municipalities by focusing on the talents and gifts of the people who live and work here. Our goal is to provide readers with the most informative and professional regional publication in the Commonwealth of Pennsylvania.

Welcome to the winter issue of IN Great Valley magazine!

One thing that makes our Pennsylvania communities special is the beautiful seasons. As autumn comes to a close and snow begins to fall, we hope you take some time to enjoy the many winter activities this area has to offer and hit the slopes, sled ride, cross-country ski or ice skate at one of the beautiful parks.

Although the 2016 Olympic Games in Rio have past, residents of Chester County don't have to go far to feel their presence.

Of the 554 members of Team USA, 31 hail from Pennsylvania, including five from Chester County. Our Chester County Olympians competed in four sports—Equestrian, Field Hockey, Rowing and Swimming. Of the five athletes, two made their Olympic debuts this year and two brought home a medal. To read more about these remarkable athletes, see page 44.

As 2016 comes to a close, we'd like to thank our school and township partners as well as our advertisers for their continued support.

The staff at IN Community Magazines wishes you and your family a wonderful holiday season and a happy, healthy New Year!



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IN Community Magazines is the largest magazine publishing company in Pennsylvania. We are pleased to be partnered with the Great Valley area communities.

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WHAT'S NEWS IN
GREAT VALLEY

BY PETER URSCHELER

Villanova Preschool



ENHANCED PROGRAMS ADDED TO ST. THOMAS OF VILLANOVA PRESCHOOL

St. Thomas of Villanova Parish opened its preschool in 1981 with a commitment to provide a quality Catholic Early Education Program to the community. Since then, it has expanded to offer a Mommy and Me program and a class for two-year-olds. In addition, the traditional three- and four-year-olds programs give parents the option to enroll their children in three or five full or half days. With extensive experience in early childhood education, teachers help children learn in a caring, nurturing, Catholic environment. For more information, visit www.stvpreschool.org or call 610.525.7554.

MALVERN VICTORIAN CHRISTMAS

Dec. 2 & 3

Let the sights and sounds of the Malvern Victorian Christmas kick-off your holiday season. This two-day festival, produced by the Malvern Business and Professional Association, brings together nearly 70 local businesses and organizations to transform downtown Malvern into a feast for the eyes, ears and hearts. Beginning Friday, Dec. 2, at 5 p.m., the streets will be transformed into a winter wonderland complete with carolers, street performers, bands, extended shopping, hot cocoa and holiday cookies. Friday night culminates in the lighting of the Christmas tree. Saturday continues with a variety of

activities for children and adults alike. Enjoy ornament making, hayrides, magicians, puppet shows and gingerbread house workshops. Adults won't want to miss the numerous open houses hosted by area wineries and gourmet food shops. For more information, visit www.malvernbusiness.com.



19TH ANNUAL CANDYCARE HALLOWEEN DRIVE

Nov. 1 to 3

Support your local community by donating Halloween candy to the annual CandyCare Collection. CandyCare collects Halloween candy and gives it to local children, women and men who are experiencing homelessness. Last year, CandyCare collected 4,700 pounds of candy and this year volunteers hope to collect more. Anyone is welcome to give candy. You can participate as an individual candy donor or organize a collection. Stores, businesses, churches and any other group can donate as well. If you'd like to participate, contact Patti or Gabrielle Bruno at 610.416.8336 for more information.



FIREBIRD FESTIVAL

Dec. 3

Marking its 13th year, the annual Phoenixville Firebird Festival represents the celebration of the borough's namesake—the Phoenix. The event's mission is to foster a collaboration of local artistic and creative talent, and to enhance the cultural life of Phoenixville. This year's event will begin at 3 p.m. on the 200 block of Bridge Street and at the Bridge and Main parking lot. Enjoy local shopping with many retail stores featuring musicians and street performers. The procession from downtown to Friendship Field begins at 7:30 p.m., and the Phoenix will be set ablaze at 8:15 p.m. For more information, visit www.FireBirdFestival.com.



TASTE OF PHOENIXVILLE

Jan. 19

The Phoenixville Foundry provides the backdrop for one of Phoenixville's signature annual events—The Taste of Phoenixville. This exceptional event brings together hundreds of guests for an evening of fantastic food samplings from almost 30 area

restaurants. In addition, guests can bid on silent auction items and enjoy an open bar while dancing the night away. All of the funds raised benefit the Good Samaritan Shelter, which provides safe, comfortable housing to those experiencing homelessness in our community. Good Samaritan runs both the men's shelter in Phoenixville and the women and children's shelter in Ephrata. Tickets are available through www.tasteofphoenixville.com. Sponsorships are also available. For questions, contact Good Samaritan Shelter at 610.933.9305.

CANDLELIGHT HOLIDAY TOUR

Dec. 3

Get into the spirit of the season on this year's Annual Holiday House Tour! The tour features gorgeous homes decorated for the holidays, complete with Christmas trees, lights and other classic elements. See inside some of our town's unique historic homes along with fabulous modern-day homes. The tour begins at First Presbyterian Church, 145 Main Street, in Phoenixville and includes music and many other holiday surprises. All proceeds benefit Ann's Heart Code Blue Shelter and Firebird Theater. Tickets can be purchased online at <https://phxholidaytour.weebly.com>.



GREAT VALLEY SOPHOMORE BRINGS A LITTLE EXTRA MAGIC TO HARRY POTTER CONFERENCE

Butter Beer, Diagon Alley, the Sorting Hat and multiple Quidditch matches made up a wizarding weekend in October at the Chestnut Hill College Harry Potter Conference. And for one Great Valley student, the conference was exceptionally magical.

Each year, Chestnut Hill College invites high school students to write an original essay that, if selected, is read during a session at the Harry Potter Conference. Great Valley High School sophomore Erin Sutton-Beals' essay, entitled "Harry Potter: Extracting the Magic from Playful Fiction," was selected as the 2016 winner. In addition to presenting her paper at

the conference, the 15-year-old also received a \$10,000 scholarship to Chestnut Hill.

"As Erin's mother, I am proud of my daughter's courage and accomplishment. I am also grateful to educational institutions, such as Chestnut Hill College, for extending opportunities that encourage young people to exercise their intelligence and gifts in such a unique and affirming way," said Dr. Debra Sutton.

ANNUAL MARCH-IN OF THE CONTINENTAL ARMY COMMEMORATION

Dec. 19

Travel back in time to the eve of the winter encampment at Valley Forge as the National Park Service commemorates the 239th anniversary of the Continental Army's arrival at Valley Forge. Join historic re-enactors, park rangers and local volunteers for a quarter-mile, lantern-lit march that will take visitors on an illuminated tour of Valley Forge through reconstructed huts, fortifications and trails. This free evening program immerses participants in the history, sights and sounds of the storied encampment and is the only opportunity to experience Valley Forge after dark. The event runs from 6 to 8 p.m. on Dec. 19. Visit www.nps.gov/vafo for more information.

BURN OFF THE BIRD 5K

Nov. 26

This event has quickly become a Phoenixville family tradition, held annually the Saturday after Thanksgiving. Bring out your family, extended family and friends for the beautiful 5K race or 1-mile family fun

walk through Phoenixville. The event guarantees to help you digest that Thanksgiving meal. The race begins and ends at Franklin Commons. Proceeds generated from the race benefit the Phoenixville Jaycees Foundation and Hugh O'Brian Youth Leadership (HOBY). Registration opens at 7:30 a.m., and the race starts at 9 a.m. Street parking is available. Strollers are welcome. Chip timing is provided by Second Wind Timing. To register or for more information, visit www.PhoenixvilleJaycees.org.

WAYNE CHRISTMAS TREE LIGHTING AND SANTA PARADE

Dec. 2 & 3

Historic downtown Wayne and the iconic Wayne Hotel provide the picturesque backdrop for celebrating the season during the Wayne Christmas Tree Lighting and Santa Parade. This two-day event, sponsored by the Wayne Business Association, will be sure to get you in the yuletide spirit, beginning Dec. 2 at 5:30 p.m. Various locations throughout historic downtown will showcase their seasonal splendor with face painting and tree ornament crafts at the Radnor Fire Company; performances by the Valley Forge Military Academy & College Choir at the Wayne Train Station; and hot chocolate and goodies at the Wayne Senior Center—all leading to the annual Christmas Tree Lighting Ceremony.

On Saturday, the day kicks off at 10 a.m. with Santa's Parade along Lancaster Avenue and ending at the Wayne Hotel. For more information on the weekend's festivities, visit www.waynebusiness.com. ■



Wayne Christmas Tree Lighting and Santa Parade

Gynecology & Menopause Center and Francesca Medical Aesthetics



Fran Thompson and Joseph Ferroni

Dr. Joseph Ferroni and his wife, Fran Thompson, RNC, have dedicated the majority of their careers to women's health. As seasoned medical professionals, they have watched the healthcare industry change around them, many times improving with technology, but in some cases lacking in high-quality patient care.

"You won't find us talking to you through a computer; we want to get to know each of our patients. I'm fortunate to have a private practice in which I can spend the time that is necessary with each patient, without someone trying to increase my number of patients. For us, this isn't about business; it's about care," says Dr. Ferroni.

It was through these high-quality patient interactions that in 1999, Dr. Ferroni, a board-certified Fellow of the American College of Obstetricians and Gynecologists, had a vision to create a center dedicated to the health needs of women entering into the perimenopausal and menopausal stages of their lives. The Gynecology and Menopause Center, a first of its kind for Pennsylvania, was born.

"Menopause is truly a change of life for women. When you have an obstetric side of your practice, that's where the majority of your time is spent. I realized that many of my patients were getting older and were finished having children, they needed a higher level of attention to help them manage this phase of their lives. I also wanted my patients to feel comfortable in an office that was dedicated to them and to their needs, not overflowing with expectant mothers," he explains.

At the Gynecology and Menopause Center, Dr. Ferroni performs routine gynecological care, screenings for female cancers and other preventive health issues, as well as consultations for the safe management of troublesome menopausal symptoms.

In 2004, he identified another major need from his patients. Many were seeking medically safe and effective facial and body rejuvenation without surgery. Partnering with his wife, a Registered Nurse Clinician experienced in women's health care, they expanded the practice to include Francesca Medical Aesthetics.

"As we age, many of us experience skin problems, whether from years of sun over-exposure, or, for women, a decrease in estrogen," says Thompson. "Francesca Medical Aesthetics is truly a natural extension of our long commitment to health care. We want to care for our patients both inside and out, at one location."

Through Francesca Medical Aesthetics, Ferroni and Thompson are able to offer patients the latest treatments to rejuvenate the skin and correct issues like uneven pigment, broken capillaries and acne. Additionally, they offer hair removal, Botox, facial fillers, and physician-grade chemical peels and cosmeceuticals. The center is also an exclusive provider of SculpSure, a breakthrough body-contouring method that targets and destroys fat cells practically anywhere on the body.

"Patients need to understand that this is not a spa. All of the services, products and tools used can only be obtained or dispensed through licensed medical practitioners," notes Thompson. "We don't have any technicians. All of our services are performed by a licensed and trained medical professional, either Dr. Ferroni or myself. We conduct a thorough medical history review on each patient, so we can ensure that the treatment is appropriate. We have the same high level of commitment to patient care and quality on both sides of our practice."

Francesca Medical Aesthetics and the Gynecology and Menopause Center are conveniently located at 462 East King Road in Malvern. The Gynecology and Menopause Center is currently accepting new patients. For more information or to make an appointment, call 610.725.8787.

For more information on the services offered through Francesca Medical Aesthetics or to make an appointment, call 610.725.0238. All of the services offered through Francesca Medical Aesthetics are suitable for men or women.





Healthy Living

A guide to staying healthy internally and externally.

Continued on next page >

Brain Games

As you age, your brain continually changes. Maintaining a healthy lifestyle is important to your body and your mind. Just like it is important to exercise daily to keep your body in shape, it is equally as important to exercise your brain. Memory loss doesn't occur simply due to aging, but because of brain injury, illness or disorders. Many of these issues are due to unhealthy habits or poor lifestyle choices that could be otherwise avoided.

Dementia is one of the most common categories of brain diseases. A common misconception is that dementia is actually a disease, but it is not. Dementia is a term that defines a decline in mental ability severe enough to interfere with daily life including impaired memory, communication and language, ability to focus, reasoning and judgment, and visual perception. At least two of the aforementioned symptoms must be severely impaired to indicate signs of dementia. Usually the signs and symptoms of dementia are progressive and get worse over time. If caught early by a healthcare professional, some symptoms can be treated. One of the most common types of dementia is Alzheimer's disease.

Alzheimer's accounts for 60 to 80 percent of all dementia cases. It causes severe problems with daily tasks that involve memory, thinking and behavior. It is not a normal part of aging, but the greatest known risk factor is increasing age, as the disease is progressive. While it is most common in people over the age of 65, younger-onset Alzheimer's is found in five percent of people as young as their 40s.

According to the Alzheimer's Association, evidence shows that incorporating the following habits will keep you fit both physically and mentally:

- ◆ **Heart Health** – Obesity, high blood pressure and diabetes—all risk factors for cardiovascular disease—negatively impact your cognitive health. Cardiovascular activity increases blood flow to the brain and body, reducing the risk of cognitive decline.
- ◆ **Helmet Up!** – Brain injury is one of the leading causes of dementia and cognitive decline. Play it smart and always wear a helmet to protect from brain injury.
- ◆ **Sleep Tight** – Have you ever stayed up late, only to find you're forgetful and mentally lethargic the next day? Not getting enough sleep can result in lower brain function, affecting memory and thinking.
- ◆ **Be a Social Butterfly** – Staying active with friends and loved ones may support brain health as well. A recent study from the Women's Healthy Aging Project found that babysitting grandchildren could lower the risk of Alzheimer's.
- ◆ **Challenge Yourself** – Enjoy crossword puzzles or painting? Keep your brain challenged by doing something new each day, whether it is learning a new language, doing a jigsaw puzzle or reading a book!

Eye and Ear Health

Hearing and vision are two essential parts of our everyday lives. Yet there are many individuals who let ear and eye problems go unattended. Ear and eye health is equally as important as taking care of the rest of the body and should be well cared for to ensure many years of seeing and hearing the things you love.

Eye Health

It is important to visit your eye care professional once a year for a comprehensive eye exam. Although you may think you are seeing fine, issues may be lurking without any warning signs. During a yearly

visit, your pupils will be dilated, or widened, so that your eye care professional can examine the back of the eye for damage or disease. It is important to know your family's eye health history as well, since some conditions are hereditary. Some of the most common eye diseases include diabetic retinopathy, glaucoma, cataracts, and age-related macular degeneration (AMD).

- ◆ **Diabetic Retinopathy:** This type 1 or type 2 diabetic complication is caused by damage to blood vessels in the retina, the light-sensitive tissues in the back of the eye. If left untreated, diabetic retinopathy could cause blindness. Early stages of this condition may go unnoticed if an eye care professional is not visited yearly. As the condition progresses, symptoms may include blurred vision, impaired color vision, floaters, and/or dark areas in your vision. Symptoms may occur if there is too much sugar in your blood, which can cause a blockage in the blood vessels that lead to the retina. Proper management of diabetes is the best way to prevent vision loss.
- ◆ **Glaucoma:** The second leading cause of blindness, glaucoma is a group of diseases that damage the eye's optic nerve. The risk of developing glaucoma increases with age and if parents or siblings have the disease. During an eye exam, glaucoma can be detected by measuring eye pressure, inspecting the drainage angle of the eye, evaluating the health of the optic nerve and testing the visual field of each eye. Depending on the type and severity of the disease, glaucoma can be treated through eye drops, medication or surgery.
- ◆ **Cataracts:** A cataract affects vision by clouding the lens of the eye. Chances of cataracts increase greatly with age, with more than half of all Americans either having a cataract or having had cataract surgery by the age of 80. People in their 40s and 50s can have cataracts, but they are typically small and do not affect vision. Cataracts are detected by blurred vision, faded colors, glare from headlights or lamps, poor night vision, double vision, or frequent prescription changes in eyeglasses or contact lenses. Early detection can improve cataracts through new eyeglasses, anti-glare sunglasses or brighter lighting. Surgery can also be done to remove the cloudy lens and replace it with an artificial lens.
- ◆ **Age-Related Macular Degeneration (AMD):** One of the common, but lesser known eye conditions is AMD. A leading cause of vision loss among people 50 years of age and older, AMD affects the macula, the millions of light-sensing cells that provide your eye with sharp, central vision. Age is a major risk factor for developing AMD, with most cases occurring after the age of 60. Genetics, race, and smoking can also affect risk for AMD. A comprehensive eye exam can detect AMD through dilation and testing. Your eye care professional will look for yellow deposits beneath the retina to determine if you have AMD. Intermediate and late AMD can be treated with daily intake of vitamins and minerals that can slow the progression of the disease. Therapy and surgery can also be considered for types of advanced neovascular AMD, which typically results in severe vision loss, to stop further progression.

