

RADNOR

LIFE & STYLE

Meet Heidi Diskin & her family.

She opens up about her battle with depression, and how she turned it into a mission to help others.



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OF RADNOR TOWNSHIP

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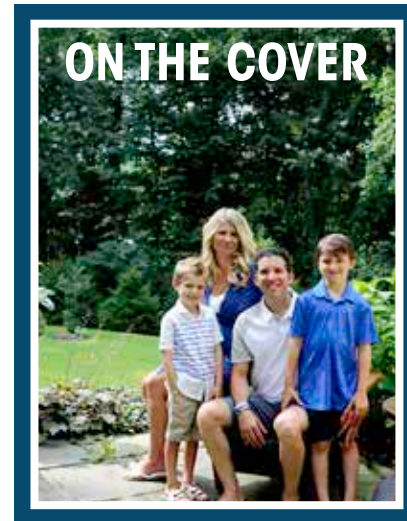


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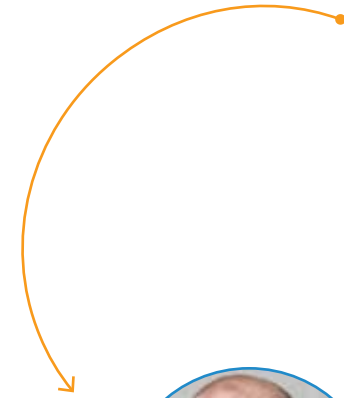
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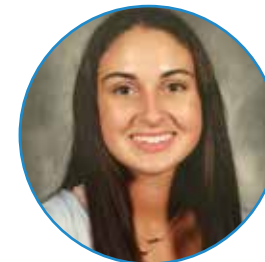
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21% of video viewers will make a purchases, 26% visit the store and 21% request more information. That's 68% of viewers that will take action after watching a video.

hello

**Residents and Friends
in Radnor Township,**

PUBLISHERS NOTE

We am beyond excited to announce the official creation of Radnor Life and Style Magazine. Which was formerly Wayne Living Magazine. Radnor Life and Style will now be distributed to every home in Radnor Township and reach all of our neighbors!



Radnor Township Manager Bob Zienkowski and Commissioner Luke Clark have been extremely helpful with all of their support and participation, we thank you gentlemen, for everything.

We look forward to hearing from all of you, our residents, about what you would like to read and see in any upcoming issues. So, please feel free to email me with any suggestions @ Brian.Kuznesoff@n2pub.com.

God Bless,

Brian Kuznesoff

With this expansion also comes the amazing opportunity to work exclusively with Radnor Township as their official publication for news, events, happenings and highlights of our community. We would like to thank everyone at the Township for working with me and supporting the efforts to enhance the culture in Radnor Township.

Editor's Note

Laura M. Tobey, Esq

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Greetings!

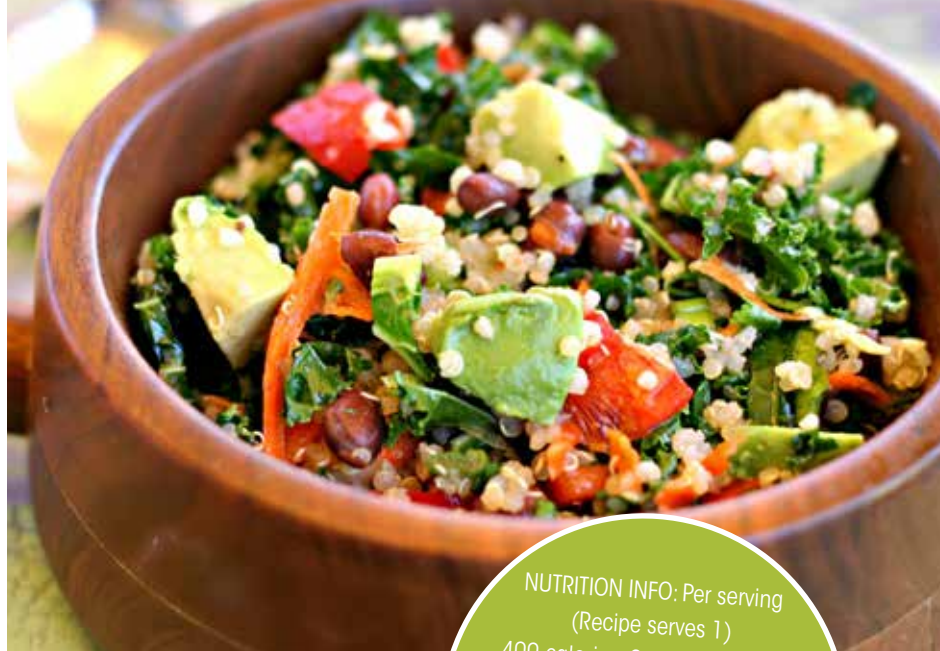
September's issue is my first as editor, and I'm thrilled to be a part of the Radnor Life & Style community. As an estate attorney by day/ editor by night, I find that fall is the perfect time to restart, reset, and get back into a routine after the rush of summer. For me, that means helping clients finally get their

estate plan in order, but for you, whether it means finding a new home, starting a new diet or work-out routine, or revamping your wardrobe, there is something for everyone in this issue. So, get ready for those beautiful fall temperatures, because pumpkin flavored everything is on its way.

Laura M. Tobey, Esq.
Tobey Law Offices, LLC
tobeylawoffices.com

RESIDENT RECIPE

By Kelly Stroger
kelly@waynenutrition.com



I make this southwest bowl quite often since I usually prepare several in bulk on a Sunday to use for my lunches for the week. This recipe is super easy, healthy, and quite delicious! I often tell my clients about this bowl since it's a simple way to get a balanced meal without lots of unhealthy additives - all the flavor comes from foods that are naturally nutritious. Plus, it's very high in fiber and protein, so will help to keep you full for several hours. Eating this meal sure beats going to a fast food chain for your burrito bowl - significantly cheaper and healthier!

SOUTHWESTERN QUINOA BOWL

NUTRITION INFO: Per serving
(Recipe serves 1)
400 calories, 9 g fat (6 g MUFA, 3 g PUFA), 62 g carb (~1/3 carbs from fiber!), 22 g protein, very good source of Vitamin A, C, and folate.
* Analysis done using DietMaster Pro

DRESSING INGREDIENTS

- 1/3 c. plain Greek yogurt, or low-fat cottage cheese
- 1/4 c. fresh salsa
- 1/3 medium avocado or 3-4 tbsp. guacamole
- Cilantro, parsley, chili powder (all optional), to taste
- Juice of 1 lime or lemon

SALAD INGREDIENTS:


- 1/2 c. quinoa, cooked
- 1/3 c. black beans, cooked
- 2-3 cups mixed salad greens
- 1/2 c. cherry tomatoes, cut in half
- 1/4 c. onion, diced
- 1/2 c. bell peppers, chopped

DIRECTIONS

1. I recommend cooking quinoa and other grains in bulk, so this recipe is assuming that you have already cooked a big batch ahead of time.
2. Mix together the dressing ingredients in large bowl.
3. Add in quinoa, black beans, salad greens, onion, and peppers, and mix all together until dressing is well distributed.
4. Enjoy!

TIPS:

1. To make several bowls, simply multiply each ingredient by the servings you need to make and place in individual Tupperware containers.
2. Feel free to add more vegetables of your choosing, the more the merrier!

 If you have a recipe or food that you would like Kelly to write about, please submit your request to kelly@waynenutrition.com or radnorarticles@gmail.com.



