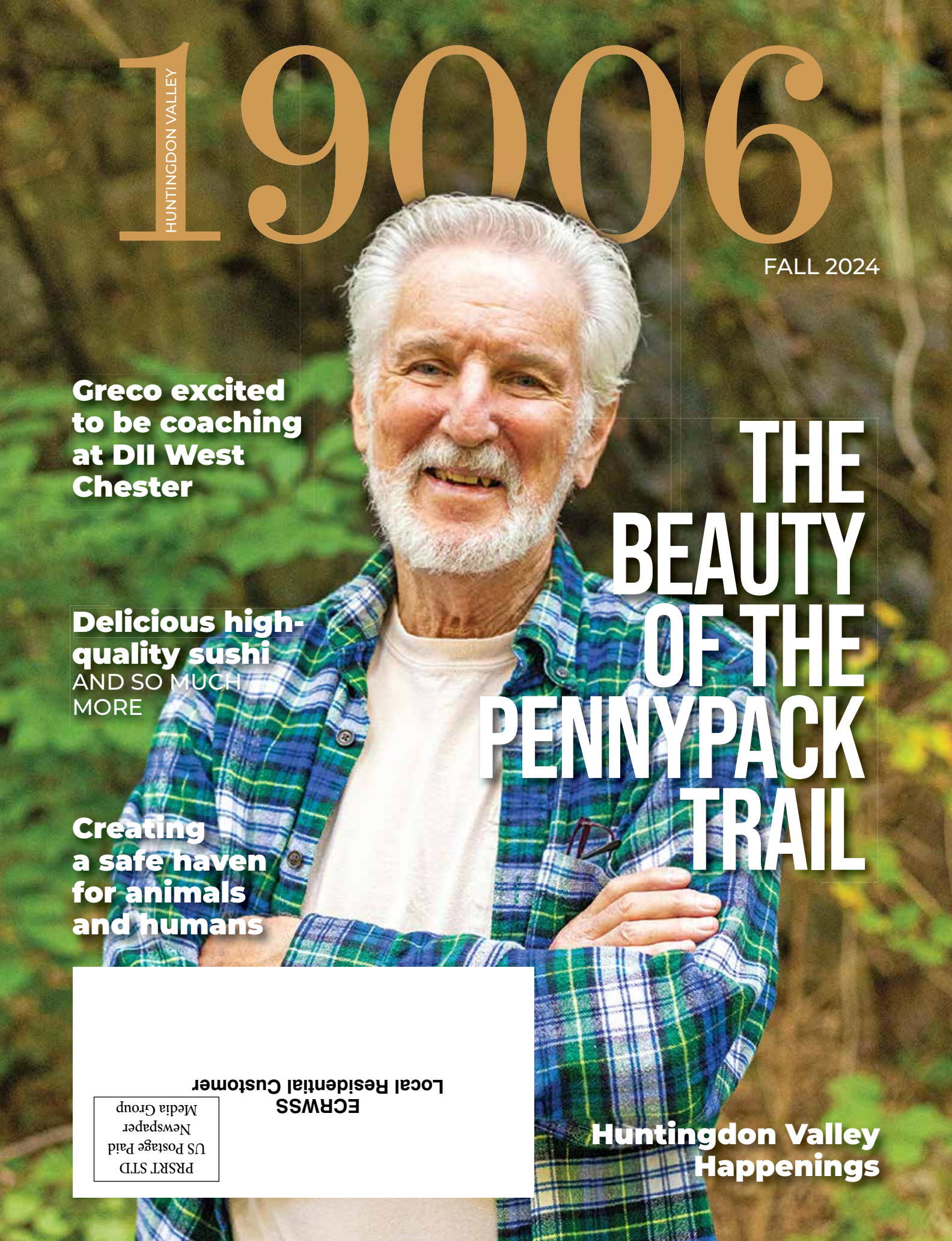
HUNTINGDON VALLEY
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FALL 2024



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FALL 2024

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In this Issue:

Greco excited to be coaching at DII West Chester 4

The Beauty of the Pennypack Trail 6

Delicious high-quality sushi and so much more 9

Creating a safe haven for animals and humans 13

Huntingdon Valley Happenings 14

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GRECO EXCITED TO BE COACHING AT DII WEST CHESTER





Story By **Tom Waring**
Photos By **Jamie Stow**

Duke Greco had a great thing going at Delaware Valley University, his alma mater.

After an outstanding career playing football, he coached at Division III Del Val for 22 years, including 10 as head coach.

Greco's Aggies were perennial conference champions and playoff teams, and he worked for two decades with College Football Hall of Famer Bill Manlove, a Del Val consultant/assistant.