Hearing Loss and Prevention

It is common for hearing loss to occur as you age. According to the Mayo Clinic, about 25 percent of people in the United States between the ages of 55 and 64 have some degree of hearing loss, increasing to one in two people by age 65 and older. Chronic exposure to loud noises and aging are the two main causes of hearing loss, resulting

in muffled speech from others, difficulty understanding words, frequently asking others to repeat themselves, loud volume on the television or radio, and avoidance of social settings.

Hearing loss occurs when there is damage to the inner ear, infection in the ear, or ruptured eardrum. Damage to the inner ear can happen with age, or constant exposure to loud noises over an extended period of time. These cause wear on the nerve cells in the cochlea that send sound to the brain. When they are damaged, signals aren't transmitted as effectively, causing loss of hearing. Heredity, aging, occupational and recreational noises, some medications, and some illnesses may cause either partial or full hearing loss, but there are ways to treat hearing loss. Treatment can include surgical procedures, hearing aids, or cochlear implants.

Preventive measures can also be taken to protect against noise-induced hearing loss and to avoid age-related hearing loss. Be sure to wear protective earmuffs if you work in a loud environment or if you are hunting, going to concerts or doing other loud activities for an extended period of time. It is also important to have your hearing tested on a regular basis. Early detection is key to preventing complete hearing loss.

Mouth Health

Your mouth can tell a lot about your overall health. Investing in your oral health is also investing in your general health. There are several conditions that are linked to oral health including endocarditis and cardiovascular disease. When bacteria from your mouth, or other parts of your body, spread through your bloodstream they can attach to your heart, causing an infection in the inner lining, also called endocarditis. Research suggests that poor oral health is linked to clogged arteries and stroke as well.

Keeping tabs on your oral health is critical for warding off bad breath and poor health. It is important to brush at least twice a day, floss, eat a healthy diet, replace your toothbrush every three to four months, and avoid tobacco use to maintain a healthy mouth. Visiting your dentist for regular cleanings can also ensure that oral hygiene is at its best.

Heart Health

We are all aware that it is important to eat healthy and stay fit for heart health. A diet rich in plant foods and low in processed food and animal products lends itself to a happy heart.

Continued on next page >

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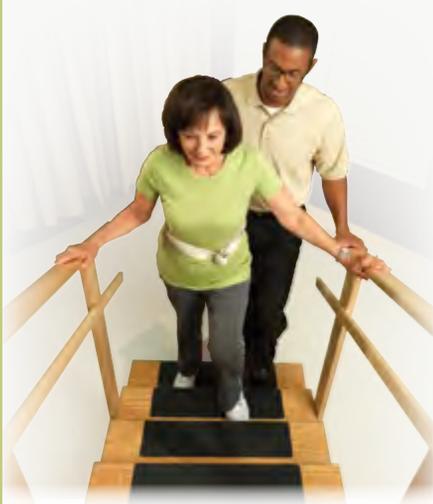


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Paired with cardiovascular exercise, you've got it made for a healthy body. But have you ever thought of staying positive as a way to keep your heart healthy? A research study being done at the University of Illinois shows that people with optimistic attitudes have higher odds of having ideal cardiovascular health when compared to pessimistic people. The study analyzed "the mental health, levels of optimism, and physical health of 5,100 adults ranging from 45 to 84 years of age. Heart health scores—based on American Heart Association-approved metrics, including blood pressure and body mass index—increased right alongside optimism levels." So when you're feeling down, remember that staying positive affects more than just your day, so keep your head up and your heart happy.

Digestion

Digestive issues affect all of us at one time or another. From upset stomach, gas, and heartburn, to constipation and diarrhea, digestive problems are painful and embarrassing. Some of the most common digestive problems are:

- ◆ **Food Intolerance** – Often confused with a food allergy, food intolerance allows you to eat a small amount of the offending food without any issues (a food allergy could be life-threatening). Causes include celiac disease, sensitivity to food additives, food toxins, and absence of an enzyme needed to fully digest a food.
- ◆ **Gastroesophageal Reflux Disease (GERD)** – A chronic digestive disease, GERD is defined as experiencing acid reflux and heartburn at least twice a week. GERD affects 20 percent of

Americans and can cause persistent bad breath, tooth erosion, nausea, pain in chest or upper abdomen, or it can make swallowing and breathing hard to do.

- ◆ **Hemorrhoids** – Hemorrhoids are inflamed blood vessels found at the end of your digestive tract. Often painful and itchy, they are caused by chronic constipation, diarrhea, or a lack of fiber in your diet. Seventy-five percent of Americans over the age of 45 suffer from hemorrhoids. Staying hydrated, eating more fiber, or over-the-counter creams may provide relief from hemorrhoids.
- ◆ **Irritable Bowel Syndrome (IBS)** – Affecting 15 percent of Americans, IBS is characterized by stomach pain or discomfort at least three times a month for several months. Symptoms vary widely with IBS, making it hard to determine the exact cause. Treatment focuses mostly on diet, eliminating common trigger foods such as dairy, alcohol, caffeine, artificial sweeteners and beans. Doctors also recommend a diet high in fiber and consumption of probiotics found in yogurt.



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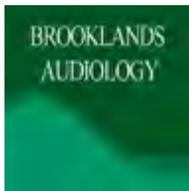
Six Signs That It's Time to Have Your Hearing Tested

By Patricia A. Cohen, M.A., C.C.C.



Over the past 30 years as a practicing audiologist, I have had the privilege and satisfaction of helping people not only to hear better, but more importantly to improve their quality of life. I recall the teenager who, while sitting by a campfire at night with friends, began to realize how much he was missing. As the sun set, he could no longer depend on looking at faces to "hear." I think of the granddad whose caring family feared he was suffering from dementia because of his withdrawal from family functions. After he was fit with hearing aids, his kids called to say, "We got Dad back!"

Addressing hearing issues results in reducing stress in family and social situations. Ever notice how most people do not repeat a question or statement as nicely as they say it the first time?

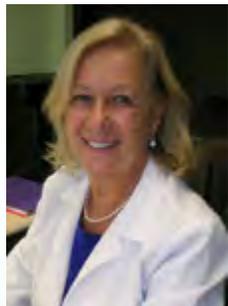


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Is it time for your hearing test? Let's explore these common signs:

#1: When Was the Last Time You Had Your Hearing Tested?

- Unlike eye exams, we tend not to get our hearing tested on a regular basis.
- Hearing loss is usually gradual. Statistics show that people wait an average of seven years before addressing hearing issues.
- We know immediately what we are not seeing, but not always what we are not hearing.

#2: The World Mumbles or Speaks Too Quickly.

- It's amazing how much clearer people speak once you've addressed your hearing issues.

#3: The TV is "Too Low."

- Yet the TV is too loud for those around you.
- Many times you increase the volume to try to get better clarity.

#4: You're Missing the Punchline.

- Hearing loss leads to social withdrawal.
- It's easier to sit quietly than to risk misunderstanding and sounding "foolish."

#5: You Can't Hear in Restaurants.

- This is especially true with high-frequency hearing loss, which is very common and treatable.
- Background noise in restaurants negatively affects speech clarity.

#6: You Have Telephone Issues.

- You prefer your spouse to answer the phone at home.
- You are constantly complaining about quality of the phone service.
- "Please don't call me from your car!"

It's important to get a comprehensive hearing exam from an audiologist who will be able to administer the exam, interpret the results and demonstrate technology. Hearing issues do not always result in the prescribing of hearing instruments. On many occasions, I have administered hearing exams that demonstrated "borderline" results and the test served as a baseline for future hearing tests.

According to Helen Keller, blindness separates people from things, while hearing loss separates people from people.

Get a hearing test to make sure that you are not being separated from those you care about.

Patricia Cohen, founder of Brooklands Audiology, graduated from Queens College with a BA in Speech and Hearing Science and a master's degree in Audiology. She is a member of the American Speech-Language Hearing Association and a Fellow of the American Academy of Audiology. Patti resides in Malvern, PA.

Chiropractic Care

Back pain is one of Americans' most common medical ailments and chiropractic care is a natural, drug-free way to combat pain. The nervous system controls all of the cells and organs in your body, which is why chiropractors focus on the health of the spine being properly aligned.

Chiropractic care can be a resource for patients suffering from a variety of different conditions such as lower back pain, neck pain, headaches, fibromyalgia, sciatica, spinal stenosis, ear infections, neurological conditions, or scoliosis. Patients with these types of issues often seek professional chiropractic therapy to relieve the pain they are experiencing rather than taking medication to relieve their ailments. Chiropractic care can start by addressing general wellness or looks directly at disease prevention.

Making an appointment to visit a chiropractor can provide several health benefits including:

- ◆ Improved sleep
- ◆ More energy
- ◆ Better mood
- ◆ Reduced need for medication
- ◆ Relief from pain

Foot Health

It is important to stay healthy from head to toe, including your feet. There are 26 bones and 33 joints in your foot and ankle, making the possibility for issues very high. From sprains and fractures, to ingrown toenails, bunions, corns, and athlete's foot, we may find ourselves

hiding our foot problems in a pair of shoes. But overlooking foot health can lead to greater problems if left untreated. Taking a few simple steps to ensure foot health is easy to do:

- ◆ Keep feet clean and dry.
- ◆ Make sure to trim toenails regularly and straight across.
- ◆ Wear shoes that fit properly.
- ◆ Don't ignore discolored or cracking toenails.
- ◆ Wear shoes in public places to avoid fungal infections.

Overall Health

Overall health and well-being starts from the inside out. Begin by providing your body with the nutrients it needs to work properly. You will have more energy and feel better every single day that you eat healthy, nutritious foods, drink plenty of water, and get in some exercise. While physical wellness is crucial for a healthy life, it is important not to overlook mental wellness. This includes emotional, psychological, and social well-being. Mental health is important throughout all stages of life from childhood to adulthood. While good physical health directly affects mental health, you should care for your mental health in different ways.

- ◆ Love yourself and treat yourself with kindness and respect.
- ◆ Surround yourself with people who make you happy.
- ◆ Meditate and/or pray to provide yourself with time to silently reflect on all of the positive aspects of life.
- ◆ Try something new to break away from the daily grind.

Get help when you feel like you cannot help yourself. ■

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A Message From The Superintendent Of Schools:

Dear Great Valley Community Members,



What a great start to the school year it has been! As we approach the holiday season, we have much for which to be grateful. As I attended Homecoming this past October, I was so impressed with the wonderful participation of our students, our families, our alumni, and our community. It was especially wonderful to highlight three outstanding alumni who were named to our Wall of Fame this year (see page 21). What wonderful examples our Wall of Fame inductees are to our current students.

I am thrilled that this issue of the magazine highlights many of the wonderful things happening in our schools. While these pages are only a sample of all the amazing things that happen in our classrooms, on our fields, and in our community every day, I am sure you share my Patriot Pride! Certainly, Great Valley is a special place. My thanks go to our staff members, our students, our families, and our community for the outstanding efforts you make to ensure our continued success.

Inside this issue you will also find information about a winter food drive that our food service department coordinates. I would guess that most people are not aware that a growing number of families rely on our community for help, especially over the winter months. The District is proud to partner with our local churches who provide food and gifts to those families who identify as needing help. And we once again look forward to your support of our efforts to prevent hunger this holiday season (see page 17).

I continue to be grateful for your involvement in and your support of our schools. I remind you to please stay connected with us. News and information is available on our website and on our Facebook page. Additionally, we always look forward to seeing you in our schools and at our district and school events.

Enthusiastically,

Regina C. Speaker Palubinsky, Ed.D.
Superintendent of Schools



Teaching Mindfulness

This year, the Great Valley School District is reinforcing its commitment to providing a safe and nurturing environment for students and staff through a partnership with Verge Yoga Center in Wayne, Pa. In collaboration with the Center's owner and trainer, Cara Bradley, students and staff are being introduced to the practice of mindfulness. That practice centers on the ability to maintain an awareness of one's thoughts and feelings in a given moment and to thereby manage stress or anxiety.

Mindfulness has made its way into the mainstream in recent years, but has roots back to a Mindfulness-Based Stress Reduction (MBSR) program founded at the University of Massachusetts Medical School in 1979. Since that time, thousands of studies have documented the physical and mental health benefits of mindfulness. Countless published research articles confirm the benefits of mindfulness, including stress reduction, boosts to working memory, increased focus, less emotional reactivity, and more cognitive flexibility.

"I like to define mindfulness as an effort to train the mind, or mental muscle, to show up and fully engage in the moment," said Bradley. "Significant scientific research has now proven we can change the physiology of our brains. Consistent mindfulness training improves how our brains function, handle stress and regulate emotions."

"As we think about the many stressors that exist for our staff and our students, this approach to mindfulness makes sense because of the many documented benefits it shows," said Teaching and Learning Director Tricia Beck, who is leading the District's efforts. "As we continue to improve academic rigor and heighten our expectations for both students and staff, it is also important that these groups are able to manage stress, lessen anxiety, and be aware of their feelings so that they can be managed in healthy ways."

Bradley first introduced her approach to District administrators over the summer; then to staff in the beginning of the school year. This fall and winter, she will hold introductory sessions with high school students. On a weekly basis, she will offer videos that will support students in their efforts to practice mindfulness. Student will also be able to access an app, developed by Bradley, via their iPads, on cellphones, and via school communications.

"It is critical that our staff is able to support the practice of mindfulness," said Beck. "To that end, all K-12 health and physical education teachers, as well as guidance counselors and social workers, will participate in eight weeks of mindfulness training. As part of the curriculum revision process, these strategies and practices will be embedded in grades six through 12."

Beck says that these efforts create a "train the trainer" model that will enhance the school community's ability to be supportive of one another and of the individual's efforts to practice mindfulness.

In addition to the work with students and teachers, Bradley and her staff will also offer three parent and community workshops over the course of the school year. "One of the other documented benefits of mindfulness is that it leads to improved social relationships," said Beck. "We believe that by including our entire school community in this effort, we will further enhance our efforts to support students – which is always our primary goal."

Funding for this mindfulness work was provided by The Foundation at Great Valley.

Wearing Our Blue With Pride

Middle School earns Blue Ribbon for excellence.

Great Valley Middle School was named a 2016 National Blue Ribbon School in September. The school is one of 279 public and 50 private schools to receive this honor. The Blue Ribbon program began in 1982. Since that time and including both public and private schools, only five high schools and four middle schools have been honored four times or more. Great Valley Middle School is one of those schools, with distinction in 1984, 1990, 1997, and now in 2016.

Schools are nominated for the National Blue Ribbon award by the state department of education, and then complete a comprehensive application about school practices. Schools may apply for status in one of two categories: Exemplary High Performing, among the top schools in a state; or Exemplary Achievement Gap Closing, schools making the fastest progress in their state in closing achievement gaps among student subgroups. Great Valley Middle School earned distinction in the latter category.