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RADNOR STUDIO 21

On Sunday, October 29, 2017, the one-time-only documentary story of one man's UFO experience will be premiering at the Jack M. Barrack Hebrew Academy in Bryn Mawr, PA. One of our producers, Jennifer W. Stein, founder of the Mutual UFO Network (MUFON) of the Main Line is helping to sponsor this great event. She will be presenting her multi-award winning documentary film TRAVIS: The True Story of Travis Walton.

The show is being presented as a fundraiser for the benefit of Radnor Studio 21 and your support is greatly appreciated as all of our funding comes from grants and donations. Tickets are only \$10 online. A bargain!

Visit www.TravisWaltonTheMovie.com.

The Jack M. Barrack Hebrew Academy is conveniently located at 272 Bryn Mawr Ave., Bryn Mawr, PA 19010, a beautiful facility for a movie screening less than one mile from the heart of Bryn Mawr.

Thank you!

If you can't make the event please contribute. It's our viewers that makes us great.

Sincerely,
John and Jill

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Commissioner's CORNER



By Commissioner Luke Clark
lac@mmdlawfirm.com

My name is Luke Clark and I am the elected Commissioner for Radnor Township Ward 3, which includes South Wayne, St. Davids and part of Villanova.

As usual, Radnor Township has a lot going on, and that is good. The Board of Commissioners has two meetings every month on the second and fourth Monday evenings of the month at 6:30 PM at the Township Building, where everyone is welcome and encouraged to participate. Please note these meetings are broadcast live on the Township television channel, they are replayed on the same channel thereafter and they are uploaded to the Township's YouTube channel as well for viewing anytime.

Welcome back from summer! September is here and I hope everyone had a great summer, a nice Labor Day weekend and everyone has gotten off to a good start with the school year. The first annual PorchFest in South Wayne earlier this month with many musicians on many different neighbors' porches was a success, as was the Rock 'n Stroll later that same day. Also, the

Wayne Business Association Fall Festival was a great time for a huge crowd, as always. We are all lucky to live in such an active community!

The Board continues to remain busy with such agenda items as the renovation of the Willows Mansion, the Stormwater Ordinance revisions, and upgrading infrastructure that includes addressing the sewer rental fee. The consultants are formulating a business plan for the Willows Mansion that emphasizes community access and usage with low-impact commercial activity. The consultants are working with the Willows Mansion Trust, which is a group of community members who genuinely care about the Mansion and community access thereto. The Public Works and Sewer Subcommittee of our Board reviewed proposed changes to the Stormwater Ordinance and they will be passed on to the Board as a whole. Lastly, we had a sewer main fail along King of Prussia Road recently, which is the unfortunate result of inadequate sewer funding over the last several years. The sewer system is very old and it needs to be upgraded as soon as possible. In order to accomplish such, we have two options: increase the sewer rental fee by over \$1.00 per 1,000 gallons of water which would be used to pay for infrastructure projects each year or possibly sell our sewer system to a utility like Aqua. These are serious issues and the Board will give them the utmost consideration and attention. I am happy to hear your thoughts, so please let me know!

Thank you for taking the time to read this and please do not hesitate to contact me with any Township matters via cell/text at (215) 520-0994 and/or email at lclark@radnor.org. You can also "like" my Facebook page @ CommissionerLukeClark and/or follow me on Twitter @CommishLAC to receive regular and continuous updates.



We must be proactive and not just reactive when a suicide occurs, simply offering grief counseling and then never addressing it again until another tragedy happens. The next tragedy can be prevented if we talk and educate. There is also a major rise in college students' rates of suicide and struggles as they experience the transition into a new environment and phase of life. I urge colleges to educate in the same way and offer additional resources to help students to help one another. Mental Health First Aid is an excellent tool that can be taught in an 8-hour workshop to students, staff and faculty. Parents can play an important part by keeping the communication open and noticing when something has changed in their child.

way through school and have to stop to work for a year it takes longer than the traditional route. I grew up in Lancaster County and college allowed me to venture out of the countryside. I studied at a branch of Penn State my freshman and sophomore years, then transferred to a school in Maryland, then to PSU State College for one semester and then moved to Philadelphia where I finished my education degree at Temple University.

A bit of jumping around for sure, but now I know that is what my mind was doing. A new feeling had started developing, a rush of energy and racing thoughts that would come and go. I did not realize that there was a change in me. Others may have seen it, but they did not have the right language to describe it. And society has a way of teaching others to steer away from people who act differently. The mentality of "that is just weird Susie" or "Susie is a little off" and not ever really investigating if Susie needs someone to talk to.

My life was always tricky because the symptoms would hibernate in my body and then get reactivated at different times. I did not have constant symptoms. I was moving through life and had started my career as a teacher. I spent a lot of time with girlfriends, traveling and enjoying those in between moments when things seemed happy. I met my now husband in 2003 and fell in love. All seemed happy and my life starting to feel more fulfilled.

Then, JD, my husband proposed to me in Greece on a romantic trip atop a hotel rooftop overlooking the Parthenon. It was wonderful. I can remember calling my dad from Athens with such

excitement. We started planning the wedding and bought our first house together in Philadelphia. My symptoms still lingered, but JD had no previous background with depression, so he did not know how to spot it. I think I could notice it at times, but I pushed it away, thinking back to my mom, who was diagnosed with manic depression and had a very difficult childhood. I had this negative feeling of not wanting to be similar to my mom. There were cycles of depression and manic highs, and I still didn't recognize the severity.

Our wedding day came along in November of 2006, we decided on a destination in Fajardo, Puerto Rico on a cliff. It was wonderful and I felt very happy. But my brain chemicals were not in agreement. I fell into one of my worst depressions a month after we were married. My brain started to tell me that there was no hope and I was never going to feel happy. It would tell me that everything was dark and hopeless, even though outside my head, life was filled with light and hope, but I couldn't see it anymore. To me, life was now always dismal; such a terrible feeling. I couldn't lift out of it and I did not know how to explain it to anyone. If I did I would just sound unmotivated and like a "Debbie downer" who was always miserable. But I didn't control this misery, I did not want to be miserable. My brain started to tell me there is no sense in living anymore. I started to google ways to kill myself as I lay next to my sleeping husband at night. It was terrifying.

But I know the medication truly saved my life. My moods were stabilized, and talk therapy with a psychologist started to make a big difference. My husband and I had two beautiful sons



The suicidal thoughts lasted what seemed like forever. A cold night in January the thoughts in my head all become so insanely chaotic and full of dread. My brain told me to do something to leave this world. I made my way down the street we lived on in an effort to get to my car. There is where I would swallow as many pills as possible. I don't know how long I was there but eventually, I was able to answer a call from my husband. I was admitted to the hospital and was finally able to get treatment and a diagnosis of Bipolar Disorder 2, which makes sense considering the cycling of my moods. It took time to find the right medications that would work best for me, which can be terribly frustrating.

in the following years and moved to Wayne from Philadelphia. From 2005-2015, I owned and operated a landscape design/build company and then I decided to move on in a different career direction. While I was job hunting, I started volunteering for a local cancer nonprofit organization, and this is where one simple conversation made a big impact.

The life changing conversation started at a baby shower thrown for the communications director of our company. The topic was of a local 13-year-old who had died by suicide several months prior. The ladies were commenting on how tragic it was and how he must have been pushed to this decision by the pressure of his school work. These comments caught my attention and I listened more. It was such a strange thing to hear, how could school work be the cause of wanting to die. I can't say I have thought much about my attempt up until that point, you need to forget as much as you can for obvious reasons, but time had passed and I had grown. I made a couple comments about the boy probably going through much more than the homework. One woman noticed my interest, she said "you seem interested in this topic" and then offered the name of a group that goes into schools educating and creating awareness of mental health.

