

# MARPLE TOWNSHIP

# Summer 2024 NEWS



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# TOWNSHIP DIRECTORY

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Broomall, PA 19008-2391  
610-356-4040  
www.marpletwp.com

Township Police  
1001 Sussex Boulevard  
Broomall, PA 19008  
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Township Public Works Garage  
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Broomall, PA 19008

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Broomall, PA 19008  
610-356-1510  
www.marplelibrary.org

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www.broomallfirecompany.com

Marple Ambulance Corps.  
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(Wards 2,5,6 & 7)  
4655 W. Chester Pike  
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District Justice Robert D'Agostino  
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# TOWNSHIP MANAGER'S MESSAGE



## Dear Residents,

I hope you are enjoying the longer days and my best wishes to you and your family for the summer season ahead. It's hard to believe we are almost halfway through 2024 already. You know what they say, "time flies..." well, you fill in the blank!

In our previous newsletter, we highlighted our efforts to increase the parking at Veterans Memorial Park along with receiving Recreational Grants to increase the walking trails and construction of a new restroom. I am very pleased to inform you that construction for both the trail expansion and the new parking lot will begin within the next few weeks. With this in mind, we would like to encourage our residents and visitors to visit and utilize many of the other parks throughout the community.

*Sincerely,  
Larry Gentile  
Township Manager*



1. Broomall Fields - site of Little League Baseball fields for Marple Little League



2. Green Bank Farm - Meadows/Pasture with a walking and hiking trail



3. Highland Avenue Park - a small park with a roller hockey rink, basketball court, and tennis backboard



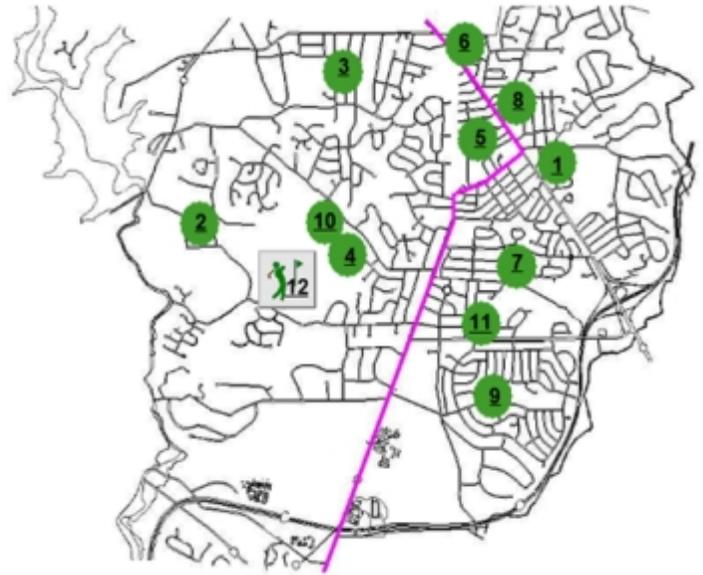
4. Kent Park - contains a playground area, a picnic area with barbecues, a gazebo with picnic benches, a stream, a paved walking trail, and tennis courts



5. Malin Road Tot Lot - same features as Kent Park



6. Marple Gardens - features a playground, picnic area with barbecues, basketball court, and youth baseball/softball fields.



7. New Ardmore Avenue Park - playground, picnic area with barbecues, basketball court, large fields, and creek



10. Thomas Fields - two Little League baseball fields, a Babe Ruth baseball field, two snack bars, a small playground, and trail to Kent Park



8. Old Marple School Park - playground, picnic area, walking trail, and sledding hill



11. Veteran's Memorial Park - large playground, walking trail, large field, entertainment gazebo, and restrooms



9. South Marple Little League - tennis courts, baseball / softball fields, and snack bar



12. Paxon Hollow Golf Course - An affordable 18 hole public golf course owned and operated by Marple Township



## EMERGENCY NOTIFICATION SYSTEM

I would like to remind residents about the importance of subscribing to the Townships Emergency Notification System. It is an essential service that provides information from our emergency management personnel so our community can be prepared for unexpected emergencies. In the event of an emergency that affects Marple Township, a subscriber who has provided us with their home and/or cell phone number(s) will be contacted via a live or pre-recorded voice message about the nature of the event as well as proper response actions that the public should

undertake. This service is provided by the Delaware County Emergency Notification System (DELCO ALERT), a strategic voice messaging system. Although the Township has provided Delco Alert with a general database of Marple Township home and business phone numbers, all residents are urged to subscribe to ensure that they receive proper emergency voice notifications.

To subscribe:  
<https://www.delcopa.gov/delcoready/informed.html>

Once again, our number one goal is public service and we see it as an honor and privilege to provide it to you. Should you ever need to talk with me personally, please feel free to contact me by telephone at (610) 356-4040.





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# MARPLE CIVIC YOUTH

## MARPLE CIVIC YOUTH LAUNCHES SUSTAINABILITY COMMITTEE *By Rachel D'Ambrosio*

Marple Civic Youth (MCY) is still going strong providing so much for our teens as well as for the community. It continues to attract Marple-Newtown teens in grades 6-12 to the organization. Marple Civic Youth currently has about 50 members, and is entirely run by an Executive Board of teens. Marissa D'Ambrosio the founder of MCY, now a Sophomore at the University of Pittsburgh, remains an active Board Member. The current Executive Board consists of 10 Marple Newtown High School Students, Presidents & Delco Community Park Chairs (Sumit Jani & Nick D'Ambrosio), Vice- Presidents (Alison Mezer & Rachel D'Ambrosio) Fundraising Chairs (Alison Mezer & Dani Sotomayer) Secretary (Olivia Dimos) Treasurer (Eva Karasavas) Community & Philanthropy Chairs (Mary Benko & Justine Rimple) Publicity & Social Media Chair (Nico Liberatore) The Parent Director is Demetra D'Ambrosio and Assistant Director Guiseppina Karasavas.