A two-day awards ceremony was held in Washington, D.C., in early November. School representatives attended to celebrate the hard-won achievement, and to officially accept the award. A school celebration is planned before the Thanksgiving break.

"We are thrilled and grateful to receive National Blue Ribbon status," said Principal Edward Souders. "The distinction clearly speaks to the many efforts our school community makes to ensure that all students realize their fullest potential. This award belongs to everyone – our teachers, our staff, our parents, our students, and our community – who consistently support a strong educational program and who work to ensure that our middle school is a supportive and inspiring learning community for all students."

Great Valley Middle School is the only middle school in the Great Valley School District. It currently serves almost 1,000 students in grades six through eight. More information about the National Blue Ribbon Schools program is available online at <http://nationalblueribbonschools.ed.gov>.



Help to Prevent Hunger This Holiday Season

While many of us worry about gaining weight over the holiday season, there are many families in Great Valley who worry about feeding their children. In response to that concern, the Great Valley School District Food Service Department began an annual food drive in 2009 that provides relief. Targeted to help families in need, the food drive provides families with breakfast and lunch items over the winter break.

"While school is in session throughout the year, students have access to breakfast and lunch every day," said Food Service Director Nicole Melia. "However, when school is closed over winter break, it is very possible that these students will go without at least one – and possibly both – of these meals each day. We don't want that to happen."

So that students don't go without breakfast or lunch while school is closed at the end of December, the Food Service Department reaches out to families in advance of the holiday season. Families who would like to receive help can opt in to receive food donations.

"Last year, through the generosity of those who donated, we assisted 60-plus families," said Melia. "Those families included more than 100 children. But our ability to help relies on our community's willingness to help, and the need grows every year."

The Food Service Department is now accepting donations for this year's food drive (see chart).

Donations can be dropped off at District Office (47 Church Road, Malvern), or at any of the GVSD schools. Check donations can also be mailed to: GVSD Food Service Department, 47 Church Road, Malvern PA 19355.

Questions? Call 610.889.2125, ext. 51979

Want to make a donation to the annual food drive? Below are some suggestions:

Individually boxed cereals	Whole fruit
Cereal bars	Cheese or peanut butter crackers
Juice boxes	Energy bars
Canned juice	Trail mix
Boxed milk	Individual serving size nut packages
Individually packaged puddings and jello	Ready-to-eat canned meats, fruit and vegetables
Healthy individual dry snacks	Dried Foods
Canned soups	Any individual or small packaged dry shelf stable products.
Tuna	A check made payable to Great Valley Food Service Department (please mark "food drive" on memo line)

2016-2017 School Board Meetings Schedule

The Great Valley Board of School Directors holds regular meetings throughout the year. The community is welcome to attend these meetings. Time for public comment is available at each session. The community may also watch meeting broadcasts on GVTV (Comcast Channel 14 or Verizon Channel 36) or online at www.gvsvd.org.

Work sessions of the School Board are non-voting meetings where topics on the next regular business meeting agenda are considered and discussed. The School Board votes on agenda items at its regular business meetings. A schedule for both meetings throughout the remaining 2016-2017 school year is below. All meetings begin at 7:30 p.m., unless otherwise noted, and are held in the Board Room at the District Office, 47 Church Road, Malvern.

Members of the community may view the agenda for each meeting online at www.gvsvd.org. The agenda for an upcoming meeting is available online beginning at 12:00 a.m. the previous Friday.

WORK SESSIONS	REGULAR BUSINESS MEETINGS
November 14	November 21
	December 5 - Organization Meeting
January 9, 2017	January 17, 2017 (Tuesday)
February 13	February 21 (Tuesday)
March 6	March 13
April 3	April 17
May 8	May 15
June 5	June 5 (Budget adoption)
	June 12



Students Celebrate "Cities"

This year's Homecoming theme was "Cities." Students at the high school created floats that represented cities around the country. Elementary and middle school students also marched in the themed parade, which was led by the high school marching band. Great Valley High School seniors Cassie Tiburcio and Mikey Bradley were named Homecoming Queen and King.





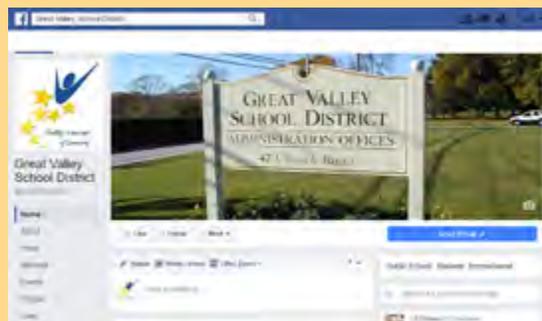
Nominate an Excellent Teacher!

Annual Citadel Heart of Learning Awards now accepting nominations

The nomination window for the Citadel Heart of Learning Award is open! The Citadel Heart of Learning Award recognizes excellence in the classroom by honoring those teachers who go above and beyond the call of duty to meet the needs of their students. Nominations are being accepted through December 31 via the Citadel website. Nominate your favorite Great Valley teacher today!

Want to nominate a teacher?

Visit www.citadelbanking.com and enter "Heart of Learning" in the search box on the top right of the page.



The Great Valley School District is on Facebook!

Have you joined the close to 2,000 people who have already "liked" our page? Our fans get the inside scoop on weather-related closings, news and photos from our schools, School Board information, and special events! There are lots of pages on Facebook related to Great Valley, but this is the official District page.

www.facebook.com/GreatValleySD

Welcome Back, GV Alumni!

As part of its Homecoming celebration on October 15, the Great Valley School District welcomed back alumni from all graduating classes. Alumni were invited to tour the high school and enjoy refreshments in a special alumni tent that was co-sponsored by The Foundation at Great Valley and the GVHS Desmond Project.



Outstanding Great Valley Alumni Honored

2016 Wall of Fame Inductees named.

As part of its Homecoming celebration, the Great Valley School District inducted three outstanding alumni to its Wall of Fame. These graduates were nominated by friends or family members for the outstanding personal and professional achievements and community contributions they have made since graduating high school. This year's Inductees join 18 other Great Valley grads who have been named to the Wall of Fame since the program's start in 2012.

"The Wall of Fame is a way for us to reconnect with our alumni and to applaud their outstanding achievements since graduation," said Great Valley Director of Communications and Outreach Jennifer Blake, who co-chairs the selection committee. "These graduates serve as role models for our current students and also speak to the excellence of a Great Valley education."

Wall of Fame Inductees for 2016 are: Adam McKay, Shannon Nutter-Wiersbitzky, and Hillary Dunlop-Schmid. Inductees who were able to attend Homecoming enjoyed a tour of their alma mater, rode in the Homecoming parade, and were welcomed at an all-class alumni reception. Inductees were formally honored during a short ceremony on the game field just prior to the start of the Homecoming football game.

Inductees were selected from nominations received by the selection committee. Anyone can nominate a Great Valley graduate for consideration, but nominees are judged according to strict criteria. According to the District website, the program is designed to "ensure that the lives and achievements of Great Valley's most accomplished graduates will forever be known among fellow graduates, current and future high school students, and the Great Valley community." Inductees are those graduates who: model high standards of excellence in their personal and/or professional life; make outstanding contributions to volunteer service or their local community; and have demonstrated success at the local, regional, or international levels in any appropriate area of endeavor, including academia and education, arts, business, media, public service, medicine, military, sports, etc.

Blake said that a key consideration of the selection committee is whether or not those nominated are somehow living true to Great Valley School District's mission. "We are always impressed with the caliber of our alumni and the contributions they are making to their local, national and sometimes even the global community," she said. "This kind of work and volunteerism speaks directly to our mission statement."

Nominations for the Wall of Fame are accepted annually in late summer. For more information, please visit www.gvsd.org/walloffame.



Some members of the Wall of Fame Selection Committee joined 2016 Inductee Shannon Nutter-Wiersbitzky (second from right) in the Alumni Tent at Homecoming this year.

2016 Wall of Fame Inductees are:



Adam McKay, Class of 1986. Writer/director/producer Adam McKay is widely regarded as one of cinema's most comedic modern filmmakers. Initially, McKay made his name in the comedy world as a founding member of the Upright Citizens Brigade, and later worked for six years at *Saturday Night Live*, where he became Head Writer and collaborated with Will Ferrell. That collaboration led to movies like *Anchorman: The Legend of Ron Burgundy* (2004), followed by the hit *Talladega Nights: The Ballad of Ricky Bobby* (2006). In 2006, McKay and Ferrell formed their company, Gary Sanchez Productions, which is responsible for movies including *Step Brothers* (2008), *The Other Guys* (2010) and *Anchorman 2: The Legend Continues* (2013). He also produced numerous others, including *Get Hard* (2015) and *Daddy's Home* (2015), and independent titles such as *Welcome to Me* (2015). In 2015, McKay turned his focus to a more serious topic when he and Charles Randolph adapted Michael Lewis's *New York Times* best-selling book, *The Big Short* about the financial crisis of 2007/2008. For that film, McKay earned Academy Award, BAFTA and Golden Globe nominations for Best Director, and he and Randolph won Best Adapted Screenplay at the Academy Awards, BAFTA, WGA and Scripter Awards.

McKay is a long-time supporter of numerous charitable organizations including Amnesty International. He is a patron of Represent.Us, the largest grassroots anti-corruption campaign in the US. In addition, McKay supports The Brady Center, Homeless Healthcare LA, and Jail Guitar Doors. He lives in Los Angeles with his wife, Shira, and their two daughters, Pearl and Lili Rose.

Shannon Nutter-Wiersbitzky, Class of 1988. Mrs. Nutter-Wiersbitzky earned her undergraduate degree in economics and international studies from Macalester College and her M.B.A. from Duke's Fuqua School of Business. She previously worked for leading companies, including Deloitte & Touche and General Motors, and is currently a senior executive at Vanguard. In addition to her executive role, Shannon also originated and led development of My Classroom Economy, a free nation-wide program that enables K-12 teachers to create a mini-economy in their classrooms and teach children key life skills through experiential learning.

Shannon is also a published author of children's literature. Her two middle-grade novels, *The Summer Of Hammers And Angels* and *What Flowers Remember*, have received national recognition, including two "best children's book of the year" awards. She is a member of the board for Teach for America Philadelphia, regularly volunteers time with Home of the Sparrow, and actively blogs on the topics of Alzheimer's and women in leadership.



Hillary Dunlop-Schmid, Class of 1994. Mrs. Schmid graduated from The Pennsylvania State University with a bachelor's degree in Special Education. She earned her master's degree from Rosemont College in Curriculum and Instruction. She taught Special Education for 10 years in Chester & Delaware Counties.

Mrs. Schmid and her family are the founders of Zane's Run, an event held annually in September. Founded in memory of their daughter, Zane, who passed away from Spinal Muscular Atrophy (SMA) in 2009, all proceeds from the event go toward helping newly diagnosed families and children with SMA throughout the world. She received an award from Cure SMA for her fundraising and awareness efforts, and worked closely with a Pennsylvania State Legislator to have August declared as Spinal Muscular Atrophy Awareness Month. Mrs. Schmid serves on the Family Support Committee for Cure SMA, and frequently volunteers for community activities and events. She lives in Malvern with her husband, Keith, and their children, Avery, Brennen, and Braxton.





Go, Patriots!!

**A preview of what's ahead this Fall
from the GV coaching team**



GIRLS' SWIMMING & DIVING

The Girls' Swim and Dive team looks to build on an improved 15-16 season with the help of a group of talented upperclassmen: seniors Kelsey Bartlett, Erica Dougherty, Carolyn Duran, Kelly McQueston, Katie Neff, and Cassie Tiburcio. Juniors Rebecca Choi and Abigail Etzweiler round out what should be a strong and competitive team.

BOYS' SWIMMING & DIVING

The Boys' Swim and Dive Team also boasts a talented core of seniors: Randy Patton, Sam Muir, Matt Prendergast, Cooper Lownes and Matt Lionetti. Junior Nick Cave and a host of talented rising young swimmers will look to turn some heads in the Ches-Mont League.

CHEERLEADING

Great Valley Varsity Cheerleading is winding down an incredible season on the football sidelines and looking forward to the beginning of their competition season. The team is working very hard to pave a solid path to District Finals. Coach Kirsten Shawn does not believe in "performing the same routine twice," so if you're following the competitive circuit, you'll be sure to see this team always adding difficulty and fresh skills. Performance favorites include Giuliana Vallecorsa, Morgan Sanderson, Addysen Shawn, and flyers Clare Williams and Cassidy Mitchell. This team is ready to move off the sidelines and into the spotlight!

BOYS' BASKETBALL

With the graduation of eight seniors from last year's team, the 2016-17 Great Valley Boys Basketball Team returns only one starter: 6'4" sophomore Alex Capitano. He will be counted on to do much of the team's scoring as he is an adept outside shooter with the ability to drive to the basket. Surrounding him will be 6'3" senior forward Robert Geiss. 6'4" senior J.J. Long may be the most improved player from last year's team. He will be relied upon to score and rebound.



Running the show at point guard will be junior Matt Porreca, a solid ball handler with an all-around game. Nate Graeff, a 6'2" center will provide a lot of muscle at the center position, and 6'3" sharp shooting forward Liam Ward rounds out the top six. A pair of promising sophomores, Philip Wellener and Gavin Frankenheimer should earn some time off the bench.

TRACK & FIELD

Great Valley Winter Track and Field is excited to kick off its 2016-17 indoor campaign. The girls' team is returning two runners who earned second place in the 4 x 800 meter relay at the PTFCA Indoor Championship. Senior Kayla Beck and Sophomore Amy Willig will be looking to make a repeat trip to State College this winter. The team will be led by Senior Emma Iacobucci. In addition to hurdling, Emma was also a 2017 Indoor Meet of Champions Qualifier in the 4 x 400 meter relay and the Distance Medley Relay. We also look forward to the return of junior Mia Cheslock in the jumps and sprints.

The boys team is returning stand-out juniors Luke Lasure, Josh Spiess, and Brett Zatlin. Luke took first place in the freshman/sophomore pole vault at the Marine Corp Classic in NYC last December and was an Indoor Meet of Champions Qualifier. Josh and Brett, both Meet of Champion Qualifiers, are looking to improve on their middle distance accomplishments in the 400 meters and 800 meters, respectively. The boys team also has a group of sophomore talent who hope to return and make a mark in the indoor season. The team will be led by the veteran seniors of indoor track and field: Kevin Babb, Blair Barstar, Andrew Schuck, and Alejandro Macarron.

WRESTLING

The offseason for the high school wrestling team has been a busy one. The team has held open mats every Wednesday night, has participated in strength training on Mondays, Wednesday and Fridays at 6 a.m., has traveled to New Jersey for summer camp,

and had competed in the Jaguar Duals over the summer. Led by returning captain Jared Zupito, several Patriots have separated themselves with their offseason work ethic. Sophomores Jack Semar, Ethan Seeley, Brendan Kahan, Joe O'Neil, and Gabe Sanchez finish first through fifth in the most team activities attended, strengthening the prospects for success in the near future. Sophomore Andrew DiSanto and upper classmen Luke Wilson, Pat Driscoll, Michael Colon, and Dylan Neale seem to be ready to guide the team into the upcoming season. Newcomers Emmet Lynch and A.J. Bernadine have come back to the Great Valley School District and may have an effect on the varsity line-up. The team will host an eight team dual meet tournament called the Great Valley Invitational on January 7 and will compete in several major tournaments including: the Knight Duals, Colley Classic, Delco Duals, and the Cougar Duals. Freshmen stars Casey Capetolla, Myles Maurer, Davis Moore, Graham Muscella, Stephen Weissman, Tyler Humphreys, Slade Crane, Keefe Thornton, and Ian Rodriguez look to make an immediate impact on the program. The team's first home meet will be on December 14th against Phoenixville High School.

Expectations for this year's team are high, but the players will have to overcome their lack of varsity experience to be competing for league and district honors at the end of the season.