I went home that day and I couldn't stop thinking of the conversation. The way the mental health stigma is so prevalent, how society doesn't consider mental illnesses true diseases. That is what depression, anxiety, bipolar and other mental conditions are, they are real diseases. As I left the baby shower that day, I remember the same woman's words. She said, "this is our new frontier." We have accepted cancer as something we can talk about openly, and we must do the same with our brains. The word mental has become so negative that we need to replace that word, mental health should be brain health. This is the organ it affects and the true distinction needs to be made. The 5 major changes to look for are not feeling like yourself, agitation, withdrawn, and feeling hopeless. When these symptoms persist and repeat it is time to see a psychologist. That night, I had a revelation. There

was a purpose in my pain. I needed to use my Lived Experience to help others. I started researching awareness and advocacy groups, celebrities who have struggled and made a difference, the chemistry of the change in brain chemicals, everything, and I haven't stopped since. And that is how my path continued, realizing that going back to a time that I wanted to erase from memory can be used to help others find hope and recovery. When you look at numbers affected by these diseases, you see the impact. 1 in 4 Americans experience depression and suicide is the 2nd leading cause of death for youth ages 10-24. Those are disturbing statistics. In fact, depression and anxiety are so common among youth that we are seeing the need for a real change in how we educate students, teachers and parents. Lessons on feelings and how to spot the signs of these conditions would make such a difference if they were part of the school health curriculum. There are myths that have been floating around for a long time regarding suicide, such as if you talk about it then that will cause the person to be suicidal. This is not the case at all. A person's words cannot cause someone to be suicidal. In fact, talking about it is what helps the person to open up and allows them to find a way to get help.

Being a mom and caring for others in general, I can't bear the thought of anyone going through what I did, so I know with every fiber of my being that I will fight to change the way society views mental health and my hand will always be reaching out. My public speaking and workshops on education and awareness can be found at HeidiDiskin.com. We also have started a great mission through our nonprofit affiliate, Silent No Longer Foundation, which will assist low-income individuals and families in building courage to recognize their mental health and direct them to psychiatrists and psychologists. I also have signed my first book contract to tell my story as a memoir/self-help named Silent No Longer. I am a SafeTalk Suicide Prevention trainer and certified in Youth Mental Health First Aid. There is always hope and recovery.

HeidiDiskin.com
856-220-0896

Giving A Voice To

BRAIN HEALTH

Helping people has always been in my DNA. Just ask my sister. She would probably say my "over-caring" is constant and it is always present, in a slightly sarcastic tone, since she is my baby sister. But the help that I am able to give to others comes by way of my own journey, the Lived Experience, as it is defined in our industry.

Many years ago, when I was a junior in college, I experienced my first major depressive episode. I had no idea what it was, and then it seemed to go away. A year later it happened again, and I recall thinking it was a "mood" I was in. And in some ways, I didn't recognize the depth of it, even though it was happening to me.

The years came and went, and I was still finishing my college degree. When you are paying your own



the **DISKIN** family

Photography by Wanda Thomas of MadCris Images LLC

Family member names: JD, Heidi, Jackson (8 years old, son), Dylan (6 years old, son)

Pets: None at the moment - we have tried fish so far, maybe a dog in the future!

Profession(s): Heidi is a Mental Health Public Speaker and Director of the nonprofit organization Silent No Longer Foundation. JD is the president of sales at Power Home Remodeling Group.

FAVORITES

Activities/Hobbies

Traveling together, playing charades and laughing, as we have a lot of comedians in the household

Play/Park Area/Hang Out

The library and Radnor Elementary playground

Restaurants:

Anthony's Coal Fire Pizza and 333 Belrose are our top picks, and Paola's - too many to choose from.

Vacation destination:

We love going to Puerto Rico. A short flight and you feel the culture.

Sports teams:

Philadelphia Flyers, Philadelphia 76ers and NY Mets and NY Rangers. JD is from NY so we have a split household.

TV show/Movie:

America's Got Talent, Shark Tank and lots of Nick, Jr.

Music:

Rock, pop, jazz mixed with Broadway show tunes

Family dinner:

Pasta, pizza and Rita's water ice

Share with us your family traditions?

We have a fun one! When we head to the Jersey shore, as soon as we cross the bay, we all roll down our windows to breathe in the summer air!

What college/university did you attend?

I attended Temple University, and my husband JD attended University of Delaware

Where are you originally from?

I am from Denver, Pennsylvania, Lancaster County and JD is from New York City.

How long have you lived in this neighborhood?

We have lived here for 5 years and have

Heidi, JD, Dylan and Jackson



Jackson and Dylan

been able to enjoy the small-town atmosphere with great schools and activities. Many of our friends moved to the neighboring towns before us, so it is great to see them more often.

What do you like to do to relax?

Eastern University connects to our backyard, so we love to stroll on campus, check in on the turtles in the ponds, and cheer on the sports teams.

How are you involved in the community?

We love attending all the Radnor school service days and volunteering for school programs.

Tell us a little about your kids: Jackson plays piano, takes art classes and loves reading. Dylan plays basketball, baseball and soccer, all with a fierce spirit.

What is your favorite part about living in your neighborhood?

It so quiet and peaceful in our neighborhood, it is like you are hidden from all busy life in an oasis of trees (the Main Line is a haven for groves of trees!). Before here we lived in the City of Philadelphia, and it wasn't so quiet.

If you would like to have your family featured, please contact Wanda at clientcoordinatorwayneliving@gmail.com or Laura at radnorarticles@gmail.com.

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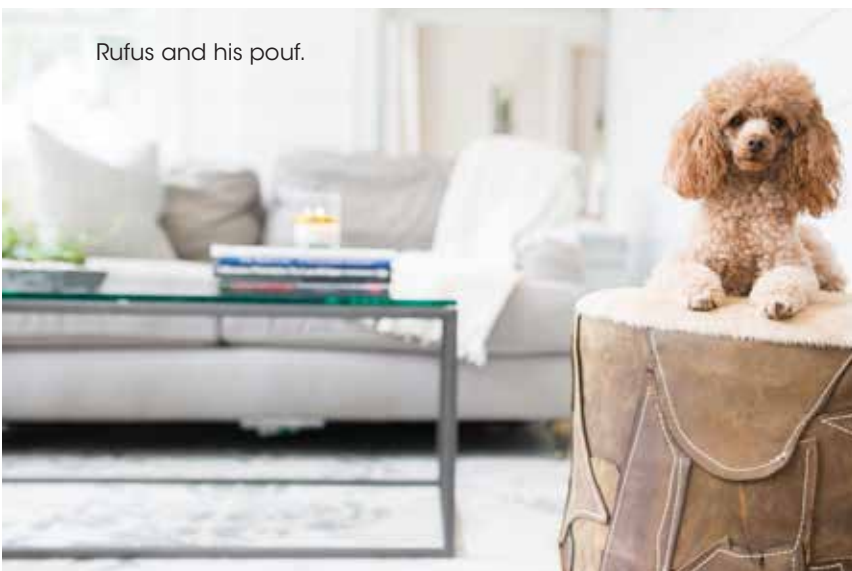


Long Pella Windows.