The main focus of the organization is to provide teens opportunities to develop leadership, citizenship, community service and friendship to one another and to the Marple-Newtown Community. We organize social activities and events for the club as well as for the community. We have wholesome activities such as camp fire nights, dog contests, outdoor movie nights, mental wellness retreats, dances and lots more. We volunteer at a variety of things such as Marple Day, NSPL Day, Elementary School Festivals, Library Teen Advisory Committee, Delco Park Committee, as well for other organizations outside our immediate community such as City Team.

MCY offers teens the chance to work with other teens that live in our neighborhood that we might not have met otherwise, as they can be in a different grade, school or social group. The MCY events provide us the platform to plan and interact with vendors and sponsors and professionals behind the scenes and then to facilitate the event itself. We problem solve and work together in our different ways, develop accountability, practice supervising peers, become more comfortable with public speaking, shaking hands with professionals, networking with banks and businesses, applying for permits, writing emails, making calls, learning how to delegate tasks, and how to plan and run meetings. We also get to see the whole process from having an idea to having it come to fruition and moving through the steps of how to make it possible. One major accomplishment we are very proud of is the new Delco Community Park will have a designated TEEN AREA that we campaigned to have.

Many of the board members like myself, have been part of MCY since middle school and are very passionate about what we do,

we have built confidence and our professional skills as we move towards college way too fast. We have many graduating seniors this year, and although bitter sweet, we wouldn't have gotten to know them as well or been able to have them as role models and close friends without MCY.

New this Spring, I have newly created the MCY Sustainability Committee, with 16 teen members.

This committee is important to me because sustainability is more than just recycling, it is about an attitude and philosophy of how everything in our environment is connected and needs help to be more balanced. A huge piece of my mission is to educate young students early and model ways we can take action in small ways and also in bigger ways to make a difference in our community and our world.

Some of our upcoming events and projects for Sustainability are a FREE Pre-School Earth Day Event on April 7<sup>th</sup> at 2pm at Veteran's Park. Our Teens on the committee will read a variety of stories to the children and have a discussion on what it means to take care of the earth and one another. Afterwards each child will plant a flower to take home.

On April 27<sup>th</sup> our MCY members invite the whole community to join in our first MS walk at Ridley Creek State Park. Encouraging people of all ages to come together to be outside in nature socializing, raising money towards a good cause, and seeing that it is better to be outside helping others and

enjoying the park instead of being inside on screens all the time.

Another project currently in motion and are very proud of is the creation and maintenance of the Children's Remembrance Memorial Rose Garden at Veteran's Park. I have been meeting with our Township Manager, Larry Gentile who was very eager to partner with us to approve and help implement our vision. We have sadly lost many children in our community over the past several years and it's difficult to express our deep sympathy. By creating this garden, we hope it provides a way to honor their memory and create a tangible presence that still grows and beautifies our world every day.

Our committee would like to dedicate the garden to: Luciano Reynolds, Benny Petransky, Matthew Wzorek, Michael Presser, Joanie Logan, Andrew Shelly and TJ Fite. If there are other children in our Marple-Newtown community that has passed away please reach out to us so we can include them. If anyone would like to donate to the Rose Garden Project, please Venmo @marplecivicyouth and put Rose Garden in the notes. We will have a dedication ceremony so please try to follow our social media, as we would love for all members of our community to attend.

Marple Civic Youth (MCY) is always having new events and programs so please follow us on Facebook at Marple Civic Youth and on Instagram @marplecivicyouth

Submitted by Rachel D'Ambrosio  
(age 16, Sophomore at MNHS)





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# INJURY PREVENTION

## WHAT IS CARPAL TUNNEL SYNDROME?

BY THE PHILADELPHIA HAND TO SHOULDER CENTER PHYSICIANS

Carpal tunnel syndrome is a common condition that causes pain, numbness, and tingling in the hand and arm. The condition occurs when one of the major nerves to the hand—the median nerve—is squeezed or compressed as it travels through the wrist.

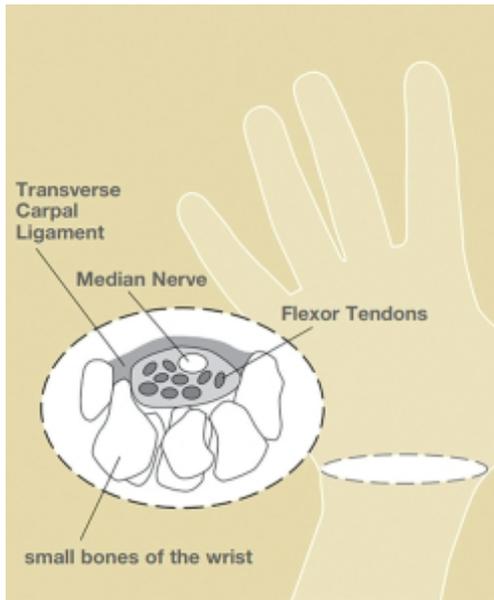
In addition to numbness and tingling, carpal tunnel syndrome can cause swelling, weakness, and night time pain. Patients sometimes describe dropping things unexpectedly and may have difficulty with buttoning shirts, tying shoelaces, or handling loose change.



### What causes carpal tunnel syndrome?

Carpal tunnel syndrome is frequently seen in individuals who develop swelling or inflammation in their hands. People who smoke, as well as those with connective tissue diseases, diabetes mellitus, and hypothyroidism, may be at greater risk. Repetitive work activities can also cause carpal tunnel syndrome.

The median nerve acts as an electrical wire between the spinal cord and the hand. The nerve passes through the carpal tunnel in the wrist along with nine tendons that bend the fingers. When the tendons in the



wrist become swollen and inflamed, the median nerve can become compressed by the transverse carpal ligament (see figure), leading to carpal tunnel symptoms.

Early on, symptoms commonly occur during sleeping hours. In more advanced cases, the symptoms can become problematic during waking hours. Many sufferers describe symptoms with benign activities, like reading the newspaper or driving a car.