GIRLS' BASKETBALL

The 2016-2017 Great Valley Girls Basketball team is looking to defend its Ches-Mont American Division crown with a new and very young group of players. After losing four key contributors to graduation, much of the focus will be placed on the only returning starter, junior Sadie Buzan. One of the few seniors on this year's team, Casey Vellutato, will be joined by a mix of tenth and eleventh graders. The team will lack size and varsity experience, but will look to make up for it with speed and unselfish team play.



Student and Staff Kudos

- The Great Valley Middle School Select Choir will be featured on the cover of the J.W. Pepper 2016 Holiday Choral Catalog. The catalog is mailed nationwide.
- **Krista Russell**, a school social worker from Great Valley High School, was one of 72 local educators from around the United States selected as a National Endowment for the Humanities (NEH) Scholar. Russell participated in a Landmarks of American History and Culture Workshop focused on one of the early African-American cultures in the U.S in a program developed by scholars from the University of Connecticut and funded by a grant from the NEH. Teachers participating in the “Gullah Voices” workshop were selected as an NEH.
- Teacher **Barbara Goodale** was selected for the University of Chicago’s Outstanding Educator Award. Each year, the University invites first-year students to nominate an educator who influenced them, challenged them, or helped them along the path toward intellectual growth. Goodale is a Latin teacher at Great Valley High School.
- Great Valley Middle School student **Kethan Srinivasan** performed with the International Opera Theater. He was selected to play a leading role in the professional opera adaptation of Shakespeare’s *Midsummer’s Night Dream* in Italy.
- Elementary health and physical education teacher **Dustin Kasper** was selected as the Physical Education Teacher of the Year (TOY) by PSAHPERD (Pennsylvania State Association for Health, Physical Education, Recreation and Dance). A school celebration at General Wayne highlighted his achievement. Kasper will be recognized at the PSAHPERD state convention in December.
- Eleven students from Great Valley High School were named semifinalists in the National Merit Scholarship Competition. Semifinalists are: Jason Ren; Aditi Sharma; Erica Dougherty; Mahitha Appasani; Everett Beauregard; Sravya Alla; Sanjana Narayanan; Divya Jain; Jane Li; Jesse Xu and Jon Pyc (not pictured).
- Elementary health and physical education teacher **AnnMarie Lorine** was a finalist in the Be Well Philly Health Hero competition. Lorine was nominated by the community and joined the ranks of those identified in the Philadelphia area as making our area a happier and healthier place to be. She was one of 16 semifinalists from more than 600 nominated.
- General Wayne Elementary School student **Giulianna Troiano** was selected as an Auntie Anne’s Pretzels Cancer Hero. She will be featured on Auntie Anne’s Pretzel posters nationwide. General Wayne donated proceeds from its Soup Night to Alex’s Lemonade Stand in honor of Troiano.



Krista Russell



Kethan Srinivasan



National Merit Scholarship Competition Finalists



Giulianna Troiano

Stepping into Wearable Fitness

The Foundation at Great Valley is funding a teacher-initiated Venture Grant this year that is raising students' awareness about health and wellness. Proposed by elementary Health and PE teachers, Dustin Kasper and Sam Ellis, the grant brings pedometers and heart monitors into Great Valley's elementary schools and ties them not only to wellness, but also to math!

Students are wearing the devices as part of their physical education class. With regular goals and a focus on moving, they are quickly learning not only to get themselves moving more, but also how to encourage each other.

"The pedometer is nice to have," said third grade student Amanda. "I can see how I'm improving!"

The grant proposal for this endeavor outlined six specific goals for students: increased physical activity; integration of mathematics; nutrition relevance; promoting healthy lifestyle; developing intrinsic motivation; and self-reflection and goal setting.

"We are using the technology to help students build an awareness about their own physical activity, and to prompt them to want to improve," said Kasper. "In addition, students look at the number of steps they take from one class to the next and make comparisons. In some classes, we convert information into graphs to display students' progress."

Students have individual goals, but there is also a class goal that encourages them to work together.

"It's not about competition or who can do the most," said Kasper. "It's about setting personal goals and individual improvement – and raising students' awareness about the long-term benefits of exercise. In that way, exercise isn't just something they have to do. Our hope is that they want to move more because they understand why it is an important part of a healthy lifestyle."

And that goal is ringing true with students.

Third grade student Ben said, "Exercise helps us live longer!"



Thank you, Great Valley, for your support
 Your Generosity Helps Impact Student Learning

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The Foundation at Great Valley is an independent, non-profit 501(c)(3) organization. We work with the community to help sustain Great Valley School District's tradition of excellence in education.

We owe our success to our donors: families, community members, GV staff, and businesses.

THANK YOU FOR YOUR SUPPORT OF OUR ANNUAL CAMPAIGN.



www.thefoundationatgreatvalley.org

Invest. Innovate. Inspire.

The Foundation presented a check for more than \$60,000 to the GVSD Board of School Directors at the end of September. The donation, made possible through the generosity of donors, supports innovation in our schools and will fund teacher-initiated grants and district initiatives during the 2016-2017 school year.



Shopping for Someone this Holiday Season?

Make your gift count twice!

If you're shopping on Amazon this holiday season (and throughout the year), you can also help to raise money for The Foundation at Great Valley. Simply opt into Amazon's Smile Program and .5% of your purchases will help fund innovative programs in our public schools. It's a quick and easy way to help our schools with purchases you are already making! To register with Amazon Smile, go to <http://smile.amazon.com>, and select Foundation at Great Valley as your charity of choice.



Or, if you're struggling to shop for that hard-to-buy-for person, perhaps he/she would appreciate a brick on the Patriot's Walk. Designed to be a commemorative walkway and seating area just outside Valley Stadium at Great Valley High School, the walkway features bricks with remembrances, tributes and celebrations that are special to those who call Great Valley home. These people will forever be a part of Great Valley and those who walk outside the stadium will see their names. For more information, please visit www.thefoundationatgreatvalley.org/get-involved/build-brick-by-brick/.

Businesses See Value in Supporting Public Schools

Three area businesses renew partnership with The Foundation at Great Valley.

Non-profit foundations are cropping up around the country to provide for public schools what tax dollars alone no longer can. Among those getting involved in this effort are local businesses who know that when they financially support their local public schools, they help students and schools succeed. This ultimately helps the entire community by keeping home values high, encouraging growth, and attracting employees.

The Foundation at Great Valley launched a Partners in Education Program last year that offers businesses benefits for their financial support, including increased visibility in the community. This year, all three of the Foundation's initial Partners reinvested their dollars in Great Valley public schools through the Foundation. Those companies are: Renehan Building Group, The Bill McGarrigle Team/REMAX Main Line, and CertainTeed, a division of Saint-Gobain.

"These businesses understand the connection between strong schools and strong communities and are committed supporters of our public schools," said Foundation Development Chair Steve Skoufalos.

Levels of sponsorship in the Partners in Education program begin at \$3,000 and offer benefits like athletic venue advertising, placement of business logo in Foundation and school district publications, annual golf and tennis event participation privileges, and business name acknowledgment on recognition plaques in each school.

To learn more about The Foundation at Great Valley's Partners in Education program, visit www.thefoundationatgreatvalley.org.



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The Addams Family
November 4, 5, 11, 12,
13, 18, 19, 20



**Over the River and
Through the Woods**
January 6, 7, 13, 14, 15,
20, 21, 22



Dead Man's Cell Phone
Adult content /language
February 24, 25
March 3, 4, 5, 10, 11, 12



Equus
Rated R – nudity/language
April 14, 15, 21, 22, 23, 28, 29, 30
Auditions: Jan. 8 @ 2pm and Jan. 9 @ 7pm



Man of La Mancha
June 2, 3, 9, 10, 11, 16, 17, 23, 24, 25
Auditions: February 26 and 28 @ 7pm

For general information, reservations,
or season tickets - contact us at our
website or phone, both listed above, or
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mystery, music and drama that is Forge.

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on the fun.



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COMMUNITY
MAGAZINES

Valley Forge
Educational Services



Valley Forge Educational Services prepares children and
young adults with special needs to realize their potential
as contributing members of the community.

The Vanguard School is an Approved Private School for students,
4–18 years of age, with exceptionalities including autism, speech-
language disorders, emotional disturbance and/or other health
impairment (OHI). The School provides comprehensive special
education and related clinical services with a unique focus on the
individual student and his or her readiness for life. The Vanguard
School's Pre-K/K, K/1, Elementary School, Middle School and
High School programs offer an integrated academic, social and
daily living skills approach within a supportive environment.

The Vanguard Transition Center offers post-secondary education,
career preparation and social and daily living skills development
to young adults, 18–21 years of age. Students receive continuing
education, counseling, self-advocacy training, career exploration
and community-based vocational experience.

Summer Matters offers educational, recreational and vocational
programming for young people, 5–24 years of age, with learning
challenges and special needs. Summer Matters programs are of
varying formats and lengths and build on participants' interests to
help them succeed, learn and grow.

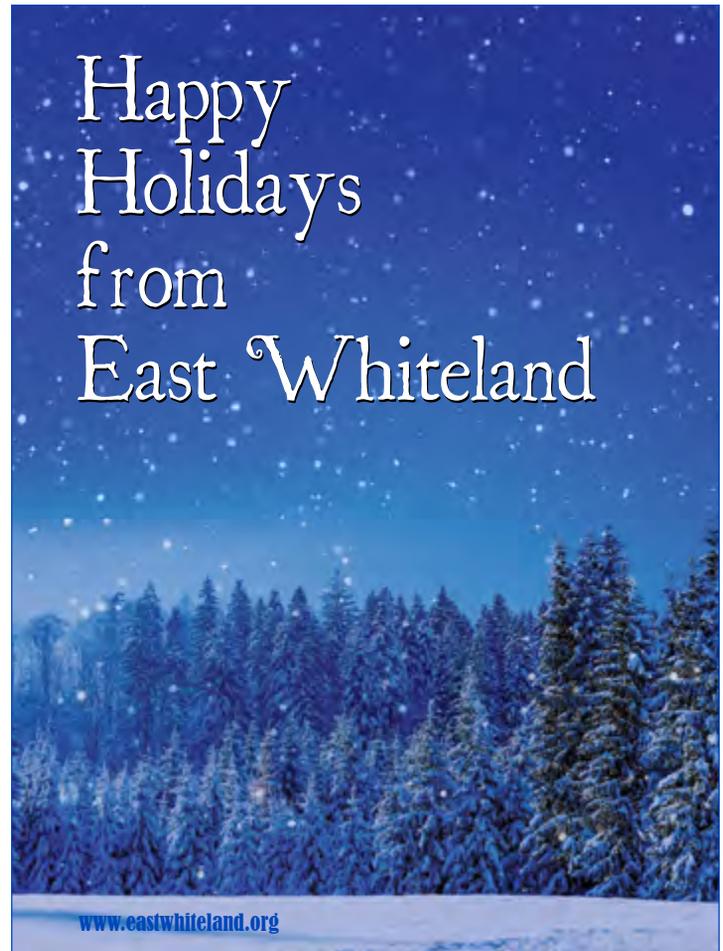
1777 North Valley Road, Malvern, Pennsylvania 19355
610.296.6725 ■ vfes.net

East Whiteland Township



Tips For Making the Best Of Winter Storms

1. Please wait until plows clear your street to shovel your driveway apron. This will help prevent your driveway from being plowed in.
2. Please remove trash cans from roads. Plows must go around trash cans and other obstructions, which prevents curb-to-curb plowing.
3. As you shovel, please clear fire hydrants near your property and make sure your mailbox is accessible.
4. Please leave at least 100 feet between your car and snow plowing equipment.
5. Call 911 to report an emergency during a storm.
6. To report a snow-related issue during a storm, call 610.648.0600.
7. To report a power outage, please call PECO at 1.800.841.4141. Do not assume that a neighbor has already called PECO. Please do not call Police to report power outages.



Subscribe To East Whiteland's Email Newsletter

You can stay in touch with news and events in East Whiteland by subscribing to the Township's email newsletter.

The newsletter delivers meeting dates, information on township events, traffic updates and police and fire news directly to your inbox. If you are missing these important updates, please visit the Township's website at www.EastWhiteland.org to register.

Residents should also visit www.ReadyChesco.org and register for emergency updates via email or text.





Be Alert For Scams

The East Whiteland Township Police Department reminds residents to be alert for scams.

The department is receiving far too many reports of scam attempts on residents and statistics indicate that many more are never reported. With the increase in phone anonymity, internet usage and electronic payment sources, it has become too easy for the “scammer”.

Most scams are set up the same: The victim receives a phone call or a message on a computer, indicating they owe money (to the IRS, PECO, etc.) and they will be arrested or their electric service shut off if a payment is not made immediately by purchasing “Green Dot” or similar type cards and revealing the serial number to the scammer and the money is gone instantly.

The computer scam may involve the scammer or hacker taking over a computer and requesting money to fix the problem or to give the victim control of the computer. These are just a few of the common scams currently in circulation.

Most of the victims of these scams never report them to law enforcement because they are embarrassed for falling for the scam. Many are elderly victims and the financial impact is significant.

The best defense is to be educated. Inform everyone, especially those most vulnerable, about the scams and please call East Whiteland Police any time there is any question. The Police Department will assess each situation to identify any frauds and scam attempts.

Supervisors

Bill Holmes, Chairman
Richard Orlow, Vice Chairman
Susan Drummond, Supervisor

Township Manager

John Nagel

Finance Director

Cathy Palmer

Police Chief

Gene Dooley

Codes and Life Safety Director

Ken Battin

Assistant Township Manager

Bill Steele

Planning & Development Director

Scott Greenly

Township Secretary

Maureen Turley

Earned Income Tax Collector

Keystone Tax Service
1.866.539.1100
www.KeystoneCollects.com

Elected Real Estate Tax Collector

Betsy Blackburn-Goslin
610.308.5299

Municipal Government Meetings

Board of Supervisors Work Session
2nd Wednesday after 6 p.m.

Board of Supervisors Business Meeting
2nd Wednesday at 7 p.m.

Planning Commission Work Session
4th Wednesday at 7 p.m.

Planning Commission Business Meeting
4th Wednesday at 7:30 p.m.

Environmental Advisory Council
1st Thursday at 7:30 p.m.

Historical Commission
1st Wednesday at 7:30 p.m.

Park & Recreation Board
4th Tuesday at 7 p.m.

Zoning Hearing Board
4th Monday at 7:15 p.m.

Please check the Township website prior to the meeting to confirm the date and time.

Township Overseeing Land Development Projects

The Township currently has several projects being proposed by private development companies as well as projects which have already received approval from the Board of Supervisors.

The Township continues its diligent process of reviewing and modifying these development plans, including reviews by our Planning Commission, composed of East Whiteland residents, consulting engineers and attorneys, internal staff, and ultimately, our Board of Supervisors.

Construction Complete

(Map Coordinate)

JMP Malvern Associates

(Lancaster Avenue / Morehall Road)

- Construction of a 1 story, 16,924 sf commercial facility
- Realignment of existing access drive
- Add parking to accommodate additional traffic
- Install new stormwater management facilities
- Install new underground utilities such as; water, electric, sewer

E. Whiteland Fire Station

(Conestoga Road / Mill Lane)

- Construct a new fire station with engine bays and office
- Construct on-site parking
- Install stormwater management facilities including 3 stormwater retention basins and a cistern
- Connect to public utilities

E. Whiteland Public Works Building

(Conestoga Road near Mill Lane)

- Remove existing wooded area and gravel drive
- Construct administrative building, material storage, equipment and wash bays, and salt sheds
- Construct additional parking
- Install underground stormwater retention and infiltration

20 Moores Road

(South of Moores Road)

- Renovate 2 existing buildings with 40,306 square feet of additional floor space
- Realign westernmost site access drive from Moores Road
- Construct a new service entrance
- Construct lawn terraces
- Install new stormwater facilities

Covenant Presbyterian Church

(Lancaster Avenue across from Church Street)

- Construct building addition
- Modify access drive
- Construct on-site stormwater facilities

Raymour & Flanigan

(Lee Boulevard)

- Convert ware house to office space
- Construct 123 additional parking spaces
- Construct on-site stormwater facilities.