Shiplap walls

You can't help but smile when you walk into their yellow Victorian home. The home has a modern farmhouse feel which blends perfectly with the traditional Victorian exterior. Light walls, neutral décor and a sense that their home is a gathering place for many friends and family. While getting a tour of the house, I was impressed that many of the selections that Patty chose in 2005 are exactly what people want today. Her white cabinets and white subway tile weren't a common selection in 2005.



Rufus and his pouf.

Patty and Kevin Hicks and their three children moved to Wayne 12 years ago and bought a beautiful Victorian home in downtown Wayne. Patty recalls the market in 2005 being quite competitive. With houses going under contract quickly with multiple offers, the Hicks knew that they needed to move quickly to secure the purchase. The house was being renovated by a builder and they were excited to be able to pick the finishes throughout the home. Kevin also works in Wayne, so being close to downtown was a big plus for this home.

When I first met Patty at her home, it wasn't the first time that I had been in her house. During high school, I was friends with the son of a previous owner. In fact, there were about five kids who I went to school with who all lived right next to each other on this street. I remember all the kids being friends and the families all being close. I recall thinking that it seemed like such a great place to live. Although some of those families have since moved, it's obvious that the neighborhood still has that close-knit feel.

Although their house was reconditioned when they bought it, they recently completed a porch renovation which is the room that we wanted to feature. Previously a screened in porch, they enlisted the help of Jeanna Ventura, a local architect, to create a design so that this space could be enjoyed all year long, all the while making it feel like this space was original to the home.

Shiplap walls, bead board ceilings, flagstone floors and long Pella windows seem like they were meant to fill this space. This room is such a great example of how you don't need a large space to have a great space. This room is located right off the kitchen and Patty says it's the perfect room to start the day with a cup of coffee, or even end the day with a glass of wine. Proclaimed TV people, the Hicks purposely decided not to put a TV in this area, and the quiet of the room creates the perfect place for the children to sit with a book or an iPad.

The design of this space fits perfectly with the overall modern farmhouse feel of their home. They choose white trim and white walls. They mixed grays and browns and added a glass coffee table that keeps the space feeling airy. Walking downtown to Wayne one day, Patty spotted this pouf sitting outside Waltzing Matilda, which she immediately knew belonged in her new room. We agree, and apparently so does their cute dog, Rufus.

Architectural Design by Jeanna Ventura. Construction completed by Rockwell Custom. Photography by Magnolia Main Line.



White cabinets and subway tile in kitchen.



Airy glass coffee table.



Do you have, or know someone who has a unique home and would love to see it featured in the magazine? Who has completed an amazing renovation? If so, please contact Haven at mainlinehaven.com or Laura at radnorarticles@gmail.com

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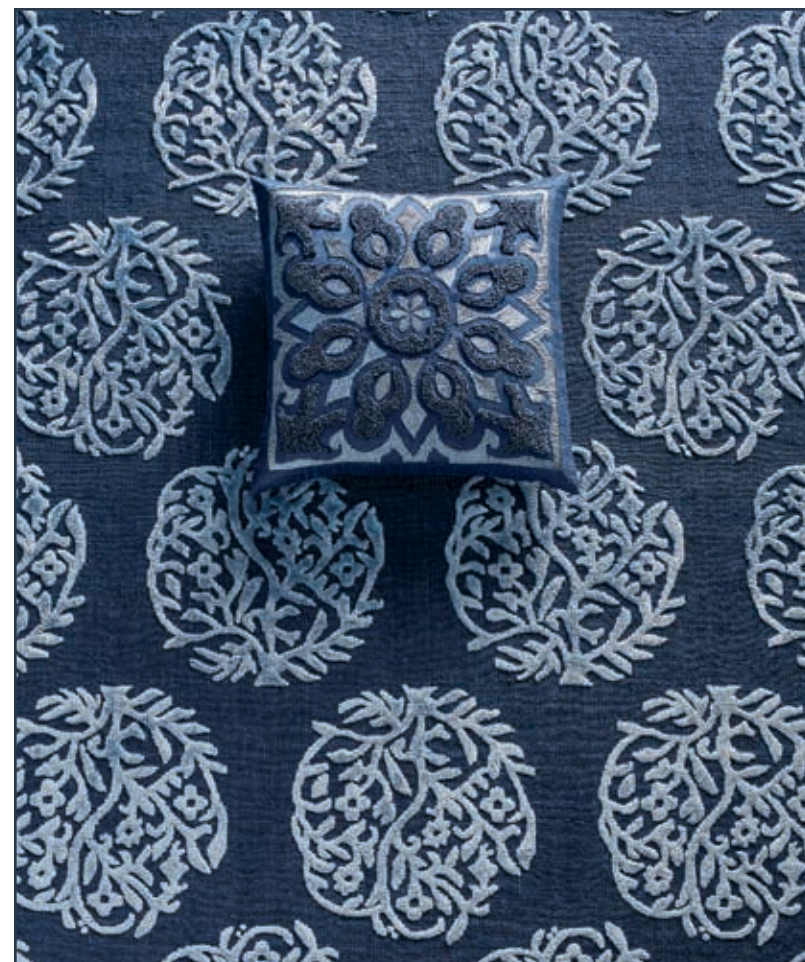
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Devon Living Room

So, we will **subtly** reference a coastal vibe with these 5 tips:

1

Use light colors. A light and airy color palette will feel relaxing and soothing. Blues, of course, remind us of the shore as well.

2

Add some stripes. Stripes are timeless and can go with just about any decor from traditional to preppy to modern. They are a nautical reference without going overboard.

3

Hang abstract seascapes. Again, keep it less literal and go for an abstracted look. Reach out if you'd like referrals to local artists right here in Radnor.

4

Look for beaded lights. Lighting is my obsession and I just love the calming and interesting impact of a beaded light fixture. Be sure that your light is large enough for maximum impact.

5

Use driftwood tones. Woods that have a faded time-worn effect have a relaxing feel reminiscent of driftwood. They also go along with tip #1 by incorporating softer and lighter colors.

how to keep THE SUMMER FEELING all year

With the arrival of September, we want to keep those lazy days of summer in our minds as we head into fall and winter. I think of interior design as being more about how it makes us feel than how it looks. For many of us, a beachy feeling is relaxing and soothing. At Larina Kase Interior Design, we often include coastal elements for this reason.

Now, before we go further I'd like to issue a reminder that there can be too much of a good thing. You don't want to overdo the beachy look - even if you're decorating a place at the beach. Properties at the shore typically come furnished, and when my husband and I bought a condo in Avalon it came complete with every trinket and print that referenced sand, beach, and shells in the tri-state area. This is not a good look!

As always, have fun and be sure to make your space uniquely you!

Larina Kase is the Founder and Principal Designer of Larina Kase Interior Design, an award-winning full-service firm serving Philadelphia's Main Line. Learn more at LarinaKase.com

Beachy Blues.



Devon Dining Room



the 6 WAYS

To Master Your Brand (AND GROW YOUR IP PORTFOLIO)



MAIN LINE LAW

Janelle Snyder, Esq.
jsnyder@snyderbusinesslaw.com

Benjamin Franklin, author, printer, political theorist, politician, Freemason, postmaster, scientist, mathematician, inventor, civic activist, statesman, diplomat, and the happy face smiling back at us on the \$100 bill, Ben Franklin is known throughout the world as a political leader. Locally, we know him as our first innovator; and the culture of our region continues to be filled with his spirit of creativity and originality.