### What can a hand surgeon do to help?

A hand surgeon can order special nerve tests to verify the extent of the problem. Custom wrist splints are helpful for early stages of carpal tunnel syndrome. These splints are worn at nighttime to relieve pressure on the median nerve and to prevent the wrists from bending during sleep.



Cortisone injections often provide excellent relief from symptoms. Unfortunately, symptomatic relief is only temporary, and most people experience a recurrence of symptoms after 3-4 months.

For chronic or more advanced cases, carpal tunnel surgery is often recommended as the best course of treatment.

### What can I expect from surgery?

Surgery provides more space for the median nerve and relieves pressure on the median nerve and tendons. This procedure is typically done under light sedation and local anesthesia and usually takes only minutes to complete.

While there are several different approaches to performing carpal tunnel surgery, usually a 1/2 inch incision is made near the wrist and use of a camera to release the tunnel under direct visualization. This minimally invasive approach minimizes discomfort following surgery and allows patients to return to activities more quickly. Over 95 percent of patients improve dramatically following surgical intervention, with most returning to daily activities within days. Many patients can resume heavier job-related activities after 2-4 weeks.

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# Marple Newtown School District



## A NEW ERA IN LEARNING: CULBERTSON ELEMENTARY EXPANSION

On March 12th, our Board of School Directors, Administration, Teachers, Architect, and Construction Project Manager, gathered for the ceremonial ribbon-cutting event, marking the official opening of Culbertson Elementary School's new wing. Board President Matt Bilker opened the ceremony by sharing his gratitude and thanking all who were instrumental in getting this project to the finish line. Board Directors and Culbertson parents, Lisa S. Pacell and Dana Altobelli, had the honor of cutting the ribbon during this significant occasion. The new space has added four 5th-grade classrooms, two special education classrooms, an English Language Learner classroom, and a reading specialist room, as well as storage. This event is a milestone in the ongoing journey of Culbertson Elementary School's commitment to providing an enriched learning environment for all its students.

**JOIN OUR TEAM: SCHOOL DISTRICT EMPLOYMENT OPPORTUNITIES AVAILABLE NOW**

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SCAN ME

## MNHS NATIONAL MERIT SCHOLARSHIP FINALIST

We are proud to announce that Sarah Koh, one of our exceptional students at Marple Newtown High School, has been named a National Merit Scholarship Finalist! This prestigious accolade reflects Sarah's outstanding academic abilities and dedication to excellence. Sarah's impact extends far beyond the classroom. She generously volunteers her time throughout our community, embodying the spirit of service and compassion. Additionally, Sarah is deeply involved in various school-related activities, contributing her talents and leadership skills to enrich our school community. Join us in applauding Sarah for her outstanding achievements, both academically and in service to others. She truly exemplifies the values of dedication, leadership, and kindness.



## MNHS MOCK TRIAL: BEST SEASON IN TEAM HISTORY



Congratulations to the MNHS Mock Trial team led by their advisor Dr. Michael Karpyn, for completing its most successful season in team history! Mock Trial is a statewide competition sponsored by the Young Lawyer's Division of the Pennsylvania Bar Association. Beginning in November, the team members began to prepare the criminal case of *Commonwealth of Pennsylvania v. Addison Booker*, developed by the attorneys from the Bar Association. This preparation required students to take on the roles of attorneys and witnesses, analyzing witness statements and evidence, writing direct and cross examinations and readying each side of the case for courtroom trials against other local high school schools at the Delaware County Court of Common Pleas in Media. Mr. Matthew Bilker, the team's Advising Attorney, provided countless hours of expert guidance on the legal and evidentiary issues in the case and courtroom strategies as the team prepared for competition. The team's season ended with a tightly contested 3-2 loss to county finalist Delco Christian. Lexi Montelone and Gracy Kaur took the honors as Best Attorney and Best Witness for MNHS.

### MNSD Represents at PMEA District Chorus Fest



Join us in congratulating our students on their outstanding performances at the PMEA District 12 Chorus Fest events. These talented students dedicated themselves to months of diligent preparation and their commitment shone brightly. Their hard work, enthusiasm, and musical talent were truly showcased bringing pride to our community and joy to all who witnessed their performances.

### MNHS Hi-Q Team: Celebrating Excellence & Team Achievement



Delco Hi-Q is the nation's longest continuously running academic quiz competition for high school students. Twenty-one Delaware County high schools participate in Hi-Q. Each team competes in three regular season contests where students answer questions prepared from fourteen academic categories, and the teams' cumulative total points determine playoff positions. This year, the Marple Newtown Hi-Q team finished the regular season in 2nd place, just 1 point behind the winning team and was invited to host a playoff competition. We are so proud of our students, especially the seven graduating seniors who will be greatly missed, and their advisor Mrs. Liz Landes. The remainder of the team looks forward to riding this momentum into the next season.

# LIBRARY NEWS

## Legacy Tree Mural at Marple Library

On February 24th we held the mural dedication of our Legacy Tree in honor of Anne P. Burke. Anne's love of our library, learning and most importantly her family are the inspiration for this mural. The mural honors the many memories with her family in our library while offering an opportunity for the community to support Marple Library's future.

Thanks to this gift, patrons can now sponsor a cardinal or leaf in honor of a loved one or special occasion. For more information, please contact Christina at [mamarketing@delcolibraries.org](mailto:mamarketing@delcolibraries.org). We thank the Burke family for choosing to remember their mother and grandmother in this lovely and remarkable way.

The mural was hand painted by Eurhi Jones. Her vibrant Children's Garden has also brought joy and wonder to our Children's Department. The family of Victoria "Vicki" Gerstenfeld dedicated the mural in honor of her love of and years of service to the community and Marple Library.

Please continue to check in for updates about programs, services and ways you can support our Library on Facebook, Twitter, Instagram and our website, [marplelibrary.org](http://marplelibrary.org). Thank You and Happy Spring!