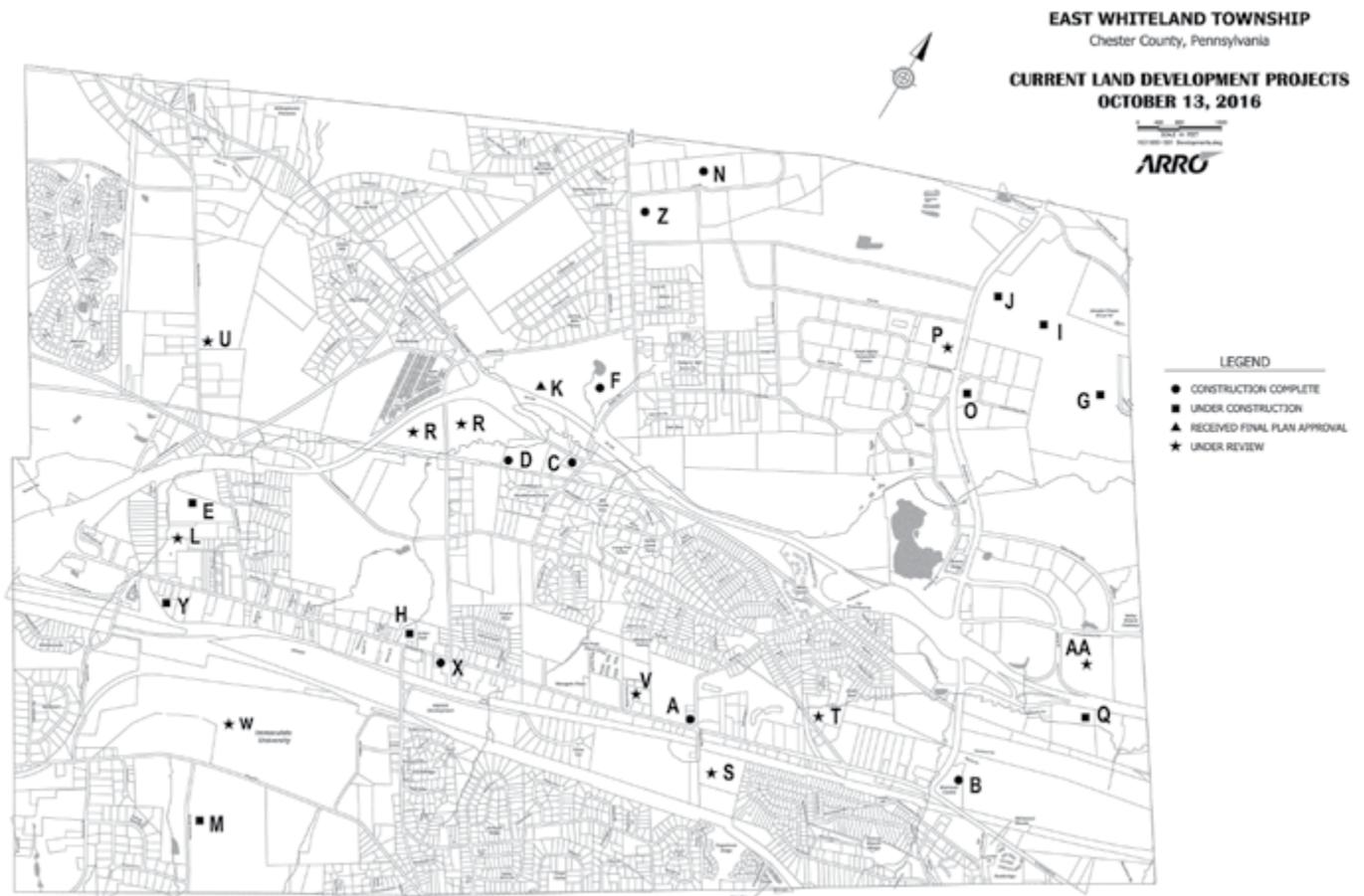
Under Construction

Plan ID

Lincoln Court

(Lancaster Avenue / Malin Road)

- Demolish existing 2 story brick and stucco structure
- Build onto existing 1 story masonry shopping center to add 8 new stores (16,000 SF)
- Add parking to accommodate new structure
- Increase Right Of Way along Malin Road
- Remove one driveway and relocate other further from Lincoln Highway intersection



The Cockerham Tract

(Planebrook Road across from Fairway Drive)

- Construction of 51 residential townhouses
- Approximately 1800 feet of public trails throughout the site
- Connection to public water and sewer
- Install new stormwater management facilities

Atwater Village

(East of Morehall Road across from Flat Road)

- Develop 149 acres of a reclaimed mine
- Construct 401 townhome units
- Construct 80 twin home units
- Construct 68 single family homes
- Construct public roadways and utilities to support the development

Linden Hall

(North of Lancaster Avenue across from Sproul Road)

- Construct 60 townhome units
- Construct a public active recreation and dog walking trail
- Connect to public water and sewer
- Provide on-site stormwater infiltration beds

The Haven At Atwater

(East of Morehall Road across from Flat Road)

- Construct 9 separate apartment buildings (326 units)
- Include amenities such as a pool and cabana
- Construct remote garages for residents with car washes
- Connect to public utilities

Atwater Village Commercial

(East of Morehall Road across from Flat Road)

- Construct commercial facilities including
 - Wawa (4,750 SF)
 - 2 retail/restaurant buildings (15,500 SF)
 - 4-story hotel (130 rooms)
 - Bank (4,000 SF)
- Install a hydrodynamic grit separator to clean stormwater runoff prior to entering Atwater lake
- Install parking to accommodate commercial traffic

Villa Maria Academy

(East of Hershey Mill Road)

- Construct 58 space parking lot to accommodate athletic fields and existing buildings
- Construct on-site stormwater facilities
- Improve existing stormwater facilities along private road
- Dedicate existing parking areas for ADA use and install required ramps

Exeter 8 Lee Boulevard

(Lee Boulevard / Sidley Road)

- Construct a proposed building addition with 121,575 square foot of additional floor space
- Construct 34 additional parking spaces
- Enlarge existing retention basin to store and treat additional stormwater runoff prior to entering public storm sewer system

6 Great Valley Parkway

(Great Valley Parkway / Morehall Road)

- Replace existing 63,000 S.F. office building with a new 120,000 S.F. office building
- Remove right turn lane onto Great Valley Parkway East and traffic island to change orientation of new building
- Expand surface parking and construct a two deck parking garage

- Modify the existing regional stormwater detention basin and provide on lot infiltration trenches
- Construct a walking path along Moorehall Road

Uptown Worthington

(South of Matthews Road & East of Morehall Road)

- An eight phase mixed use development which includes approximately 422,500 S.F. of retail, a 144 room hotel, a movie theater, office space, apartments and associated surface parking and parking garages
- The 12-foot wide Chester County Trail will be constructed and sidewalk will be provided throughout the development
- Improvements to the Little Valley Creek floodplain and buffer

Tom Ward Commercial Business

(South side of Lancaster Avenue near Frame Avenue)

- Construct 1 story 5,800 S.F. office/storage building
- Construct access drive and 20 space parking lot
- Construct on-site stormwater management facilities

Received Final Plan Approval

20 Moores Road – Building 4 & 5

(South of Moores Road)

- Construct 2 additional buildings consisting of 198,000 square feet of floor space
- Construct additional parking to server the new buildings
- Install new stormwater facilities
- Widen a portion of Moores Road to allow for a dedicated left turn lane into the site

Under Review

The Celia Tract

(East of Frame Avenue)

- Construct 59 proposed townhomes within Village Mixed Use district
- Install on-site stormwater management facilities
- Install connecting road between the Cockerham Tract and Frame Road

Great Valley Corporate Center Redevelopment

(Great Valley Parkway / Morehall Road)

- Create the Great Valley Revitalization Overlay District within the Township Zoning Ordinance to permit multi-family and retail uses in existing business parks to enhance and support the office workforce
- A three phase project to replace existing office buildings with new office buildings, multi-unit residential buildings, retail buildings, a hotel and associated surface parking and parking garages
- Provide active recreation areas and passive open space
- Provide sidewalk and pedestrian connections

99 Church Road

(Church Road South of Rt. 202)

- Construct 43 single family homes
- Restore existing historic structure
- 21.3 acres of open space
- Access to Chester Valley Trail
- Provide public water and sanitary sewer

9 Malin Road

(East of Malin Road/South of Conrail Railroad)

- Construct 228 townhomes
- Provide pedestrian access to Lancaster Avenue with railroad underpass
- Provide stormwater management facilities
- Provide public water and sanitary sewer

People's Light & Theater Company

(Conestoga Road)

- Construct building addition
- Provide stormwater management

Great Valley Community Organization

(Bacton Hill Road)

- Construct 1 story 41,128 S.F. facility
- Construct access drive and 187 space parking lot
- Construct playing field
- Construct on-site stormwater management facilities

East Whiteland Grocery Store

(NE corner of Lancaster Ave. and Maple Linden Lane)

- Construct 1 story 36,170 S.F. building
- Construct access drives and 156 space parking lot
- Install traffic signal at Maple Linden Lane and Lancaster Avenue
- Construct on-site stormwater management facilities
- Construct curb and sidewalk along Lancaster Avenue

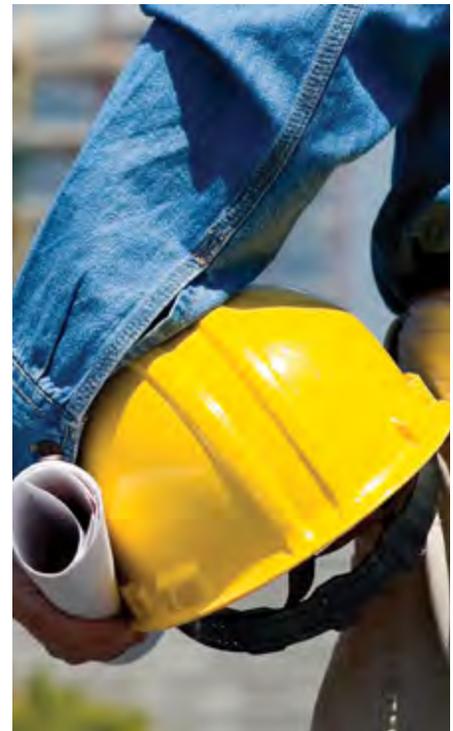
Immaculata University Student Engagement Center

- Construct 2 story 14,540 S.F. building addition
- Construct student plaza and amphitheater
- Construct on-site stormwater management facilities

Swedesford Square

(SE corner of E. Swedesford Road & Liberty Boulevard)

- Construct 2 apartment buildings
- Construct additional parking for existing office building
- Modify existing stormwater management facilities
- Modify existing access and construct new access at Valley Stream Parkway





Willistown Township



SCHRADERGROUP

Police Department

688 Sugartown Road
Malvern, PA 19355
610-251-0222

Board of Supervisors

William R. Shoemaker
George J. McHugh IV
Robert T. Lange

Bartram Bridge Commission

Eric Gerst
Judy Radano

Elected Auditors of Willistown

Anthony Buonanno
John Greim
Steven Sansone

Historical Commission

Brad Billet
Warren Claytor
Thomas Joyce
Joseph Kerecman
Terry Kile
Jeanette Lindvig
Marie Quinn

Land Conservancy Authority Board

Mary Hundt
Robert Lange
Ted Leisenring
William Shoemaker

Open Space Review Board

Ted Leisenring
Jeanette Lindvig
Nancy Moyer
Brookings Gardner
Robert Kacergis
Jeffrey Vincent
Michael Devine

Parks & Recreation Board

Andrew Vaskas
Kenneth Lehr
Steven Eill
Robert Kacergis
George McHugh IV
Denise VanValkenburgh
Mary Hundt

Planning Commission

Rita Reves
William Bowers III
David Watt
Gerald Bucaccio
Frank Houder
Arthur Newbold
William Shoemaker

Recycling Commission

Jim Tate
Mark Bem
Bruce Hartlein
Kenneth Lehr
Karl Malessa
Molly Perrin
Brian St. Clair

UCC Board of Appeals

John Blackburn III
Gerald Bucaccio
Frank Houder
Denny Howell
Jerome Keough
Ann Ledger
Mario Quattrochi

Zoning Hearing Board

Donald Mancini
Robert DeLuca
Thomas Flynn III

Manager's Message

Greetings Willistown Residents!

Community...

That's what Willistown is all about. Whether your mailing address is Paoli, Malvern, Newtown Square or West Chester, Willistown Township is YOUR home... a picturesque community full of wonderful people!

The word community shares a commonality with the word communication. In fact, we believe that better communication can lead to better community.

Whether you get your information from the Willistowne Crier, In Great Valley Magazine, the Notify Me feature at www.willistown.pa.us, or via our social media outlets on facebook and twitter, we are doing our best to stay in touch with you.

Can social media ever replace face-to-face meetings? We don't think so, and we want to do even more to open the channels of communication.

We have found that many residents enjoy coming to the Township offices to conduct their business. So, on Saturday, December 3rd, from 8 a.m. to 11 a.m., we invite you to drop by, say hello and enjoy a cup of coffee on us. Whether you'd like to pay your sewer bill, voice a concern about traffic or road conditions in your neighborhood, or simply let us say "thank you" for allowing us to work in such a nice community, please visit us on the 3rd.

In the meantime, please feel free to share your comments or concerns with me at dburman@willistown.pa.us and follow me on twitter @WillistownDave.

– David Burman, Township Manager



Willistown Township Meetings and Events

Unless otherwise indicated, meetings are held in the Township Meeting Room at 688 Sugartown Road. Meetings dates/times are subject to change. Refer to the calendar at www.willistown.pa.us for changes.

November 11 – Veterans Day Holiday – Administration Offices
Closed

November 14, 7:00 PM – Board of Supervisors Meeting

November 16, 7:30 PM – Planning Commission Meeting

November 17, 7:00 PM – Parks & Recreation Board Meeting

November 24-25 – Thanksgiving Holiday – Administration Offices
Closed

November 28, 5:30 PM – Open Space Review Board Meeting

November 28, 7:00 PM – Board of Supervisors Meeting

December 6, 7:00 PM – Historical Commission Meeting

December 7, 7:30 PM – Planning Commission Meeting

December 13, 7:30 PM – Recycling Commission Meeting

December 15, 7:00 PM – Parks & Recreation Board Meeting

December 19, 5:30 PM – Open Space Review Board Meeting

December 19, 7:00 PM – Board of Supervisors Meeting

December 21, 7:30 PM – Planning Commission Meeting

December 23-26 – Christmas Holiday – Administration Offices
Closed

Thirteenth Annual Coat Collection!

November 7 – December 10

Keep the "Always Successful" coat collection program rolling for the thirteenth consecutive year. Recycle those coats that are in great shape, but are taking up space in your closet. Many people will be in need of coats this winter, and you can help them by donating! Only GOOD CONDITION and CLEAN, used or new coats please!

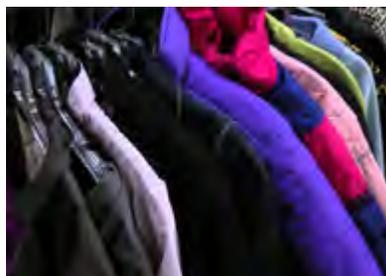
Drop-off Sites (only when facilities are open):

- **Malvern Public Library** - First and Warren Avenues, Malvern
- **Paoli Public Library** - Rear entrance to Wells Fargo Bank, Lancaster Avenue, Paoli
- **Paoli United Methodist Church** - 81 Devon Road, Paoli
- **General Wayne Elementary School (lobby)** - Devon and Grubb Roads, Malvern
- **Sugartown Elementary School (lobby)** - Sugartown and School Roads, Malvern
- **Willistown Twp. Administration Office** – 688 Sugartown Road, Malvern

The Township office building is open for drop-off from 8 AM to 4 PM, Monday through Friday. The program runs through December 10, after which drop-off bins will no longer be available.