Mr. Franklin takes credit for inventing the Franklin stove, bifocal glasses, the odometer, swim fins, a flexible urinary catheter as well as the lightning rod and understanding electricity. Today, our region boasts inventions ranging from the #2 pencil to Monopoly, from software and mobile applications to pharmaceutical drugs, and the latest in healthcare apparatus. It's no surprise then, to consider the astounding amount of intellectual property created here. The United States Patent Office is the busiest in the world, with over 300,000 patents granted and 300,000 trademarks registered each year.

For more information on IP portfolio management, or for a complimentary assessment, contact Alex at asiegle@snyderbusinesslaw.com.

Janelle Snyder is the CEO and Managing Partner of SnyderLAW, a leading boutique law firm designed to provide the highest quality outsourced legal services to companies at predictable and reasonable rates - a service called Scribe®. SnyderLAW offers brand building strategies through corporate and intellectual property law, including business entity formation, contracts, joint ventures, trademarks, patents, licensing, and other technology-related transactions.

As Benjamin Franklin once said, "By failing to prepare, you are preparing to fail." The growth and protection of a company's IP portfolio are essential to their success. Mr. Franklin also noted in his autobiography that "... we enjoy great advantages from the inventions of others, we should be glad of an opportunity to serve others by any invention of ours..." Keep the spirit of our region alive by inventing, collaborating and innovating, and keep the spirit of innovation strong.

BEING THAT WE ARE A REGION OF INNOVATION, COLLABORATION AND DESIGN, THE MANAGEMENT OF OUR INTELLECTUAL PROPERTY (PATENTS, TRADEMARKS, COPYRIGHTS, AND LICENSES) IS IMPORTANT. WHEN CHOOSING A FIRM TO MANAGE YOUR COMPANY'S INTELLECTUAL PROPERTY, OR "IP," MAKE SURE THEY EMPLOY THE FOLLOWING STRATEGIES TO PROTECT THE IP PORTFOLIO.

- 1** IP Inventory. Extract as much information as possible about the company's IP from the executive leaders, scientists, and marketing department. Compile and organize this information, including a list of issued patents, pending patent applications, acquired patents, licensed patents, foreign patents, registered trademarks, pending trademark applications, acquired trademarks, licensed trademarks, foreign trademarks, filed copyrights, pending copyright filings, acquired copyrights, licensed copyrights, trade secrets, clients lists, recipes, and any cooperative marketing arrangements or other licensing agreements.
- 2** Monitor the IP. Although the USPTO will often send a reminder (the Copyright Office will not), the burden of making timely patent and trademark filings and payments remains on the IP owner. It is imperative to track when renewals, maintenance payments, and other filings and fees are due, as a missed deadline at best will result in additional fees, but at worst can cause an owner to lose their rights. On the other hand, if the company decides to stop protecting a trademark or patent, why keep paying for it? Make sure the company business strategy and the IP strategy align.
- 3** Mark the IP. To properly protect a company's IP, it must be marked. Patented inventions must be labeled with patent numbers, or "Patent Pending," and trademarks and copyrights should be designated as such. Any trade secrets and recipes should be marked "Confidential" and shared with the fewest number of people possible.
- 4** Building IP Assets. Look for ways to grow the company's IP portfolio. Perhaps an invention was updated or improved, and a continuance should be filed, or perhaps a new logo was designed to refresh a product and it should be trademarked. Maybe there is an opportunity to license a product to a manufacturer on the other coast, or maybe the company's confidential client list just doubled from a marketing effort.
- 5** Work with Third Parties. Companies can use third parties to grow their IP as well. Some companies have programs to accept external submissions for ideas; some purchase existing IP from other companies; and some commission work from third parties.
- 6** Watch for Infringement. Ensure that the company's IP rights are not diminished by the unauthorized use of it by other parties. Be aware of others using a protected patent or trademark for their own benefit, or importing copy-cat goods from other countries. Watch for copyright infringement and employee theft of trade secrets, recipes, and client lists. The more closely the IP is protected, the stronger the rights become. The stronger the rights, the more valuable the IP; resulting in dramatic increases in the value of the company.

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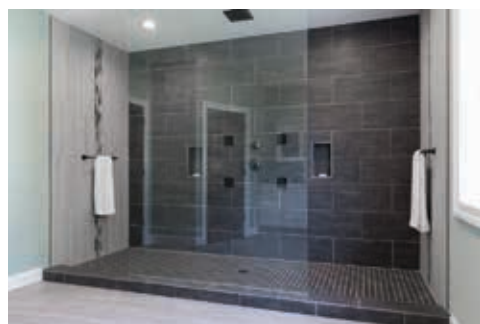
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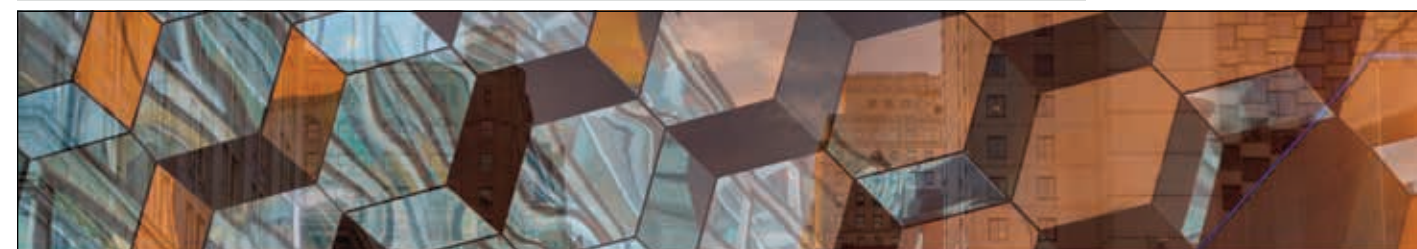
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Alli.

RADNOR'S PRECIOUS PETS

By Henry Gallagher



Stella.

Is there a story behind your name? Our family named us both after beers that they like.

Alli: But they named me after their favorite because I am the best.

Stella: Why do I put up with this dog?

STELLA & ALLI

Family member names:
Zoe, Lou, Sam, Sue Metzger

Pet's name:
Stella Artois-cat, Allagash White "Alli" -dog

Type of animal/breed:
Cat, dog; great Pyrenees

Male or female:
Females

Pet's age:
Stella-2, Alli-7

Where/why did your family get you?
Alli: My family got me as a rescue when I was a year and a half old. They found me at LaMancha Animal Rescue in Unionville, Pennsylvania. They knew they wanted a bigger dog that was not a puppy. They hit the jackpot because I'm the biggest, fluffiest dog ever. My mom told my siblings over and over that they were not leaving the shelter with a dog. They left with a giant fluff ball in the back seat - that fluff ball was me, and now I'm an even bigger fluff ball.

Stella: I was a Christmas present for my sister because she wanted a cat. Eventually, my dad gave in and I was the one they picked out of all the rescues.

Anything special or unusual about you (talents/quirks)?

Alli: I dig a lot of holes in the yard. I'm trying to find gold and make my family rich. Whenever I want something, I will keep poking you until I get it. I never give up until I get what I want. I love to sleep in the bushes and hide there to scare away people who try to get into my house without my permission. I am a very picky eater except when it comes to road pizza.

Stella: My family says that I am fat and that I sleep weird. I do know that I am too fat to roll over. I don't meow except when I am mad, and then I

How spoiled are you?

Alli: I am very picky - so I get human food like veggies and some meats with my food. I also get walks in town and I have friends who give me treats and I always look for them.