# POLICE CHIEF MESSAGE

With summer upon us I hope we can all decrease our screen time and increase our focus on the things that make us happy — Outdoor activities, family vacations, kids' sporting events, day trips, reading, and neighborhood gatherings around the fire pit. As you immerse yourself into those stress-relieving activities, always keep in mind those little things that, if you do them habitually, will help you keep the stress to a minimum:

- **ALWAYS** lock your car doors and keep valuables out of sight.
- **ALWAYS** lock the doors and windows of your home (even when you're there), especially when you're distracted doing yard work or BBQing out back.

Whether you're at home, the grocery store, the beach, the baseball game, or in the car, **ALWAYS** be aware of your surroundings. You'll be amazed at not only what you see but who might notice you being aware. Though you will likely never know it, doing all these things will discourage and prevent

crimes of opportunity and drastically reduce your chances of being a victim.

Please continue to help us help you by reporting crimes, things or people that don't seem right, and quality of life issues. Our officers are engaged and proactive but cannot see and know all. If it's happening



now, call 911. If it already happened, call 911 or stop in our HQ to speak with an officer. The men and women of the Marple Township Police Department remain committed to the highest degree of public service, training, and education. The goals of this police department are identical to those of the Marple community — a safe, secure Township where families, schools, and businesses can thrive together.

Stay informed about what we're doing and what's going on in town by subscribing to our website: <https://delaware.crimewatchpa.com/marpletwppd> and by following us @marplepolice on Facebook, Twitter, and Instagram. From all of us here at Marple Township PD - Thank you for your continued support and Happy Summer!

Brandon M. Graeff  
Chief of Police



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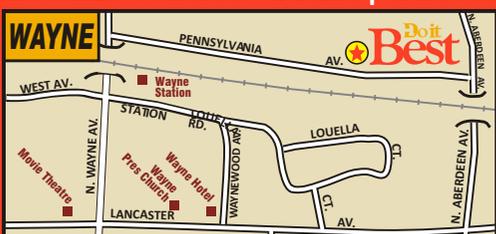
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# SCAM PROTECTION



## The Check is NOT in the Mail

**Why thieves want your checks and how you could stop them.**

Have you ever sent a check that was cashed, but the recipient said it never arrived? You may be the victim of check washing. Check washing scams involve changing the payee names and often the dollar amounts on checks and fraudulently depositing them. Occasionally, these checks are stolen from mailboxes and washed in chemicals to remove the ink. Some scammers will even use copiers or scanners to print fake copies of a check. In fact, Postal Inspectors recover more than \$1 billion in counterfeit checks and money orders every year, but you can take steps to protect yourself.

### 1. Pay your bills online.

As long as you're not on a public WiFi connection, paying bills online is safer than a check through the mail, since your bank account and the payment systems for your bills are encrypted.

### 2. Deliver your mail to a post office.

Don't leave envelopes containing checks in your own mailbox or in outdoor USPS collection boxes after the last pickup time. Instead, take your letter to the nearest post office during business hours and either hand it to a clerk or slide it through the outgoing mail slot inside the building.

### 3. Use a pen with blue or black non-erasable gel ink.

Gel ink soaks into paper and may be more difficult to remove than ballpoint pen ink, according to authorities.

### 4. Don't let delivered mail sit in your mailbox.

Grab your mail every day, as close to the delivery time as possible. If you'll be away, ask a trusted friend to collect it or have the post office hold it until you're back home.

### 5. Monitor your bank account.

Don't wait for your monthly statement. Go online every few days to review account balances and look at checks drawn against them.

### 6. Report incidents quickly.

Contact your bank as soon as possible after suspicious activity; banks are generally required to replace funds stolen via fraudulent checks, but only if the scam is reported within 30 days of the date of your bank statement. Also, contact the U.S. Postal Inspection Service and credit reporting agencies.

## Personal Safety Tips

- Don't leave your wallet or purse in your car at any time—it's too tempting a target for thieves
- Don't leave a purse or bag unattended in a market—secure bag handles in the child seat with the seatbelt, but don't walk away from your cart
- Keep cars locked even in your own driveway—unlocked cars are being entered in driveways
- Advise your alarm company of your cell phone number as well as your home number; if you're on vacation, they'll be able to reach you as well as reach the police or fire department



## Beware of Social Security Phone Scams



Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

**If you receive a suspicious call:**

**1. HANG UP!**

**2. DO NOT GIVE MONEY OR PERSONAL INFORMATION!**

**3. REPORT THE SCAM AT [OIG.SSA.GOV](http://OIG.SSA.GOV)**

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## HEALTH & WELLNESS

### What you need to know about thyroid nodules

The thyroid—the butterfly-shaped gland in the lower front of the neck—secretes hormones that play an important role throughout the body, from regulating metabolism, weight and temperature to controlling how fast our heart beats. But sometimes, cells in the gland grow abnormally and develop into lumps called nodules. In fact, women are four times as likely as men to develop one or more thyroid nodules.

#### You might not know you have them

Thyroid nodules are extremely common, but because these masses typically do not cause symptoms, most people are unaware they have them. Occasionally, nodules that grow too large can cause difficulty swallowing and, in rare cases, they can interfere with breathing.

“Although some nodules can be felt in the neck, many can only be detected through imaging,” explains Amit Bhojwani, DO, otolaryngologist and head and neck surgeon with Main Line Health. “In fact, thyroid nodules are commonly found by accident while testing for other concerns.”

Experts are unsure what causes thyroid nodules. However, they are more prevalent in people who have had radiation to the neck as well as those with a family history of thyroid cancer. Hashimoto's thyroiditis—the most common form of hypothyroidism—is linked to greater risk of thyroid nodules. And they are increasingly common with age.

#### They can be harmless

Although it can be distressing to learn you have a thyroid nodule, keep in mind that the vast majority of nodules are not



cancerous and do not affect thyroid function. If you learn you have a thyroid nodule, however, it's important to have it checked.

Typically, your primary care physician or endocrinologist will order an ultrasound of your thyroid to evaluate its size, location and other characteristics. Based on the results, your physician may simply monitor the nodule for any changes with periodic ultrasound tests. If the nodule is suspicious, you may be referred for biopsy to determine if it is cancerous.