All coats will be given to an outreach program for distribution at no cost to anyone in need. Anyone - Free! In the first twelve years, the program collected and donated more than 4,500 coats! Thank you all; let's not stop now! Our goal is to collect another 500 coats in 2016.

Willistown Cub Scout Packs 98 and 76 have volunteered to coordinate the program. Thank you, Cub Scouts! And thank you to Kim Hynes and Sandi Hetzel, for coordinating this community service program. Questions? Call Willistown Township Recycling Commission Chairman Jim Tate: 610.647.7361.



Keep Sight Distances Clear!

Property owners can do their part to contribute to road safety.

sight distance - *noun* - The required length of roadway visible to the driver of a passenger vehicle at any given point on the roadway when the view is unobstructed by traffic. (Willistown Township Code §123-6)

Sight distance along roadways can become obstructed by vegetation – especially at intersections. The Pennsylvania Motor Vehicle Code places the burden of clearing corner obstructions on the property owner, even if the obstruction is in the right of way. Property owners are responsible for keeping corners of their properties clear and unobstructed by keeping trees, branches and hedges trimmed.

In addition to keeping corner obstructions clear, property owners who have a fire hydrant in front of or along their property should ensure that the hydrant is kept clear of bushes and other vegetation. The hydrant should be visible at all times to save firefighters time in case of a fire.

Of course, property owners should also ensure that the trees are not blocking traffic signs or street lights.

Thank you for doing your part to keep Willistown motorists safe!

Are You Ready for Winter?

Get Supplies Together Now in Anticipation of Snow and Ice

With any luck, the approaching winter season won't be as nasty as the one many Pennsylvanians endured in past years.

Mother Nature, though, isn't known for her predictability. With that in mind, here are some tips from www.ready.gov, a Federal Emergency Management Agency preparedness campaign, to help you and your family get ready before the snow, ice, winds, and frigid temps come our way.

Before winter and storms arrive

Stock up on Supplies

- Rock salt or an alternative, environmentally safe product to melt ice on walkways.
- Sand or other antiskid materials to improve traction on sidewalks and driveways.
- Snow shovels and other snow removal equipment.
- Heating fuel. You may become isolated in your home, and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.

Create a "family communication plan"

Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together, and what you will do in case of an emergency. To learn more about developing a plan, go to www.ready.gov/family-communications.

Homeowners should consider purchasing a NOAA weather radio, which broadcasts alerts and warnings directly from the National Weather Service for all hazards. Many county emergency management organizations provide phone and text notifications, too. Check with them, and if they do, register your contact information. Also, download FEMA's *Be Smart. Know Your Alerts and Warnings* for a summary of notifications at www.ready.gov/prepare. Free smart phone apps, such as those available from FEMA and the American Red Cross, provide information about finding shelters, providing first aid, and seeking recovery assistance.

Minimize travel

If travel is necessary, keep a disaster supply kit in your vehicle. To learn more about what to include in this kit, visit www.ready.gov/kit-storage-locations.

Don't Forget Fido!

Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with nonfrozen drinking water.

During a storm and extreme cold

Once a storm arrives or the temperatures dip to bone-chilling single digits, take the following steps:

- Stay indoors as much as possible.
- Walk carefully on snowy, icy walkways.
- Avoid overexertion when shoveling snow.

Overexertion can bring on a heart attack, a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.

- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.



Drive only if it is absolutely necessary

If you must drive, travel during the day, don't travel alone, keep others informed of your schedule, and avoid back roads and shortcuts.

Un-Freeze Frozen Pipes

If the pipes freeze in your house, remove any insulation and wrap the pipes in rags. Open all faucets and pour hot water over the pipes, starting where they were exposed to the cold (*or where the cold was most likely to penetrate*).

Breathe Easy

Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least 3 feet from flammable objects.

Heat Your Home

If you will be going away during cold weather, leave the heat on in your home and don't set the temperature any lower than 55 degrees.

After a storm

Keep these things in mind after the snow, ice, and cold temperatures move on:

If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm there overnight, you may want to go to a designated public shelter if you can get there safely. Text **SHELTER + your ZIP code** to 43362 (4FEMA) to find the nearest shelter in your area. Bring personal items that you would need to spend the night (*such as toiletries and medicine*). Take precautions when traveling to the shelter. Dress warmly in layers and wear boots, mittens, and a hat. Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors if possible.

If you choose to stay in your home, never run a generator indoors or in an attached garage. Place the generator outside in a well-ventilated, dry area, away from air intakes to the home. Also, be sure to protect it from direct exposure to rain and snow.

Learn from every storm

When life returns to normal, consider the recent storm as a learning experience and do the following:

Restock your emergency supplies to be ready in case another storm hits. Assess how well your supplies and family plan worked. What could you have done better?



Snow Removal Tips and Information

The Willistown Township Public Works Department works extremely hard to keep the roads free and clear of snow during the sometimes harsh Pennsylvania winters. The eight-man crew clears 57 miles of Township roadways and 12 miles of PennDOT roadways in a quick and efficient manner to ensure the safety of its residents.

Residents can also do their part to facilitate the snow removal process. No vehicles should be parked on roadways or cul-de-sacs from the onset of the snow until the roadways have been completely cleared. Cars that are parked on roadways and cul-de-sacs can delay the plowing because of road access and available locations to pile plowed snow. Crews will make every attempt to clear all areas, but may have to return the following day after the vehicles are moved. Please refer to chapter 108 of the Willistown Township Code, available at www.willistown.pa.us, for a complete list of rules and regulations regarding Snow Emergencies.

Mailboxes should be located at least one foot behind the face of the curb at a height of four feet. Mailboxes located closer to the street and/or lower to the ground are most vulnerable to damage during plowing operations. Make sure your mailbox is sturdy and add extra support if needed. The Township is not responsible for mailbox replacement due to the snow coming off the plow; we will, however, replace a mailbox that is physically hit by the plow truck.

Do not deposit shoveled, blown, or plowed snow onto public streets or storm sewers. This can cause dangerous conditions and is a violation of the law, punishable with a fine up to \$1,000.00. Please refer to Chapter 119 Sections 39-42 for a complete list of rules and regulations regarding Sidewalk Maintenance.

When possible, wait to clear your sidewalks and driveway aprons until the Public Works Department has completed their snow removal operations. During plowing, crews may make an initial pass in and pass out of a roadway in order to allow access for emergency vehicles, and the roadway may be completed at a later time when the snow has stopped.

Please be patient. Snow removal does take time, especially in heavy snowfall. Crews will begin salting at the onset of the storm. Once two inches of snow has fallen, plowing will begin. Roads are plowed in an order based on traffic: state roadways are plowed first, major secondary roadways are plowed second, and the tertiary roads are plowed last.

Report any problems to Willistown Township at 610.647.5300, 8 AM to 4 PM Monday through Friday. Please leave your name, address, contact number, and the nature of the problem. Calls received after 4 PM may not be acted upon until the next business day. You may also report potholes for Township roads at under "Report a Concern" on the left side menu bar of our website: www.willistown.pa.us. On Saturdays, Sundays, and Holidays, emergencies may be reported to the Willistown Township Police Department at 610.647.1440.



You can find this prescription drop box in the Willistown Township Police Building.

Safely Dispose of Unused Prescription Drugs

Did you know...

- In 2015, there were 63 drug overdose deaths in Chester County, of which 56 involved fentanyl, heroin, and/or prescription opioids (pain relievers).
- Drug overdose is now the leading cause of accidental death in Pennsylvania. Statewide and nationally drug overdose overtook motor vehicle accidents.
- There is evidence that prescription opioid use significantly contributes to illegal drug use and the opiate epidemic.
- 75% of people who abuse prescription pain relievers get them from friends or relatives.
- 1 in 5 high school students have abused prescription drugs.*

Help combat this crisis! Now is the time to get the medications out of your house!

The Willistown Township Police Department is one of over a dozen locations in Chester County with a permanent drop-box for unused, expired and unwanted prescription medications. You can drop off your medication Monday through Friday during business hours, 8 AM to 4 PM. To reach the Willistown Township Police Department with questions, please call: 610.251.0222. For more information about other Medication Collection Boxes in Chester County, please call: 1.866.286.3767.

**Facts and figures from the Chester County Department of Drug and Alcohol Services.*

Malvern Borough

Mayor

David Burton

Borough Council

David Bramwell, President
Zeyn Uzman, Vice-President
Christian Arena, Member
Jamie Grossman, Member
Todd Lexer, Member
John Meisel, Member
Carroll Sinquett, Member

Borough Manager

Christopher Bashore
cbashore@malvern.org

Assistant Manager

Neil Lovekin
nlovekin@malvern.org

Chief of Police

Louis Marcelli
lmarcelli@malvern.org

Supt. of Public Works

Ira Dutter
idutter@malvern.org

Codes / Zoning Officer

William Wilfong
bwilfong@malvern.org

Treasurer

MaryLou Whitcomb
mwhitcomb@malvern.org

Earned Income Tax Collector/ LST Taxes

Keystone TaxService
610.269.4402 or 888.519.3903
www.KeystoneCollects.com

Real Estate Taxes

Borough of Malvern
1 E. First Avenue, Suite 3
Malvern, PA 19355

A Message From the Manager

Greetings to the residents of Malvern Borough,

It has been quite the year! Starting with the impact of Winter Storm Jonas, it has truly been a time to remember. My first year as Borough Manager has flown by and I think it has been a successful one. Working with the Council members and the Mayor that you have elected has been a wonderful experience as each brings something different to the organization. The administrative staff, Public Works Department, and the Police Department have been a pleasure to work with. You, the residents of the community, have also made me feel very welcome. Whether it is working with the different boards and committees or seeing people at community events, you have made me feel like a welcome member of the Borough. I am very pleased to serve as your Borough Manager and look forward to what the future holds.

Outside of my tenure with the community, we have seen several changes. There was the end of an era on the Borough's Zoning Hearing Board as two (2) new members, Joseph Rubino and Kas Jaunzemis, were appointed. The Parks & Recreation Committee also expanded to include four (4) new members; Christian Arena, Jennifer Benson, Kevin Comstock, and Brendan Phillips. They have also added new programs, including an additional movie night in Burke Park and an adult kickball league. Look for more events from this group in the near future.

The Public Works Department is working diligently to ensure that we are ready for winter. They have been preparing equipment and making sure that we are ready with salt for the arrival of any storm that may come. Last year, the Public Works crew did an admirable job ensuring that the roads were safe for motorists during winter weather. I am very proud to have our crew and commend the job they perform every day. Hopefully, we do not experience another significant storm like we did last year. However, if one does arrive, I know the Public Works Department is ready and able to address the event.

Since the last edition of IN Great Valley Magazine, Borough Council has dedicated a new park for the community. In 2015, the Borough purchased two (2) parcels of land on Old Lincoln Highway that were owned by the Herzak Family. This is currently the site of a basketball court and was formerly the site of Herzak & Herzak Auto Repairs. On August 29, 2016, Borough Council dedicated this site as John & Marion Herzak Memorial Park as a sign of gratitude for their family's contributions to the community. We thank the Herzak's for providing this resource to the community.

Borough Council recently adopted new parking regulations through Ordinance #2016-12. This ordinance amended parking time limitations and established a parking permit program. This ordinance was adopted at the September 20th meeting of Borough Council. Copies of the new regulations are available at Borough Hall and will soon be posted on the Borough website.

As we close 2016, we point our eyes towards 2017 and the future of our community. We have several projects lined up for 2017. The most notable of these is the traffic signal replacement project and pedestrian improvements along No. Warren Avenue. While we were disappointed that this project was not completed in 2016, we are hopeful to finalize this project in 2017. In addition to the traffic signal project, the Borough is looking to complete upgrades to Borough Hall and improvements to Randolph Woods. We are also looking to continue upgrading the Borough's roads.

Winter brings with it some great events in the Borough. Malvern Victorian Christmas will be returning on December 2nd and December 3rd. The Christmas tree lighting in Burke Park will be held on Friday, December 2nd. The Farmers Market will move indoors on December 17th. Please visit the website listed in the "Community Events Calendar" for more information. The Paoli Battlefield Preservation Fund will continue its Revolutionary Lecture Series in 2017. Please see the listing of events in the "Community Events Calendar." The Parks & Recreation Committee is outlining their events for 2017 and they will be outlined in the spring edition of IN Great Valley magazine.

Malvern continues to grow and the Borough continues to reflect our dedication to the community. We are always interested in hearing from the community. If you see anything in the Borough that requires our attention, please do not hesitate to contact me directly at cbashore@malvern.org. Thank you and I wish everyone a happy and healthy holiday season.

Christopher Bashore
Borough Manager



1 E. First Avenue, Suite 3 • Malvern, PA 19355 • Phone: 610.644.2602 • Fax: 610.644.4504
 Business Hours: 9:00 a.m. – 12:00 noon • 1:00 p.m. – 5:00 p.m.
 www.malvern.org • Like us on Facebook: Borough of Malvern
 Join our e-mail list at: www.malvern.org (powered through Constant Contact)



We've had a great outdoor season in Burke Park this year — thank you so much to the incredible supporters of the Malvern Farmers Market. Starting December, we'll be moving to our indoor location. We're ever so thankful that the Malvern Baptist Church has invited us back for another season. Winter market will be:

1st and 3rd Saturday of the month

10AM - Noon

**First Baptist Church of Malvern,
146 Channing Avenue**

What can you expect to find at the winter market - lots! All of our produce farmers have the ability to grow veggies during the winter months in their high tunnels and greenhouses; plus they have lots of roots veggies and storage veggies to keep us eating fresh all winter long. Local produce in the dead of winter - what a delight! We'll also have locally raised meats and farm fresh eggs, cheese too. And our local bakeries will keep us supplied with baked goods using local ingredients, including gluten free. As always we'll have a wide selection of locally sourced and crafted foods - Pennsylvania maple syrup, honey, chef quality sauces, ready to eat ethnic foods, tea and coffee, jams and preserves, pickles too. All this and so much more.

We hope to see you at the Winter Malvern Farmers Market!

Malvern Stroll

Enjoy the holidays in Malvern this December. Malvern's shops are open till 8PM every Thursday in December until Christmas and we have something special planned for you every week!

- **December 1st:** Merchants along King Street will compete in a window decorating contest, and you're the judge! Stroll the street, select your favorite window and place your vote!
- **December 2nd – 3rd:** Help us ring in the holidays with Malvern's Victorian Christmas! Sing along for the tree lighting ceremony, welcome Santa, shops our lovely collection of boutiques, dine in one of your local eateries, and enjoy seasonal entertainment.
- **December 8th:** Bring the kids to the Stroll – Malvern's Buttery will host a snow globe of ballerinas from 180 Dance Company with special shows for the kids and photo opportunities for the memory book! Shops will be open till 8 PM.
- **December 14th:** Play Malvern's Mistletoe Mystery Stroll and you could win a special gift.
- **December 22nd:** last minute shopping? Avoid the mall, you can get everything you need right here in Malvern!

For complete details on all of our holiday events, please follow the Malvern Stroll Facebook page: <https://www.facebook.com/events/629877440508394/>.



Great Valley Senior Center

47 Church Road (Rear) | Malvern | 610.889.2121

Small, friendly groups meet regularly at the Great Valley Senior Center to do adult coloring, senior exercises, play canasta, do needlework, and put puzzles together. We also meet to eat lunch at a local restaurant and take a day trip to a local place of interest and invite a topical speaker to lunch with us each month. We cooperate with Paoli Hospital to hold Senior Entertainment events and senior suppers.