Stella: I get toys that I don't need or really use and I am so lazy that I don't care. I don't really have a problem with being spoiled. My life is fine without all the fancy stuff as long as I can lie around and be fat in peace.



Alli and her siblings.

usually squeak. I can eat almost as much as the dog. I think this is why they think I am fat.

Any funny stories?

Alli: I will not walk on a grate because I don't want to fall in. But one time we saw a piece of pizza on a grate and I was conflicted because it was free pizza. But it was on a grate and I did not know what to do. I can open the door to let myself out. I got my siblings in trouble for it, because mom and dad thought they left the door open. Hehe.



Alli.

Stella: Sometimes I run around the house at night and when you see me I stop dead and get into another room as fast as possible. I also take the dog's food and water. She waits patiently for me to finish like a good doggy.

What else should we know about you and how you have enriched your family?

Alli: I keep the family safe and my parents trust me to babysit. I get to go meet people at festivals in Wayne. My favorite person in the house is my dad because gives me lots of pets and I love it. My siblings are just there to take care of me.

Stella: My sister doesn't bug my dad to get a cat anymore. I am also good company, and can sometimes be very entertaining when I am in the mood.

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Fran and Gabe at the Wayne Art Center

SILVER SPOTLIGHT

By Susan Shapiro, Executive Director of the Wayne Senior Center susan_wsc@yahoo.com

Gabe Yervelli & Fran Neary

Love is in the air! And it's never too late!

You have probably seen Gabe Yervelli and Fran Neary, a wonderful, loving couple who just happen to be 83 and 91 years old, respectively, around town. You probably noted their different last names. They are not married to each other. However, they are absolutely committed to each other and have been for the past 20 years.

In fact, the anniversary of the day they met is coming up very soon. Fran was walking through the grounds of her apartment complex with her nephew and saw Gabe. Fran, a very friendly lady, asked Gabe if he was planning to watch the World Series that afternoon. When Gabe said he didn't have cable, Fran immediately invited him to her apartment to watch the game with her. And the rest is history.

They have been inseparable ever since. Fran spent

One of their most memorable dates was when they went to Gabe's High School Reunion at St. Katharine of Siena School. Gabe was certainly proud to have Fran on his arm. Gabe was instrumental in organizing the reunion.



Gabe and Fran enjoying a trip to Washington D.C.

most of her life in Brooklyn and raised her family there. Gabe grew up in Radnor, graduating from St. Katharine of Siena School in 1954. He lived on Highland Avenue for 32 years above John's Shoe Repair Shop, his Dad's business. After finishing school, Gabe worked at Burrough's, but was drafted in 1956. At first, he wanted to join the Navy, but thought better of it since he couldn't swim! As Gabe tells the story, smiling all the while, he couldn't fly either, but eventually decided to enlist in the Air Force anyway. He took training to be a jet mechanic and worked at the Wright Paterson Air Force Base in Dayton, Ohio.

When he was discharged from the Air Force, Gabe took full advantage of the GI Bill and enrolled in airplane mechanic school and then television/radio repair school. Unfortunately, there were no jobs available in the area. Gabe worked hard, though, and was able to find temporary work all along the Main Line. Over the years Gabe has done everything from caddying at the Overbrook Country Club to caregiving for a man who was a paraplegic. As Fran tells it, Gabe can do just about anything!



Fran and Gabe enjoying a ride on the Strasburg Railroad in Lancaster

Gabe and Fran take good care of each other. Several years ago when Fran had to be hospitalized for two weeks, Gabe spent each night with her in her hospital room. He was not willing to rely on the nursing staff to take care of his girl! When Gabe had a fall, Fran, who doesn't drive, took taxis to see him as often as she could at \$40 dollars each time.

Each Sunday you can see Fran and Gabe at Our Lady of Assumption church at the 8:00 a.m. Mass. Their

faith is important to them. The other parishioners will tell you they never see one without the other.

So what's their secret to enjoying this chapter of their lives to the fullest? And I quote, "We are not couch potatoes. We love coming to the Wayne Senior Center and we always find something to do. We have great chemistry. We enjoy teasing each other in good fun. We agree with Yogi Berra, 'It's not over till it's over!'" Sounds like a great recipe for success to this author!



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September Shuffle

RESOLVE TO BE RESILIENT

Carol Beringer carolberinger@comcast.net

So here we are...summer's over. Life resumes at an even more hectic rate with a cataclysmic sense of shifting gears.

Vacation's over and the next round of events include academic calendars, new hires in our workplaces, shorter daylight hours and longer hours of productivity. Deadlines for tax extensions. New projects and the details leading up to year-end goals. Book Clubs, sports/dance/theatre/speaker series, subscriptions, resume ~ the calendar takes on new life! Not to mention the approaching holidays!!! Whew! Certainly, a lot going on.

And with all of this, we usually re-commit to the pre-summer disciplines that are the norm through next Spring. OR, maybe we are thinking of shaking things up and starting fresh? The options are limitless!

LISTS! Always a perfect place to begin a sense of accomplishment. Itemizing and prioritizing, then adding to our calendars, planners and other means of organizing and re-organizing. Getting those events/subscriptions penciled in is probably first.

PRIORITIZING! While the planning process unfolds, make movement a must! Movement releases stress and tension.

Just keep moving!

Morning Stretches:

7 is the magic number - 7 reps or hold 7 seconds

Supine: (lying on your back)

1) Angel Arms: Extend arms to sides and overhead; 7 reps

2) Ankle Circles: Extend one leg up to ceiling and circle ankle 7 times each direction

3) Shoulder Bridge: Knees bent hip width apart; arms long at sides. Lift hips and hold 7 seconds. Lower spine slowly and smoothly. Lengthening all the way down.

4) Knee Folds: Pull one knee into shoulder; extending opposite leg long. Hold 7 seconds. Switch. Then do both knees at once.

5) Arm Pulls: Pull one arm across the chest with opposite hand. 7 seconds...Switch. Then both arms point to the ceiling. Rotate wrists 7 times each direction.

Side Lying:

6) ½ Superman/woman: Extend top arm and top leg in opposite directions pulling yourself apart. Hold 7 seconds. Switch sides.

Supine: (again, lying on your back)

7) Twist: Lengthen your body completely. Pull LEFT knee into chest and pull it across your body with the opposite hand. Shoulders heavy, but not necessarily flat, to twist torso. IF YOU DO NOT DO ANYTHING ELSE EACH MORNING, do this! Hold for 7+ seconds. Just enjoy this awakening of your spine.

8) Neck Stretches: Sideways, reach right ear towards right shoulder...7 seconds. Switch gently to the left. Next, turn, right ear to bed (or floor); left ear will be pointing up to the ceiling. Switch.

Done! when you master the sequences, the exercise is less than four minutes!

Here are some ways to add movement, on a daily basis, that may extend that active summer vibe:

- 1 Morning Stretches: many physicians are recommending just that. Once you get a short routine started (*yup~under 5 minutes!) you will reap benefits you never expected. On your bed or on the floor...simple movements. **short routine at close of this article*
- 2 Exercise Bands: in your office, or at home. Ease your shoulders and neck ~ improve your posture with this lightweight, portable movement accessory. **short routine at close of this article*
- 3 Park at the far end of the lot when shopping, attending an event or catching the train. That jaunt from the car adds a few more moments of fresh air and sunshine. Both energizing and inspiring!

4 Walk to errands, coffee shop or exercise class. It's easier when your walk has an intention and a destination.

5 Avoid one more look at social media and get outside!

6 Continue those summer activities that spark your joy. Ride your bike to those errands or discover one of our many local trails.