#### Treatment is available

No one wants to learn they have cancer. But thankfully, thyroid cancer is typically slow-growing and treatment is highly effective.

“Thyroid cancer is not only very treatable, but often also curable,” says Dr. Bhojwani, who specializes in surgical treatment of thyroid cancer. “Main Line Health has an experienced multidisciplinary team of

specialists who can care for patients with thyroid cancer close to home.”

Dr. Bhojwani and team work together to determine the best treatment plan for thyroid patients. This usually includes removing part or all of the thyroid gland and possibly surrounding lymph nodes. Additional treatment may include the use of radioactive iodine.

“It's important to be aware of nodules, if you have them, and take action if you are diagnosed with cancer. We are here to help.”

#### Help for head and neck issues

Main Line Health's ENT (ear, nose and throat) experts—more formally known as otolaryngologists—treat and manage a wide range of conditions, from hearing loss and balance problems to voice disorders, swallowing issues and more. Visit [mainlinehealth.org/otolaryngology](http://mainlinehealth.org/otolaryngology) for information.

### April is Head and Neck Cancer Awareness Month

It is estimated that more than 650,000 new cases of oral, head and neck cancer were diagnosed worldwide last year. Unfortunately, many individuals are not aware of their cancer until it has reached an advanced stage. Alcohol and tobacco use as well as infection with human papillomavirus (HPV) are risk factors for head and neck cancers.

Main Line Health will host a head and neck cancer screening this spring. To learn more about head and neck cancer treatment at Main Line Health and the screening event, visit [mainlinehealth.org/hnc](http://mainlinehealth.org/hnc).



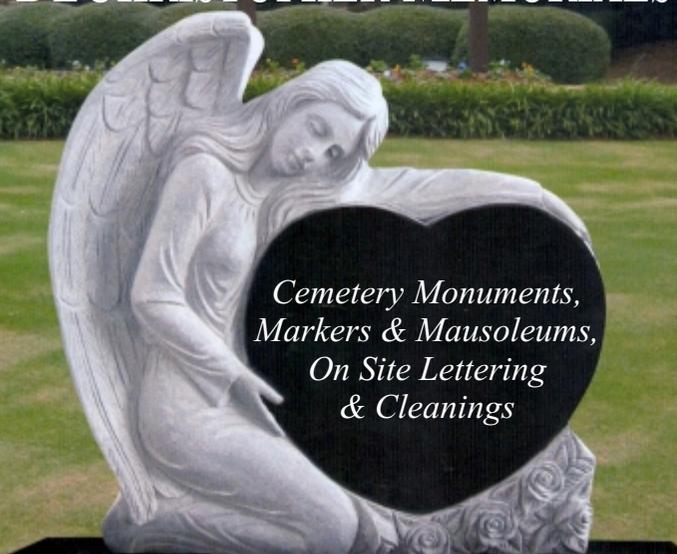
Dr. Amit Bhojwani



### About Dr. Bhojwani

Amit Bhojwani, DO, MS, MBS, FACS, is a board-certified otolaryngologist-head and neck surgeon with fellowship training in head and neck cancer, microvascular reconstruction and robotic surgery. Dr. Bhojwani provides care for the full spectrum of general otolaryngology conditions, but he has a passion for providing personalized, comprehensive care of patients with head and neck tumors. These conditions include oral and throat squamous cell carcinoma, skin cancers, thyroid and parathyroid tumors, and salivary gland tumors.

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# STORMWATER MANAGEMENT

## Swimming Pool Owners Responsibilities to Protect Local Streams

Every year, there are fish kills in our local streams due to the discharge of water that has not been fully de-chlorinated to storm drains. Pennsylvania's Clean Stream Law prohibits the discharge of any swimming pool water without a permit. However, it has been the DEP's policy not to require permits for discharges from single resident pools provided the guidelines outlined below are followed. Please check if your municipality allows discharges to sanitary sewers.

Residents and property managers who drain water from swimming pools need to be aware of ways to minimize environmental impact from pool water which contains chemicals that may be harmful to the environment.

- Standing water or accumulated rain and/or pool water from the previous season

should be pumped from the top so as not to disturb settled solids. Solids on the pool bottom should not be discharged. Following pump down of water, solids should be cleaned out manually.

- Leave the water in the pool at least one week without chlorinating prior to draining.
- Please test the pH and chlorine residual of the water to be discharged. Drain the pool only when a test kit indicates no detectable chlorine levels, and a pH level between 6.5 and 7.8.
- If your pool contains algae or a black film of organic matter, collect it and compost it. This water may also contain low dissolved oxygen or have elevated temperatures, so please discharge over a grassy area to avoid it from reaching storm drains.
- Never drain pool water directly into a stream, pond, or other body of water. Pump pool water out over an open area, such as a lawn, at a rate slow enough so that is absorbed and does not reach the



stream or storm drains. Avoid drainage paths that may spill water onto neighbors' properties.

- Properly store pool chemicals to prevent leaks and spills, and follow the instructions on labels for disposal.

By following these simple steps, you can help ensure that your pool will not only provide months of summer fun, but will also leave minimal pollution to our precious natural water supplies.

### Spring tips for managing stormwater on your property:

- 1. Plant native plants!**  
Native plants provide biodiversity and require less maintenance and water to thrive.
- 2. Mulch your grass clippings!**  
Grass clippings are a source of nitrogen fertilizer. Let them decompose on your lawn and **NEVER** leave them in the street.

- 3. Use chemicals sparingly!**  
When spreading fertilizer, use it sparingly to ensure the excess does not overflow into the runoff when rain comes.
- 4. Pick up pet waste!**  
Pick up, bag, and dispose of pet waste properly to prevent unhealthy bacteria from flowing into local waterways.