A major undertaking is our conduct of daytime bingo every (almost) Monday for the past 14 years. This begins at 10:30 am with cash prize bingo games from noon to 3 pm. Food and drink is available. The games are held in the Knights of Columbus hall at 1392 Old Phoenixville Pike, just off King Road between Phoenixville Pike and Immaculata University. Players of all ages are welcome. We urgently need volunteers to continue to bring these games to our players of many years. Call Lee at 610.647.311 for further information.

The Center is fortunate to work with the Device Club of Great Valley High School so that seniors can learn to use modern electronic gadgets effectively. Our next scheduled session is November 29 at 3:15 pm. Further sessions will be held in 2017. Another upcoming annual event is the Desmond Senior Citizen Dinner at Great Valley High School. It will be held on December 7, 2016, at the school. Call 610.889.1900 to make a reservation.



Community Events

DECEMBER 2016

- December 1 (Thursday)** – 7:30 pm – Planning Commission Meeting
- December 2 (Friday)** – 6:00pm – Malvern Victorian Christmas and Christmas tree Lighting in Burke Park
- December 3 (Saturday)** – Malvern Victorian Christmas celebrations along King Street – visit www.malvern.org for times and events occurring that day
- December 3 (Saturday)** – 9:00am-1:00pm – Farmer’s Market in Burke Park
- December 6 (Tuesday)** – 7:30 pm – Borough Council Meeting
- December 15 (Thursday)** – 7:30 pm – Planning Commission Meeting
- December 15 (Thursday)** – 5:00 pm – 8:00 pm – Malvern Stroll along King Street. Extended shopping hours until 8:00 pm.
- December 17 (Saturday)** – Winter Farmer’s Market moves indoors. Visit <http://growingrootspartners.com/malvern-farmers-market/> for location and times.
- December 20 (Tuesday)** – 7:30 pm – Borough Council Meeting
- December 21 (Wednesday)** – First Day of winter
- December 24 (Saturday)** – HANUKKAH BEGINS AT SUNDOWN
- December 25 (Sunday)** – MERRY CHRISTMAS
- December 26 (Monday)** – Borough Offices Closed
- December 26 (Monday)** – KWANZAA BEGINS
- December 31 (Saturday)** – NEW YEAR’S EVE

JANUARY 2017

- January 1 (Sunday)** – HAPPY NEW YEAR!
- January 2 (Monday)** – Borough Offices closed
- January 3 (Tuesday)** – 7:30 pm – Borough Council meeting
- January 5 (Thursday)** – 7:30 pm – Planning Commission meeting
- January 9 (Monday)** – 6:00 pm-8:00 pm – Paoli Battlefield Revolutionary Lecture Series at the General Warren Inne – The Revolution’s Last Men presented by Don Hagist ***
- January 10 (Tuesday)** – 7:30 pm – Historical Commission meeting
- January 14 (Saturday)** – Christmas Trees will be picked-up curbside for composting **
- January 16 (Monday) – MARTIN LUTHER KING, JR. DAY – Borough Offices closed
- January 17 (Tuesday)** – Borough Council meeting
- January 19 (Thursday)** – Planning Commission meeting
- January 19 (Thursday)** – 5:00 pm-8:00 pm – Malvern Stroll along King Street

- January 21 (Saturday)** – Christmas Trees will be picked-up at curbside for composting **
- January 21 (Saturday)** – Winter Farmer’s Market moves indoors. Visit <http://growingrootspartners.com/malvern-farmers-market/> for location and times.
- January 23 (Monday)** – 7:00 pm – Zoning Hearing Board meeting (if necessary)
- January 24 (Tuesday)** – 7:30 pm – Historical Commission meeting

FEBRUARY 2017

- February 2 (Thursday)** – 11:00 am – The Club of Little Gardens of Malvern presents “Antique Vases” (guest speaker to be determined)
- February 2 (Thursday)** – 7:30 pm – Planning Commission meeting
- February 7 (Tuesday)** – 7:30 pm – Borough Council meeting
- February 13 (Monday)** – 6:00 pm-8:00 pm – Paoli Battlefield Revolutionary Lecture Series at the General Warren Inne – John Barry: An American Hero in the Age of Sail presented by Tim McGrath ***
- February 14 (Tuesday)** – Valentine’s Day
- February 14 (Tuesday)** – 7:30 pm – Historical Commission meeting
- February 16 (Thursday)** – 7:30 pm – Planning Commission meeting
- February 16 (Thursday)** – 5:00 pm-8:00 pm – Malvern Stroll along King Street
- February 18 (Saturday)** – Winter Farmer’s Market moves indoors. Visit <http://growingrootspartners.com/malvern-farmers-market/> for location and times.
- February 20 (Monday)** – President’s Day – Borough Offices closed



- February 21 (Tuesday)** – 7:30 pm – Borough Council meeting
- February 27 (Monday)** – 7:00 pm – Zoning Hearing Board meeting (if necessary)
- February 28 (Tuesday)** – 7:30 pm – Historical Commission meeting

MARCH 2017

- March 2 (Thursday)** – 11:00 am – The Club of Little Gardens of Malvern presents “Invasive Plants” by the Chester County Master Gardeners
- March 2 (Thursday)** – 7:30 pm – Planning Commission meeting
- March 7 (Tuesday)** – 7:30 pm – Borough Council meeting
- March 12 (Sunday)** – DAYLIGHT SAVINGS TIME BEGINS
- March 14 (Tuesday)** – 7:30 pm – Historical Commission meeting
- March 16 (Thursday)** – 5:00 pm-8:00 pm – Malvern Stroll along King Street
- March 16 (Thursday)** – 7:30 pm – Planning Commission meeting
- March 17 (Friday)** – HAPPY ST. PATRICK’S DAY
- March 20 (Monday)** – First day of spring
- March 21 (Tuesday)** – 7:30 pm – Borough Council meeting
- March 27 (Monday)** – 7:00 pm – Zoning Hearing Board meeting (if necessary)
- March 28 (Tuesday)** – 7:30 pm – Historical Commission meeting

**Christmas trees NOT picked up on the Saturday special collection dates will be picked-up on the regular trash collection days (Tuesday and Friday) and will not be composted.

***Admission price is \$49 which includes the 18th century American Fare Buffet, all soft beverages, family style sweets, all taxes and gratuities, donation to the Paoli Battlefield Preservation Fund.

All meetings are held in the Malvern Borough Administration Building, 1 E. First Avenue, Suite 3, Malvern, PA 19355. In the event of inclement weather, visit www.malvern.org, for cancelled meeting notices.

Any person with a disability who requires an auxiliary aid, service or other accommodation to participate in the proceedings should contact the Borough at 610-644-2602.

In the event of inclement weather, please visit our website at www.malvern.org for cancellation information.

For more information on all meetings and events, please visit our website at www.malvern.org.

SAVE THE DATE:

- May 7 (Sunday)** – Malvern Blooms Festival
- Registration:** The 2017 Malvern Blooms Festival will open registration in early January. Potential vendors can sign up online at www.Malvern-Festivals.com. Please visit the website or Facebook page for up to date festival information.



Malvern's Victorian Christmas

Come out and celebrate the 18th annual Malvern's Victorian Christmas! Malvern Borough, founded in 1889, was a hot spot for Victorian life, shown the large Victorian Style houses and buildings left behind. Showcasing the Borough in its heyday, with late Victorian dressed citizens, Victorian style carriage rides through town, and traditional Victorian music about, this event is sure to put you and your family into the holiday spirit.

The Malvern Business & Professional Association started this event in 1998, offering a small event at Burke Park and a horse and carriage ride down Warren Avenue. The next year Jerry and Kathy Brown joined the MBPA and invited local school groups to come out and perform. The event continues to grow when they decided to make this a two day event, Friday night and Saturday morning. Their mission was to create a family friendly event that would be free for charge and unlike any of the other events that the Borough offers.

Join the festivities Friday, December 2nd. Gather around the large pine tree in Burke Park at the corner of Roberts Lane and Warren Avenue to watch the annual tree lighting, taking place at 6:00 PM. From there travel down King Street, stop at your favorite shops, and grab some holiday treats and a cup of Hot Coca or Cider. Catch a ride on a Victorian Carriage or hop on a Hayride with Farmer Bob. Visit with Santa Friday in the Burke Park Pavilion. Live music will be performed along King Street as well as in The Malvern First Baptist Church, The Malvern Bible Chapel, and Mauger Givnish Funeral Home. There are also two new events this year. KringleMart Art Show & Sale, organized and fashioned by Gallery 222, and The Animals of the Nativity, where you can interact with donkeys, sheep, and goats

The fun will continue on Saturday, December 3rd. Saturday activities include kid's crafts at the Malvern Library, visit with Santa, and build your own Gingerbread House at the Malvern Bible Chapel but make sure you get tickets, space is limited.

For more information regarding times and details please visit <http://malvernsvictorianchristmas.org>. This is an all-weather event, please dress accordingly.



Paoli Memorial Association

The Paoli Memorial Association's (PMA) mission states "the object of the Association shall be to hold, improve, and preserve the land and improvements thereon, known as the Paoli Parade Ground, and including the Monuments situated in the Borough of Malvern, Pennsylvania."

The PMA continues to display its commitment to their mission through three major initiatives in 2016. First, the horseshow road travels through the park grounds was resurfacing, and a big thanks to The Delaware Valley Paving Company for the great job. Second, a new black granite monument has been donated by an anonymous donor and the installation was supervised by the Malvern Granite Company. The PMA would like to thank the donor for their donations and the work done by the Malvern Granite Company. The third project of 2016 was focused around the Boy Scout cabin and the surrounding grounds. This year the Troop 7 celebrated their 100th anniversary and have done a great job of cleaning the grounds, painting the cabin, and building a new pavilion on the grounds. The Malvern Fire Company, The Malvern Borough, Pennsylvania Landscape, and Eden's Tree Service were all instrumental in accomplishing these projects.

The PMA, a non-profit organization, is always seeking new members. Become a life-long member for only \$100, a one-time fee, which will help support the mission of the PMA. If you are unable to become a life-long member, contributions in any amount are greatly appreciated. All donations are tax deductible as the PMA is a 501 c3 organizations. For more information about memberships, donations, or general information about the PMA, please visit www.paolimemorialassociation.org or contact Frank Ortnet at 484.527.0100.



New Monument at Paoli Memorial Grounds

It is one of the oldest parade grounds in the United States. It contains the 2nd oldest Revolutionary War Monument in our country. It is a site that was purchased and maintained by our earliest veterans. By law, it was declared a "sacred site forever" by the Commonwealth of Pennsylvania in 1822. It has held annual parades to honor U.S. veterans and those who died in combat since 1817. It has monuments commemorating later wars and those who fought in them. The last monument erected honored World War II veterans. The annual parades have continued. Americans have fought and died, and are still serving and giving their full measure today.

On September 24th, the Paoli Memorial Grounds welcomed a new monument during the Paoli Massacre Heritage Day. It has made up for lost time and reflects the changing nature of world-wide conflict since the Second World War ended 70 years ago. All branches of Military Service are honored defending freedom during the Cold War, Korea, Vietnam, Lebanon, Granada,



From Left: PA Rep. Duane Milne, Bart Van Valkenburgh, Hon. Chet Darlington.

PHOTO BY KATE MCNALLY

Panama, the Persian Gulf, Somalia, Bosnia-Kosovo, Afghanistan, Iraq, and the Global War on Terrorism.

The monument, made possible by a patriotic donor who wishes to remain anonymous, is made from Pennsylvania black granite mined near St. Peters Village. It was designed and installed by Mike Scheibe of the Malvern Granite Company. Standing next to the towering granite obelisk erected on the 100th anniversary of the Paoli Massacre, the dedication ceremony was conducted with a Color Guard comprised of reenactors from the French & Indian War to modern times featured in the military timeline at the Heritage Day event attended by hundreds of visitors. Accompanied by Chester County Emerald Society Pipe Band, the dedication was conducted by Frank Ortner, Jr. of the Paoli Memorial Association and PA Representative Duane Milne (PA-167) and unveiled by Vietnam veterans Bart Van Valkenburgh (U.S. Army) and the Honorable Chet Darlington (U.S. Navy).

Following the dedication ceremony the Honor Guard and guests moved to the 1817 Paoli Massacre monument standing atop the mass grave of 52 Continental soldiers killed at the Battle of Paoli, the 9th bloodiest battle of the Revolutionary War. The Paoli Battlefield Historical Park, owned by the Borough of Malvern and administered by the Paoli Battlefield Preservation Fund, and the Paoli Memorial Grounds are currently applying to become a National Historic Landmark. The site is on Monument Avenue, between S. Warren and Sugartown Roads in Malvern, PA.

Events and more information on the battle and its history can be found at www.RememberPaoli.org. The popular monthly dinner lectures at the General Warren Inne, 9 Old Lancaster Ave., Malvern PA. Upcoming events and dinner lecture information and reservations can be found on the website.

Bruce Knapp, President
Paoli Battlefield Preservation Fund



Malvern Public Library

Like the Malvern Public Library on Facebook before November 30, and you'll be automatically entered into a drawing to win a whole month of free DVD rentals! If you've already liked us, then you're already entered! Find us at www.facebook.com/MalvernPublicLibraryPA

- Storytime registration week begins on October 24. Come in to the library to sign up for one of our fantastic story and craft programs for a variety of ages.
- Have you met Holly yet? She's a white lab, a certified therapy dog, and she's at the Malvern Library on Thursday afternoons starting at 4:30 PM. Sign up for a time slot to read to her!
- The Adult Coloring Club meets at the Malvern Buttery the third Friday of each month. Come and color in bookmarks and other cool stuff while enjoying a relaxing environment.
- Our first meeting of the Book Craft Afternoon is on October 21 at 3:30 PM. The Malvern Library has lots of old books that are outdated, damaged, or just plain gross! Come join us and turn them into beautiful, one-of-a-kind art projects! This program is for anyone aged ten to adult, and it's completely free.
- By popular demand, the Malvern Library is hosting an adult game night! Our first-ever meeting is on Tuesday, November 15 from 6:00 PM to 8:00 PM! We hope to see you there.
- The next meeting of the Malvern Library Book Club will be on November 8th at 10:00 AM. We will be discussing *The Girls of Atomic City*. Meetings are open to anyone, and no registration is required, so come and join us!
- Come enjoy an evening of creating art with other women! On November 14 from 6:45 PM to 8:00 PM, join Cyndie Westrich, board certified art therapist and licensed professional counselor, to learn how to use collage for rekindling desires, passions, dreams and for discovering new interests. All are welcome! Please call 610.329.1684 by November 7 to reserve your space.



The Malvern Fire Company: Falling Back into Fire Safety

The quick approach of fall has proved to be a busy time for the Malvern Fire Company as fire prevention month was in full swing throughout October. Malvern's firefighters met with preschool and elementary school students to discuss a variety of fire safety topics such as how to stop drop and roll if clothes catch fire, get out and stay out of a burning or dangerous building, and stay low and go when escaping a fire situation. The firefighters also demonstrated the different components of turnout gear and each class got a chance to tour one of the fire trucks of Station Four! Fire prevention is something we all must practice year round, not just throughout the month of October. Talking about an escape plan and meeting place should a fire event happen in your home as well as checking smoke detectors regularly are all components of fire safety. The Malvern Fire Company is always available to provide fire prevention for the community throughout the year.

In order to provide these vital, life-saving services to our community, the Malvern Fire Company relies on the generosity of our community year after year. Your donations

allow your fire company volunteers to provide safe and timely aid in the event of an emergency. Donations to the fire company can be made through our annual fund drive which is distributed throughout our community at the end of October.

In addition to supporting our fund drive, donations can be made to the Malvern Fire Company via amazon.com. Whether you are shopping for the holidays, a special occasion or just taking care of every day needs on Amazon.com, **EVERY** purchase you make can help your local volunteer fire department.

Thanks to Amazon's Smile program, a portion of every purchase you make can be donated to the Malvern Volunteer Fire Department. Just start your shopping at smile.amazon.com instead of just amazon.com, select the **Malvern Fire Department as your charity**, and that's it!