7 September weekends still offer an opportunity for a float trip on Brandywine Creek while the water is still warm. An upstream 3-mile hike from the parking lot and float to return. Easy and fun for the whole family, or 10 of your best friends.

EXERCISE BANDS: perfect for neck and shoulders. Be your own masseuse for 3 minutes!

The goal is to release tension. So simply grip band enough to hold onto it.

1) **Overhead:** Hold band long with palms facing your body. Up and overhead and back. We do not take our arms overhead regularly or with intention. This moves the shoulder blades up and down.

2) **Lateral Pulls** in front of your body (sideways): Hold band with palms up with elbows bent 90 degrees at your waist. Keep elbows stationary as you pull the band sideways. Shoulder blades move towards each other.

3) **Lateral Pulls** behind your body: Hold band with palms facing forward at your waist. Pull apart and shoulder blades will separate. Remember, bands are portable and easily storable in a desk drawer, glove compartment, backpack, or briefcase

Carry on!!!
Have a Super September!



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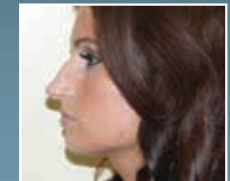
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YOUR GUIDE TO FALL'S DENIM

STYLE MAMA

By Ashley Meyers, The Main Line's Favorite Fashionista smilelulabelle@gmail.com

From denim care to the trending embellishments; learn all the tricks about denim this fall.

Denim Care

Wash jeans after every 5 to 7 wears. Even though we worry about the high-tech fabric of jeans today breaking down in the wash, bacteria and germs can also break down the fibers.

Try turning your jeans inside out and wash on cold. The less heat and agitation, the better. When drying, line dry them. If they are stiff after line drying, try popping them in the dryer for five minutes to fluff back up.

With the ever popular embroidered jeans, I would recommend hand washing and line drying. This will help keep the embroidery intact.



ASHLEY'S SEPTEMBER TIPS & TRENDS

Closet Care

Two simple steps to make your closet space more inspirational this fall. First, remove spring and summer pieces from your closet and pack away in a plastic tote. That's valuable real estate that should be saved for fall pieces coming in. Try switching to all velvet hangers. This mini upgrade will allow your clothes more breathing room and the uniformity will leave your visual senses happier.



The New Take on Denim

This season is all about the trendy embellishments. You will see all kind of cool and crazy additions to jeans. But don't worry, skinny jeans are here to stay, at least for now.

I'm really excited about the ruffle jeans. Ruffles are traditionally found on shirts and dresses, and this season we can welcome them on jeans.

One of my favorite embellishments is embroidery that can be found decorated at the ankle, knee, thigh or all over the jeans.

Another great trend is the unique hem. This can be seen as the released hem, a cut-off or distressed hem, a high-low hem and even an ankle lace-up hem.



Footwear Care

Dust off those boots and get them ready for cooler days and nights. Invest in a shoe shine kit and give your leather boots a moisturizing treatment.

Ashley Meyers, The Main Line's favorite fashion stylist, owner of Lula Belle Fashion, specializes in closet edits for both men and women, family and business photo shoot styling and personal shopping. www.smilelulabelle.com

Join the Facebook group, Main Line Fashion Advice and Shopping Tips, to gain even more on-trend advice and learn more about the jeans from the photos. This group is the modern day Fashion Advice Column! Get tips from Ashley as well as other members.



PHOTOS BY ALISON CORNELL PHOTOGRAPHY OF THE PHOTOGRAPHY CO-OP

Have a question about fashion? Need to know how to wear something? Contact Ashley at smilelulabelle@gmail.com or radnorarticles@gmail.com.

WHAT DOES OUR RADNOR LIFESTYLE INCLUDE?

Julianna Blazey blazeyjz7450@gmail.com



Gundaker Foundation

ROTARY ROUNDTABLE

Radnorites enjoy so many beautiful blessings, including 25 amazing parks maintained by Radnor Township throughout all 7 Wards, as well as the famous Chanticleer Gardens visitors, are privileged to visit. In the paragraphs below, see a summary of some of our wonderful parks, their features, and locations.

Our Radnor lifestyle allows us to experience nature, the grand trees, athletic facilities, playgrounds, hiking trails, and just calm serenity – does our lifestyle also include volunteering to help make things happen? This can be as simple as donating funds so others can enjoy benefits or improve their lives, or can include actual physical service by planting trees, making meals, or helping children. The new President of Rotary International, Ian Riseley, from Australia, affirmed that protecting the environment is essential to Rotary’s goal of sustainable service and that Rotary’s newest worldwide goal is to plant 1.2 million trees!

Rotary, started as a fellowship to do service in 1905, has grown to more than 1.25 million members with a vibrant presence in more than 200 countries. We have 50 Rotary Clubs in our local area! Rotarians and others have planted trees in the name of peace, fellowship, friendship, and community service throughout the past century, with a special focus in this coming year. We invite all to participate, whether planting trees locally or providing funds to help others wherever needed.

Calendar Notes

Sept. 9 Grand Reopening of Clem Macrone Park 5:00 p.m. Lots of family fun.

Sept. 17 Radnor Fall Festival in downtown Wayne – come by the Rotary booth!

Sept. 27 Rotary Club of Wayne makes meals for Mercy Hospice and invites you to participate 6-7:30 p.m.



Blazey’s Trees

How would it be, if we didn’t have trees?

It’s not just about the beauty of the trees – there are also economic, social, and environmental benefits. According to the U.S. Environmental Protection Agency, a single tree can absorb a ton of harmful greenhouse gases over its lifetime, produce enough oxygen for four people every day, cool the air as well as 10 room-size air conditioners operating 20 hours a day, and provide enormous environmental benefits throughout its life.

Trees control storm water runoff, reduce the risks of flooding and drought, provide shade, comfort, support for wildlife, produce edible fruits and nuts, and promote social equity and environmental justice for neglected communities. Partnerships among students, Rotarians, industry and government agencies provide students with activities, purpose, health, and discourage crime while promoting safer places to gather.

There are Rotary projects to plant trees and to recognize you for planting trees or donating towards this cause. See contact info below.

Where can we enjoy Trees in Radnor?



Rotary Tree Declaration

WARD 1

Cowan Park, 201 Radnor Street Road near Willow Avenue, features a tetherball pit as well as ball fields, pond and stream.

Fenimore Woods, 1194 Eagle Road, features a covered pavilion, playground, grill, and picnic areas near streams and large trees. Excellent for fishing and hiking.

WARD 2

Radnor Memorial Park, 61 Matsonford Road, near Archbishop John Carroll High School and Radnor Elementary, features multi purpose athletic fields including artificial turf and lights, fitness walking path, and benches.

Harford Park, 260 Gulph Creek Road, is a dog park that allows people there, too.

WARD 3

Encke Park, 301 Iven Avenue, features the Radnor Skatepark near the lower parking lot of the Radnor Township Municipal Building.

The Willows, 490 Darby Paoli Road, Villanova, boasts an elegant 1910 mansion, picturesque pond with flowing fountains, flowering plants and beautiful trees, fishing, a nature trail, and picnic areas.

Skunk Hollow, 600 Darby Paoli Road, Villanova, for hiking on an undeveloped woodland trail, fishing, and a popular community garden in the northwestern portion of the park.

WARD 4

Ithan Valley Park, near the intersection of South Roberts Road and South Ithan Avenue. Friends of this park have begun a tree identification program of noteworthy trees, cleaned up the stream and mill race paths, and are working on creating a bird sanctuary in the wetlands by Ithan Creek north of Clyde Road.