### Summer tips for managing stormwater on your property:

- 1. Wash your car at a car wash!**  
When you wash your car on the driveway or the street, grease, soap and oil can wash into the streams and creeks.
- 2. Never dump anything down stormwater drains!**  
Remember that storm drains empty into local waterways without being treated—whatever

- enters storm drains will flow into streams and creeks.
- 3. Direct downspouts over porous, not paved surfaces!**  
When possible, direct downspouts into garden beds, your lawn or consider installing a rain barrel.
  - 4. Raise your mower height!**  
Raising your mower height to at least 3 inches will slow the flow of water over your lawn and allow it to absorb more rain water.

## SEWER BACKUPS

**Sewer backups and flooding** can cause devastating property damage and are not covered by standard homeowners' insurance policies. The majority of these claims are the responsibility of the property owner. Sewage from sanitary sewer lines occasionally back up into houses through drain pipes. These backups not only cause extensive water damage that is difficult and expensive to repair, but also create health hazards.

**Marple Township is not responsible for damages caused by sewers, drains and sump pumps except under limited/special circumstances provided by the Pennsylvania Political Subdivision Tort Claim Act.**

Property owners must be aware that they are responsible for the maintenance and repair of their private sewer lateral from their dwelling to and including its connection to the Township sewer main. Owners should also review their Flood and Sewer Backup insurance coverage with their agent/insurance companies in order to properly protect their personal property.

**Please pay particular attention to the following coverages:**



### Coverage for Sewers, Drains and Sump Pumps:

This valuable coverage is **not** included under your standard homeowner's policy, But can be purchased by endorsement by a rider for an additional premium.



### Flood Coverage:

Flood coverage is **not** included under your homeowner's policy. However, flood insurance is available under the National Flood Insurance Program (NFIP) and can be obtained through your insurance agent or broker.

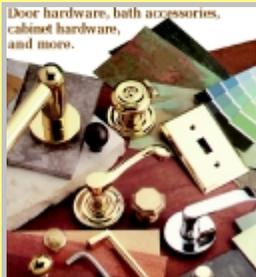
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# LAWN MAINTENANCE

## Mowing and fertilizing your lawn just got a whole lot easier...

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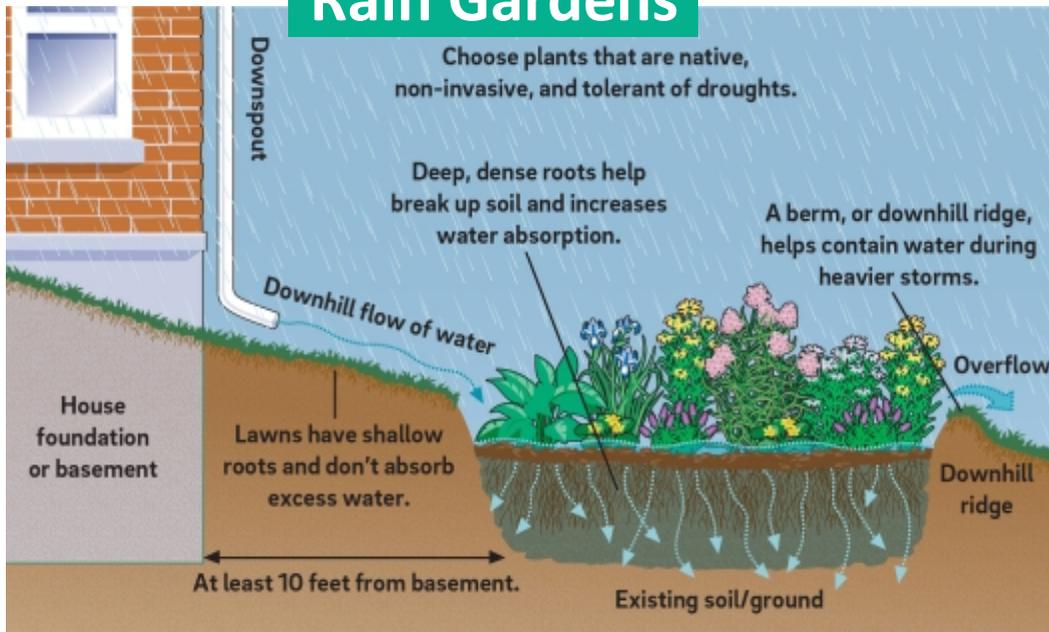
- Mow to a height of 2½ to 3 inches.
- Mow only when grass is dry.

If you think your lawn may need additional fertilizer, test your soil first. Contact PSU Extension to order a cheap and easy soil test kit (Delaware Co. — 610-690-2655).

Message from CRC Watersheds Association and the CRC MS4 Education and Outreach Partnership.



## Rain Gardens



Rain gardens are shallow, planted depressions that are designed to absorb water from your roof, allowing it to drain directly into the soil. Typically, a downspout from your home is diverted toward the rain garden. This can prevent hundreds of gallons per year from entering the stormwater system. Rain gardens are one of the most cost effective ways to manage stormwater runoff and can be a beautiful addition to your existing landscape design.

### Rain Gardens Tips

- Check your soil first! Rain gardens require well-draining soil.
- Rain gardens must be planted at least 10 feet from any below-ground basement.
- Rain gardens can be designed to suit your landscaping preferences by using a variety of native, perennial plant species.
- This is not a vegetable or herb garden. Rain gardens are designed to absorb stormwater and filter out pollutants—not for growing food.

Philadelphia Water HSH v 1.0

## 2024 MARPLE TOWNSHIP LEAF COLLECTION

Starting Monday, October 28<sup>th</sup> and ending Friday December 20<sup>th</sup>

***THIS IS A TENTATIVE SCHEDULE - SUBJECT TO WEATHER***

Week of October 28 .....Wards 1-2-3-4

Week of November 4 .....Wards 5-6-7

Week of November 12.....Wards 1-2-3-4

**\*(No Leaf Pick Up November 11)**

Week of November 18.....Wards 5-6-7

Week of November 25.....Wards 1-2-3-4

**\*(No Leaf Pick Up November 28 or 29)**

Week of December 2 .....Wards 5-6-7

Week of December 9 .....Wards 1-2-3-4

Week of December 16 .....Wards 5-6-7

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**Reminder: \*NO LEAF PICK-UP - November 11, 28 & 29 - TOWNSHIP OFFICES CLOSED**

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### Solar the Easy Way

#### Solar PV Tax Credits Supercharged

Home solar tax credits went up to 30% for 2023 and beyond making solar payback even better. Non-profits can now also benefit and get a direct 30% federal rebate for installed solar systems.