Every time you shop on Amazon (Prime members eligible, too), Amazon will donate 0.5% of the price of your eligible Amazon purchases to the MFD. The prices you'll pay are exactly the same — you're just connected to donate a portion of your sale to the MFD.

COMMON QUESTIONS:

You shop. Amazon gives!

Now when you shop at smile.amazon.com, Amazon will donate 0.5% of the price of eligible purchases to the Malvern Volunteer Fire Department. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select Malvern VFD to support when shopping on AmazonSmile?

On your first visit to AmazonSmile, you need to select Malvern Fire Department to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation.

Stay informed about all of the happenings around Station Four, as well as when Santa will be arriving in Malvern Borough for a fire truck visit, by visiting our website at www.malvernfireco.com.

Looking for an opportunity to serve your community? The Malvern Fire Company wants you to join us in carrying on a tradition of excellence in volunteer service. Are you ready to ignite your life? Whether behind the hose line on an ambulance or behind the desk, Station Four has a place for you. Our doors are always open – we would love to give you a tour of the station and our trucks. Want to join in the action? Fill out our online application or stop by Tuesday nights at 7pm for drill night to meet our active crew.

We look forward to meeting you! For more information and ways to serve, visit www.malvernfireco.com or call us at 610.647.0693.





For individuals who want an ideally located, cost-effective, high-end residence without the hassles of maintenance or the demands of a single home, then Terrazza, on Route 252 in Newtown Square, might just be their solution. The planned community, consisting of three, four-story buildings and a clubhouse, provides condominium-style living with a Home Owner's Association.

"We offer a come-and-go lifestyle that appeals to working professionals; downsizing baby boomers; people who have a vacation home but who want to remain near family members; and active semi-retired and retired individuals who choose to spend their time and money on quality of life, rather than maintaining a large house," says Kathy Hagan, Terrazza's original sales manager and now an associate broker with Long & Foster, in Devon.

Terrazza has 103 units on approximately 15 acres adjacent to Ridley Creek State Park and Willistown Township. Each unit has a gas fireplace, spacious outdoor terrace, in-unit laundry facilities, energy-efficient natural gas, programmable thermostats, nine-foot ceilings, Energy Star windows, and garage parking. The clubhouse, overlooking formal courtyards and fountains, allows owners extra space for private entertaining. It features a fireplace, bar and home theater. Other facilities include, a pool, tennis court, and a fitness center with state-of-the-art training equipment and steam rooms in the men's and women's locker rooms. Terrazza is also pet friendly, with plenty of outdoor exercise areas.

Draw a line from Bala Cynwyd to Malvern and Terrazza sits south of the middle of that boundary, just 10 to 15 minutes from most Main Line locations,

West Chester and Media. The community is also a few blocks from the new Newtown Square town center; which features a Whole Foods store. Additionally, Terrazza is 10 minutes from the commuter train to the city; and – because of its proximity to the Blue Route and I-95 – within a half-hour's drive of Plymouth Meeting; Wilmington, Del.; the airport; and Center City Philadelphia.

Construction of Terrazza began in 2008 by builder David Della Porta, of Cornerstone Communities, in Villanova. That same year, Terrazza received the Main Line Builder's Association Community of the Year Award for its overall design, floor plans and amenities. In 2011, it earned the Reader's Choice Best of Main Line Award for luxury condominium style community, sponsored by Main Line Media News.

A variety of floor plans accommodate different needs. One-bedroom units start at \$399,000; two-bedroom models range from \$449,000 to \$599,000; and three-bedroom penthouse homes are offered from \$999,000. Monthly fees vary by unit and cover common area maintenance, water, trash and snow removal, landscaping, master insurance coverage, professional management and use of all facilities.

"I've seen each unit from construction, to finished product and I've helped many of the owners sell their previous homes and transform their lifestyles and lives," explains Hagan, who remains an experienced and well-informed community resource for buyers and sellers at Terrazza.

For more information and current unit availability, please contact Kathy Hagan at 610.348.9196 or visit www.terrazzaatnewtown.com.



Carefree Living in a Prime Location

Terrazza Offers a Luxury Planned Community



CHESTER COUNTY

Well-Represented in Rio Olympic Games

By Peter Urscheler

Although the 2016 Olympic Games in Rio have come to a close, residents of Chester County don't have to go far to feel their presence.

Of the 554 members of Team USA, 31 hail from Pennsylvania, including five from Chester County. Our Chester County Olympians competed in four sports—Equestrian, Field Hockey, Rowing and Swimming. Of the five athletes, two made their Olympic debuts this year and two brought home a medal. Above all, each of these athletes made us proud, as representatives of Chester County and our country.

Phillip Dutton of West Grove is no stranger to competition. For Rio 2016, the 53-year-old was Team USA's most seasoned athlete. Dutton represented the U.S. as a member of the equestrian team and competed in both team and individual eventing. For the Rio Games, he won an individual bronze medal.

Although his sport may seem a bit obscure, equestrian eventing has a rich history with deep military roots. It was originally developed as a way to test and prepare cavalry horses. Modern-day eventing covers

every aspect of horsemanship with elements of dressage, cross-country and jumping.

Dutton has competed in the Atlanta, Sydney, Athens, Beijing, London and Rio Olympic Games. Through his Olympic career, he has garnered three medals, two golds and one bronze. As part of Team USA, Dutton was the oldest Olympian, which is an advantage for equestrian eventing, a sport that requires years of discipline, precision and experience. He also has the honor of being one of only 11 athletes in U.S. Olympic history to compete in six Olympic Games.

Originally from Nyngan, New South Wales, Australia, Dutton moved to the U.S. in 1991, became a citizen in 2006 and joined Team USA in 2009. When he's not training at True Prospect Farm in West Grove, you can find him reading, staying current on world affairs and playing either golf or tennis.

Katelyn Falgowski of Landenberg is a motivating presence who keeps going even when the odds are against her. At 27, she made her third Olympic appearance for Team USA in Rio as a midfielder for the women's field hockey team.



Top row, L to R:
Boyd Martin,
Cierra Runge and
Katelyn Falgowski
Bottom row, L to R:
Phillip Dutton and
Tyler Nase

PHOTOS COURTESY TEAM USA

Falgowski's field hockey resume is impressive, with numerous World Championship appearances and NCAA Division I accolades, but she's also had her fair share of setbacks. Nicknamed Falgo, she began playing field hockey in 1998 and later was selected as the youngest collegiate athlete for Team USA at the Beijing Olympics.

In 2010, Falgowski suffered a debilitating concussion and torn anterior cruciate ligament, but it didn't slow down the rising star. She went on to lead her collegiate team, the University of North Carolina Tar Heels, to the finals of the NCAA tournament. In 2011, she played "the game of her life," shutting down Argentina's top player in the Pan-American Games final—with a severe knee injury. After successful knee surgery and aggressive rehabilitation, Falgowski was back on the turf preparing for the London Olympic Games.

Her game-day mantra is "The world is your kite; go fly it. Dare to be brilliant."

Boyd Martin of Cochranville is a born competitor. His parents met while competing at the 1968 Winter Olympics. His father, Ross, competed in cross-country skiing for Australia and his mother, Toy, competed in speed skating for Team USA.

Like Phillip Dutton, the 37-year-old is an equestrian who competes in both team and individual eventing. Born in Sydney, Australia, Martin moved to the United States in 2007 with his wife, Silva, a Grand Prix dressage rider. He started riding for Team USA in 2009. This is his second Olympic appearance for Team USA, having previously competed in the 2012 London Olympic Games.

Upon arriving in the United States, Martin began training at Phillip Dutton's farm. The two have been working and competing together for more than nine years, forging a strong friendship. Martin has even referred to Dutton as a "father figure," having helped him and his wife transition to life in the United States.

Tyler Nase of Phoenixville made his Olympic debut in Rio. The 26-year-old competes in men's lightweight four rowing. Nase began

rowing in 2006 when he was a student at La Salle College High School in Glenside, Pa. During those formative years he stood out as an exceptional performer and earned a spot in the U.S. Junior National Program. The opportunity gave Nase a taste of international competition and motivated him to make it to the Olympics.

Although this is his first appearance on Team USA, he has been rowing competitively at the international level since 2008. Nase's career highlights include a silver medal in the lightweight men's pair at the 2013 World Cup regatta in Switzerland. Additionally, he competed in the 2014 World Rowing Championships in the Netherlands and the 2015 World Rowing Championships in France.

Nase graduated from Princeton University in 2013 with a degree in sociology. He lists one of his Princeton coaches, Marty Crotty, as the most influential person in his sporting career. When he's not competing or training, Nase enjoys cooking and riding motorcycles. To prep for major races, he watches the movie "Gladiator," a tradition that dates back to his early days of rowing.

Cierra Runge of Cochranville told her mother she would go to the Olympics after watching the swimmers compete at the 2004 Athens Games; she was only 8 years old. Now 20, she made her Olympic debut in Rio, swimming in the women's 4x200m freestyle relay, earning a gold medal.

As a college swimmer, Runge finished second in the 500-yard freestyle at the NCAA Championships. She then took a year off to train with Bob Bowman at Arizona State alongside Olympic champions Michael Phelps and Allison Schmitt. The training paid off. Runge finished in fifth place in the 200m freestyle at the 2016 U.S. Olympic Team Trials to qualify for Team USA.

Cierra Runge isn't the only athlete in her family. Her father, Scott, played soccer at West Chester University and her brother, Taylor, played baseball at Bucknell University. Cierra returns to the University of Wisconsin this fall as a transfer student. ■



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CTE has STEM college opportunities.

There was once a time when career and technical schools were focused primarily on career preparation and most students didn't go to college. This is no longer the case. In fact, CTE is well-positioned for college prep. Career and technical Programs of Study are approved by the Pennsylvania Department of Education (PDE). PDE-approved programs are aligned not only with industry standards but with post-secondary schools as well. This alignment prepares students for a smooth transition into college. It also allows the technical school to offer a wide variety of dual enrollment opportunities for students to earn college credit while still in high school.

CTE has STEM career connections.

Career and technical schools also offer students the advantage of being deeply connected to industry. Students at the Technical College High School (TCHS) Pickering Campus in Phoenixville benefit from a partnership with Omega Design, a global designer and manufacturer of packaging machinery and equipment based in Exton, PA.

At Omega Design's recommendation, TCHS purchased the Baxter, a collaborative robot designed by Rethink Robotics. The common goal of this venture is to jointly explore the possibilities of collaborative robots in advanced manufacturing and to develop applied learning curriculum for students. As such, Omega Design is currently involved in the training of students in the Robotics & Avionics program. Representatives from the company also serve on the school's Engineering & Automated Manufacturing Technology occupational advisory committee, a new program opening in 2017.

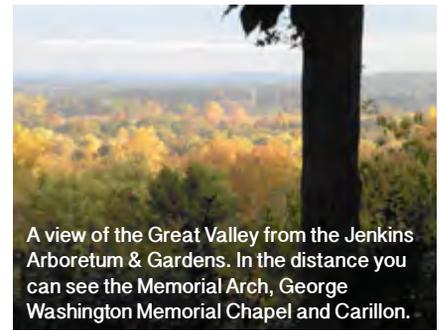
TCHS Pickering has partners like Omega Design for every program in their school. They provide industry expertise, technology, co-op opportunities and more.

CTE graduates are STEM-ready.

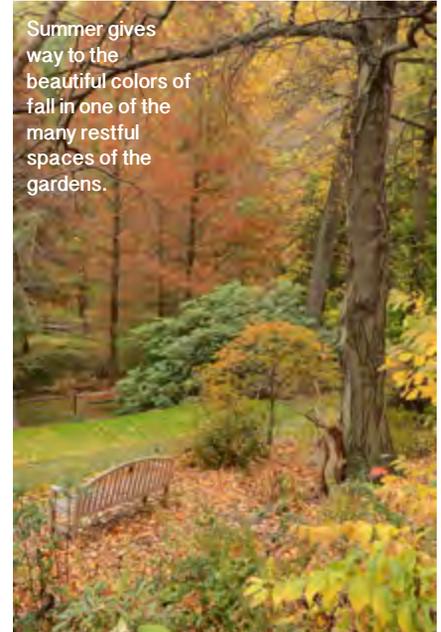
Even students who graduate from a career and technical program that doesn't fall under a standard STEM discipline develop STEM skills at a technical school like TCHS Pickering – they still benefit from that comprehensive, interdisciplinary STEM approach that has always been the CTE model.



The pond glistens in the early winter snow at Jenkins Arboretum & Gardens.



A view of the Great Valley from the Jenkins Arboretum & Gardens. In the distance you can see the Memorial Arch, George Washington Memorial Chapel and Carillon.



Summer gives way to the beautiful colors of fall in one of the many restful spaces of the gardens.

A Beautiful Escape for All Seasons

Jenkins Arboretum & Gardens is an oasis of natural beauty.

By Peter Urscheler

Photos Courtesy of Jenkins Arboretum & Gardens

In our busy lives we often take for granted the beauty that resides in our own backyard. Thousands of residents pass by Jenkins Arboretum & Gardens without much notice. As you drive on Berwyn Baptist Road in Devon, there is a beautiful, yet unassuming, set of gates that serve as the entry way into the world of Jenkins—an oasis of natural beauty just steps from a densely populated residential and commercial area.

Jenkins is one of eastern Pennsylvania's great horticultural and environmental assets. As a botanical garden, the arboretum maintains a collection of trees, shrubs, wildflowers and ferns in a tranquil, naturalistic landscape. Additionally, it features a diverse collection of rhododendrons and azaleas from around the world. The unique landscape and diverse plant collections provide a sanctuary for a variety of birds, insects and other wildlife.

Through the generosity of the Jenkins and Browning families, along with other donors, the public is able to enjoy the Jenkins Arboretum & Gardens free of charge. Their mission to preserve the natural tranquil woodlands for community enjoyment, to showcase native plants and a world-class collection of rhododendrons and azaleas, and to promote environmental horticulture through learning, research and conservation continues to expand upon the original vision of H. Lawrence Jenkins.

Jenkins Arboretum & Gardens began as a private residence. The home and 17 acres on which the arboretum was first planned was formerly the property of H. Lawrence and Elisabeth Phillippe Jenkins.

The groundwork for Jenkins Arboretum & Gardens was laid in 1965 when H. Lawrence Jenkins established the Elisabeth Phillippe Jenkins Foundation, forever preserving the property as a living memorial to his wife, an avid gardener and wildlife enthusiast.

In his will, Jenkins directed that the property become a “public park, arboretum and wildlife sanctuary for the study of arboriculture, horticulture, and wildlife for educational and scientific purposes.”

His vision didn't go unnoticed. In 1972, Mrs. Louisa P. Browning, owner of the adjoining property, donated her 26 acres, expanding the size of the arboretum to 43 acres. In later years, two more land acquisitions brought the total to 48 acres.

In the early 1970s, several steps were taken to create a botanical garden. Trails were created, a pond was installed, a visitors center was constructed, native trees, shrubs and wildflowers were planted, and a plan was developed to feature rhododendrons and azaleas.

In 1976, Jenkins' vision was realized when his 17-acre property officially opened to the public and became known as Jenkins Arboretum.

Today, Jenkins Arboretum & Gardens is open to the public, free of charge, 365 days a year from 8 a.m. to sunset. The property also features the John J. Willaman Education Center, the arboretum gift shop and a plant shop (times available on the website).

Guests to Jenkins are invited to enjoy over 1.2 miles of paved walkways through native woodlands along with a self-guided walking tour. Maps for the walking tour are available at the Education Center. Jenkins Arboretum & Gardens also offers educational displays and workshops, art exhibitions and seasonal plant sales throughout the year. There is even a picnic area for guests.

Jenkins Arboretum & Gardens is located at 631 Berwyn Baptist Road in Devon. To plan your visit, go to www.jenkinsarboretum.org. ■

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