Ithan Elementary School, 695 Clyde Road front grounds. Eagle Scout Christopher Blazey and his team of Scouts from Troop 284 created an arboretum in 2012 to display the distinctive canopies, leaves, and bark of trees native to the area. The twelve trees, carefully selected for their distinctive features, were planted with sufficient space to grow to full maturity without interference from any other tree. They also built the fences around each sapling to protect them from deer and mechanical equipment, and planted a flowering cherry blossom tree in the circle near the school, in commemoration of the 100-year gift of 3,000 trees from Tokyo to Washington DC that began the annual Cherry Blossom Festival.

WARD 5

Bishop Richard Allen Park, 227 Brook Street, Bryn Mawr, ADA accessible by a ramp on Bryn Mawr Avenue,

is a small pocket park that features a basketball court, benches, and swing set.

WARD 6

Radnor Trail, 520 Conestoga Rd, a year-round 2.4 miles long part-macadam, part-crushed stone trail, was created from train tracks and runs from Radnor-Chester Road to Sugartown Road. Parking is available at the Conestoga Road and Brooke Road entrances.


Odorisio Park, 418 Fairview Road, features manicured grassy fields, ball fields, basketball court, playground, and a blacktop area suitable for street hockey.

Bo Connor Park, 590 South Devon Avenue, is a neighborhood park located along South Devon Avenue neighboring Warren Filipone Park and feature athletic facilities, bleachers, and picnic areas.

WARD 7

Clem Macrone Park, 810 Conestoga Road, Bryn Mawr – Grand Reopening!

Emlen Tunnell Park, 57 Garrett Avenue, Bryn Mawr, is one of the homes of the Radnor Wayne Little League. A walking trail around the ball parks makes it fun to watch the action.

 If you would like to participate in any way with the Rotary Tree Planting initiative, participate in a symposium on tree planting, learn more about Rotary, or donate your time or funds, email: BlazeyJZ.7450@gmail.com or contact your local Rotary Club.

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YOUNG ACHIEVERS

By Kailey Bitoni
kbitoni9@gmail.com

Jay Packer

Jay and his grandparents, Tom and Carol Robinson



Jay Packer is exactly the kind of person Americans want to be an officer in the Armed Forces. Jay's branch of choice is the Navy. A 2015 graduate of Radnor High School, Jay now attends the Naval Academy.

It wasn't easy. While Jay had to complete a standard college application, he also needed to pass a physical fitness test, be medically screened, and be nominated by his local U.S. Congressman or Senator. Jay had to fill out another application, submit his transcript, SAT scores, write an essay and attend an interview before being nominated by Congressman Pat Meehan. That alone does not guarantee admission.

Jay had everything it took. He was a member of the National Honor Society and served as Vice President, he was on the swim team, and played lacrosse and rugby. He was also on

Student Council and in the band. He worked weekends at a German Language School and was an usher for and taught Sunday School at his church. Senior year he received the German Language Award, the Marine Option Naval ROTC Scholarship Award to Penn State and was an Academic All-American for swimming.

Mr. and Mrs. Packer was surprised when Jay told them he wanted to go to the Naval Academy, but after he explained that he had done extensive research on it, and was confident that serving in the military was what he was supposed to do, they were, and continue to be, extremely supportive. Jay credits his family, friends, and mentors for his accomplishments so far, saying, "without them, I would be lost."

Before going to college, Jay lived in Wayne with his parents Lisa and Michael Packer, his sister



Father Michael, Sister Megs, Mother Lisa and Jay

It's been his dream: "Around my sophomore year of high school, I felt a strong desire to serve and give back to a country I realized had given so much freedom and opportunity to me. I researched the military and thought that would be the best way for me to serve. Since I knew I wanted to go to college, the Naval Academy seemed like the perfect place to get a solid education while simultaneously preparing myself to become an officer in the Navy or Marine Corps," explained Jay.

Jay comes from a military lineage. His mother's father, Tom Robinson, was a Marine who fought in Korea. His grandmother, Carol Robinson, worked for the U. S. Navy right out of high school. His father's father, George August Packer, was in the Army.

Megs, a senior in high school, and various dogs, rabbits and a cat. His current pets are Golden Retriever Augustus Green Bay Packer ("Auggie" to his friends) and cat Starlight Philadelphia Packer (her name is a long, but sweet, story for another day). Dad Michael is in software sales and Mom Lisa is a former television personality and public relations executive. Like her brother, Megs is having a stellar high school career. She is a member of the National Honor Society, Speak Up, and the Honor Council. She won the Smith College Book Award, received a Proclamation from State Representative Alex Charlton, and is an LLS Student of the Year Candidate. She runs Track and Cross Country (for which she received the Coach's Award) and plays Softball (she also received the Coaches Award in that sport).

Student life at the naval academy is very stressful and busy, just like any top-notch college. But there's more. The day starts at 5:35 a.m. (0535 to the midshipmen). By 5:45 a.m. Jay is working out. Morning formation is at 7:00 a.m. and breakfast is five minutes later. Most college students haven't even hit the snooze button by this time. Classes, noon formation, lunch and more classes fill up the day until 4:00 p.m. when the sports period starts. It lasts for two hours, during which Jay boxes. Dinner is at 6:00 p.m., then there is mandatory study and TAPS at 11:00 p.m. Not much time to check Instagram.

In fact, the lack of freedom can cause frustration among a lot of "mids." The military obligations and the high physical standards, in addition to regular academics, are grueling. If you were counting, the Midshipmen's total workout time is a total of three hours and 15 minutes per day.

Jay is majoring in mechanical engineering and, in addition to regular college courses, he takes seamanship, navigation, and leadership courses. More leadership training will come when he is an upperclassperson leading underclasspersons within the Brigade.

When he graduates, Jay will become either a 2nd Lieutenant in the Marine Corps or an Ensign in the Navy. He won't know what he is going to be doing until the fall of his senior year. The most common options are to serve on a ship or submarine, become a pilot, or become a Marine. Marines desire to be the best, and the branch

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promises them nothing - everything is earned. Jay wants to be a Marine. But he won't know for another two and a half years. It's what is referred to as "voluntold." You volunteer for what you want to do and then are told what you will do.

Jay has a 5-year commitment to the Navy after graduation. But, Jay says, "If I love what I'm doing, then I'll stay in as long as they'll have me, which could be up to 30 years. Family life can be difficult in the military and I want to have kids, but these are all decisions I'll make a few years down the road."

The Navy provides great opportunities to see the world. Jay almost certainly will leave the country at some point; whether that is to a combat zone or not, remains to be seen.

Jay and his fellow midshipmen follow current events very closely, particularly in the Middle East, China and North Korea. Jay, however, is not concerned if he ends up in a combat zone. Like a true Marine, Jay says, "I joined the military to make a difference, and if I was given the opportunity to go over to the Middle East and fight against an enemy that oppresses and kills their own people, it would enable myself and those with whom I train to directly improve and hopefully stabilize a situation that has endangered the lives of many for years."

Thank you, Jay, for your willingness to serve. ♡

If you know an extraordinary kid or young adult of our community who should be recognized and featured in our magazine, please contact Kailey at kbitoni9@gmail.com.

Jay's message to those coming after him is to persevere and never give up. Jay was denied admission into the Naval Academy the first time he applied. He went to Penn State for a year and did ROTC, reapplied to the Academy, and got in.



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