**2024 Deadline to sign up for 2024 installation is Sept 30, 2024!**

### Solarize DelCo Group Pricing

Residents, non-profits and businesses in Delaware County Email us at [solarizedelco@gmail.com](mailto:solarizedelco@gmail.com) with name, address and phone number and we can help you assess whether the Solarize Delco program with vetted vendors and a significant discount over market rates is right for you.

### Low Income Grants and Leasing Options

Options: Income qualified homeowners can apply for a grant (up to \$5,000) while funds last or take advantage of our partnership with a vetted leasing firm that can reduce monthly bills by a combination of Solar PV and weatherization. Solarize Delco can help you decide what is best for you.

### Who are we?

Your neighbors, an all volunteer non-profit providing education, unbiased information and an easier path to putting solar on your home, business or house of worship. We can help Houses of Worship and other non-profits find sources of funding as well. More info at [www.solarizedelco.org](http://www.solarizedelco.org). Search Solarize Philly and Solarize SE PA for programs outside of DelCo.



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Solarize Delco is a non-profit 501(c)(3) dedicated to advancing solar power adoption. We are run and staffed by unpaid volunteers and Solarize derives its budget from a small fee from the Solarize Delco contractors based on the kW solar capacity installed under the program. Donations are welcomed as well!



Neighbors helping Delaware County Homes, businesses, governments, non-profits and house of worship install Solar Power Systems at a discount from a vetted contractor(s).

- **EASY** – We assess solar suitability, inform & answer any questions
- **HASSLE FREE** – When you commit, you contract with vetted installers, and we can help with any issues
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Who is eligible? Everyone! (Residents, businesses, houses of worship, nonprofits, and governments)

### How does it work?

- **Step 1:** Save your power bill and go to <https://solarizedelco.org/> or email [solarizedelco@gmail.com](mailto:solarizedelco@gmail.com) and set up a consult to see if solar is right for you. We assess how much electricity you can generate, answer any questions you have and help you decide if solar is right for you.
- **Step 2:** Enter your email on our webpage and complete our survey that will be emailed to you.
- **Step 3:** A solarize volunteer will follow up to review, educate, answer questions and send referrals to one of our contractors.

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- Peco commercial rebate \$0.10 per kWh for 1st year of production
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- monthly \$1,000 raffle (one winner per month), paid to contractor, towards installation through Solarize
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### Solar for your home Webinar April 18th at 7pm [virtual]

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# PET HEALTH & WELL-BEING

## How to keep your dogs and cats safe in the car



**Dogs and cats** may need to be transported in the family car, for short trips, such as to a veterinary appointment, or the local park. Or longer trips, such as family vacations. Proper pet car safety will ensure that everyone can enjoy a trip while staying safe.

### Restraint and Positioning

It is safest to keep a cat or dog in the back seat during car travel. An airbag in the front seat that deploys in a collision can severely harm a pet whether they are in a carrier or not.

There are several ways to reliably restrain a dog or cat in a car. In general, the safest way to secure a pet is in a crate or carrier. However, crates can break or bend during a collision, and it's important to pick one with high safety ratings. A good resource is the Center For Pet Safety. Other restraint devices for dogs include harnesses, car seats, or hammocks. These devices can vary in safety and reliability of tensile strength in straps and buckles. Researching safety ratings and reviews are helpful in picking a device.

### Temperature Safety

It's vital to keep a dog or cat in a safe temperature during car rides. Pets can overheat easily as their fur keeps them well insulated, and they have limited sweat glands. Therefore, it's important to keep the air conditioner running in the car when the



weather is warm, and they should not ride extensively in direct sunlight. Dogs and cats should never be left unattended in a closed car when the temperature outside exceeds 60 degrees. The interior of a car can heat up quickly and can be extremely harmful or even fatal to pets. During cold weather, the heat should be turned on.

### Planning ahead

Pre-existing health issues should be taken into consideration when deciding if a car ride is safe for a pet. While a veterinary visit is important for an ill animal, a lengthy car ride can put a sick dog or cat in danger. Frequent stops are helpful, as a dog can walk around and eliminate outside, and take a drink of water, and a cat can be offered water.

### What not to do

A pet should not go for a car ride without identification. In the event of an accident, or a door kept open too long, a dog may run away. Therefore, they should have a collar with an ID tag, as well as a microchip implanted. While a cat usually stays in a crate for a car ride, the crate should be labeled with their information. If a cat is taken out during the ride they should have a collar or harness on with an ID tag.

A dog should never be able to hang their head out the window during car travel, as they can get injured or fall out of the moving vehicle. As a reminder, a pet should never ride on an owner's lap. Additionally, a pet should not be fed while the vehicle is moving, as they are at risk of choking.

With proper preparation, car rides for dogs and cats can be safe. If an owner is not sure how to proceed, they should contact their veterinarian with questions.



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## Lyme Disease Quicksheet



### Background

Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi* which is spread by ticks. Lyme disease is very prevalent in the northeast. Pennsylvania regularly reports more Lyme disease cases than any other state.

### How Lyme disease spreads

Lyme disease spreads when a tick bites you and is attached for 36 to 48 hours. Lyme disease cannot be spread person – to – person but can be transferred to a child in utero.

Ticks can attach to any part of the body, but prefer hard to see areas such as the groin, armpits, and scalp.

### Symptoms

Although Lyme disease is rarely life-threatening, early diagnosis and proper antibiotic treatment is crucial to prevent severe disease. Lyme disease symptoms include:

- Bullseye rash, called erythema migrans
- Fatigue
- Chills and fever
- Headache
- Muscle and joint pain
- Swollen lymph nodes



The bullseye (erythema migrans) rash can vary widely on different skin tones

### Prevention

To prevent Lyme disease:

- Use insect repellent containing low concentrations of diethyltoluamide (DEET) on clothing and exposed skin
- Wear light colored clothing so ticks can be seen more easily
- Wear long sleeves, long pants, and a hat
- Tuck pants into tall socks and shirt in to pants
- Walk in the center of trails to avoid tall brush
- Check for ticks daily, especially after outdoor walks

### How to remove a tick

If you find a tick attached to your skin, you want to remove it as soon as possible.

1. Grasp the tick as close to the skin's surface as possible using clean, fine tipped tweezers
2. Pull upward with steady, even pressure. DO NOT twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers
3. After removing the tick, clean the area and your hands with rubbing alcohol or soap and water
4. Dispose of the tick by:
  - a. Flushing it down the toilet
  - b. Placing it in a sealed bag/container, or
  - c. Wrap it tightly in tape

**Follow-up** with your doctor if you develop a rash or fever within several weeks of removing the tick



For general information and assistance, contact the Delaware County Health Department Wellness Line  
Phone: (484)-276-2100 (Available 24/7) • Email: [DelcoWellness@co.delaware.pa.us](mailto:DelcoWellness@co.delaware.pa.us)

[delcopa.gov/health](http://delcopa.gov/health)  /DelcoHealth  /DelcoHealthDepartment  @DelcoHD

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# ART & CREATIVITY

## Art goes to work!

By Laurie Lamont Murray

We've talked about art from so many directions in this column...how to look at art online, in galleries and museums, building an art collection, hanging and grouping art, workshops and classes near and afar...but art in the workplace hasn't come into play.

It's a timely subject, since managing people who work remotely has worn thin with many employers. Prompted by the expense of unused office space, this disconnect created by people coming and going and — yes — concerns about productivity, many businesses have adopted a 'return to the office or else' mentality.

Many people feel that working from home means spending long hours at a place where they actually wanted to be. To bring people back to work and keep them there, management needs to provide a work culture which values its employees and its clientele. Beyond policies and payroll, a comfortable, aesthetically pleasing environment which includes art is one of the quickest and most effective ways to accomplish that goal.

It's important to recognize the thousands of people whose work in restaurants, hotels and businesses which cater to and rely upon walk-in trade didn't have the option of working remotely. Many survived by creating new business models, and their stories are often amazing.

To think about art's impact on productivity I'll draw upon my years as a commercial interior designer, creating office spaces, medical facilities, restaurants and boutique hotels and I'll also summarize from the extensive research that has placed a high value on art in the workplace.

### Art for the workplace

So what kind of art are we talking about? For the most part, paintings and photography are found in work environments, with sculpture and murals in larger installations like corporate headquarters, hotels and restaurants. Style, medium and subject matter can be chosen to reflect the nature of the business and can also vary throughout the available space. Original artwork is often reserved for areas where visitors congregate, and prints, which are less expensive and can be changed easily, work well in other areas. There may be some benefit to allowing employees to choose art for their specific areas.

### Storytelling for Brand

Art can reinforce identity and instill a sense of pride and well being for employees, clients and future prospects alike. In key public areas such as lobbies, reception areas and conference rooms, art makes a statement about the company's values. For example, art that relates to regions around the world communicates a global outreach. Exhibiting local artists and landmarks

highlights the local culture and provides support to the community. Or, art can commit to a specific concern for the environment, or a focus on health, for example. In this way, what goes on the walls conveys a sense of style and priorities, giving life to the corporation's unique story. Art in restaurants adds authenticity to the overall design and the cuisine. In hotels, it celebrates a city or country, provides insights to its traditions and culture and provides a form of entertainment for guests to learn from and enjoy. (Fran Gibson's painting, *On My Way Home*, shows a love of local community.)



Fran Gibson, *On My Way Home*

### Humanizing, Defining and Way-finding

Art adds warmth and interest in what might otherwise be a somewhat sterile place to spend the workday. It can help define the overall space, providing the directions needed for finding one's way around, and perhaps even creating a sense of what happens in the various areas of the business environment.

### Benefits Employees

The impact of art on employees has been studied from multiple directions. It goes without saying that workplaces can be stressful, even exhausting. In communal areas such as break rooms, meeting and flex spaces, art has been found to be restorative. Workspaces which include art in a carefully planned interior design can give employees a sense of well being. When art reflects a business brand in an engaging way, it is likely to instill pride and a sense of belonging. The message that this is a place where people can thrive improves productivity and morale. (Margie Quint's *Poolside* gives everyone a vacation to look forward to.)



Marjie Lewis Quint, *Poolside*

### Stress Reliever

Studies show that just looking at art can decrease stress hormones, providing a sense of calm that improves concentration. Restoring mental energy is particularly important in healthcare facilities to distract from pain, anxiety and fatigue. Throughout America's workforce, where 25% of employees report feeling chronically angry at work, art has the added benefit of reducing levels of stress, frustration and aggressive behavior. This is particularly true of landscapes, and meditative compositions filled with calming colors. (Thinking about a walk in the Austrian Alps is a stress reliever! Quaritsch Photography)



Quaritsch Photography

### Inspires Creativity

As might be expected, vibrant colors and designs are energizing, enhancing creativity and inspiring brainstorming and creative collaboration. Or just making people feel happy. (Sandi Neiman Lovitz 'joy-filled paintings like *Cosmic Connection* are productivity-boosters.)



Sandi Neiman Lovitz, *Cosmic Connection*

### Icebreaker

Like it or hate it, what is hanging on the walls can spark conversation among people who might not have talked to each other otherwise. It has been suggested that this is especially true for younger workers whose communication is more tech centered than verbal. At any rate, art can be a vehicle to open minds and challenges people to see things a bit differently. This is how learning takes place and it translates to more effective work.

Every work of art offers the viewer a sense of the long hours and hard work that went into its making. The message is clear: *Persevere and have courage*. By doing what they love, artists demonstrate their passion and perhaps it can be contagious!

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