"I love Del Val," Greco said. "It was a really, really good run. It was a great experience."

Last offseason, though, Greco was presented with a chance he couldn't turn down. The job at Division II West Chester opened up, as Bill Zwaan retired. Zwaan coached the Golden Rams for 21 years, building them into a winner.

In January, West Chester announced Greco as its new coach. The Golden Rams opened the season with three non-conference games before opening Pennsylvania State Athletic Conference play Sept. 28 at Bloomsburg.

"It's exciting," Greco said. "I feel really good they gave me the opportunity."

Greco has wanted to be a coach since he was 14, when he began playing for Lower Moreland High School under coach Mark Mayson. He was a quarterback for the Lions, graduating in 1996.

At Del Val, he began playing as a defensive back before moving to quarterback, starting for two years. In 2001, he established school records with 2,405 yards passing and 28 touchdown passes, and also ran for five TDs. He played some in Italy before returning home to start his coaching career.

Greco, who graduated from Del Val with a degree in sports management, was an assistant coach with the Aggies from 2002-13, serving under G.A. Mangus and Jim Clements. The Aggies had a 2-8 record in '02, but haven't had a losing season since.

Greco's stint as an assistant included time as offensive coordinator. He coached Mike Isgro, a star quarterback who later became his assistant at Del Val and was named his successor as head coach.

In 2014, Greco succeeded Clements as head coach at Delaware Valley when Clements left for Kutztown.

Greco coached Delaware Valley from 2014-23 (no season in 2020 due to COVID). He compiled a record of 91-15 record, winning six Middle Atlantic Conference championships and advancing three times to the NCAA Division III quarterfinals. The Aggies had won 54 consecutive MAC games until a Sept. 21 loss to Stevenson (Maryland).

Greco was sad to leave.

"I loved my time with Del Val," he said.

see GRECO *page 5*

GRECO **19006**

from page 4

"We kept building and were fortunate to get the right type of kid in there."

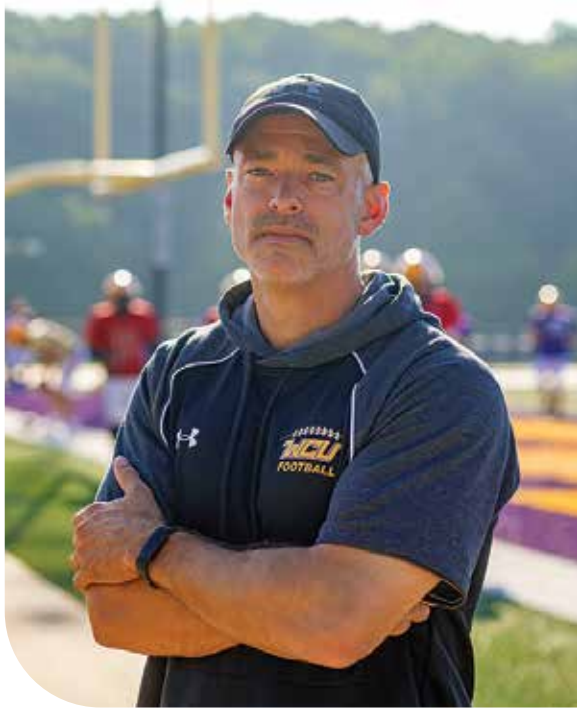
Greco has been able to stay close to home since his playing days at Lower Moreland, playing and coaching at Del Val, in Doylestown, and now coaching at West Chester. He is married with two children, an 11-year-old daughter and a 9-year-old son who plays football for the Somerton Spartans.

At West Chester, he believes he has the staff and ability to recruit the players, especially locally, to continue to build on the Golden Rams' winning tradition.

"We have enough talent here to do big things," he said.

Greco is happy to have Mayson, a West Chester graduate, on his staff as tight ends coach. Mayson coached Lower Moreland for 36 years and was the school's longtime athletic director. The Lower Moreland football stadium is named in his honor. Mayson was on Greco's staff at Del Val as tight ends coach for seven years.

West Chester is 3-5. The Golden Rams opened the season with a loss to Bentley (Massachusetts) on a field goal on the final play of the game, then lost 38-28 to California (Pennsylvania) before falling in the final moments to Seton Hill and PSAC opponent Bloomsburg. The Golden Rams topped Shippensburg for their first win and followed that with a victory over Sheperd (West Virginia) before falling to East Stroudsburg and most recently beating Millersville.



Two PSAC games follow, including the regular season finale at Kutztown, still coached by Clements.

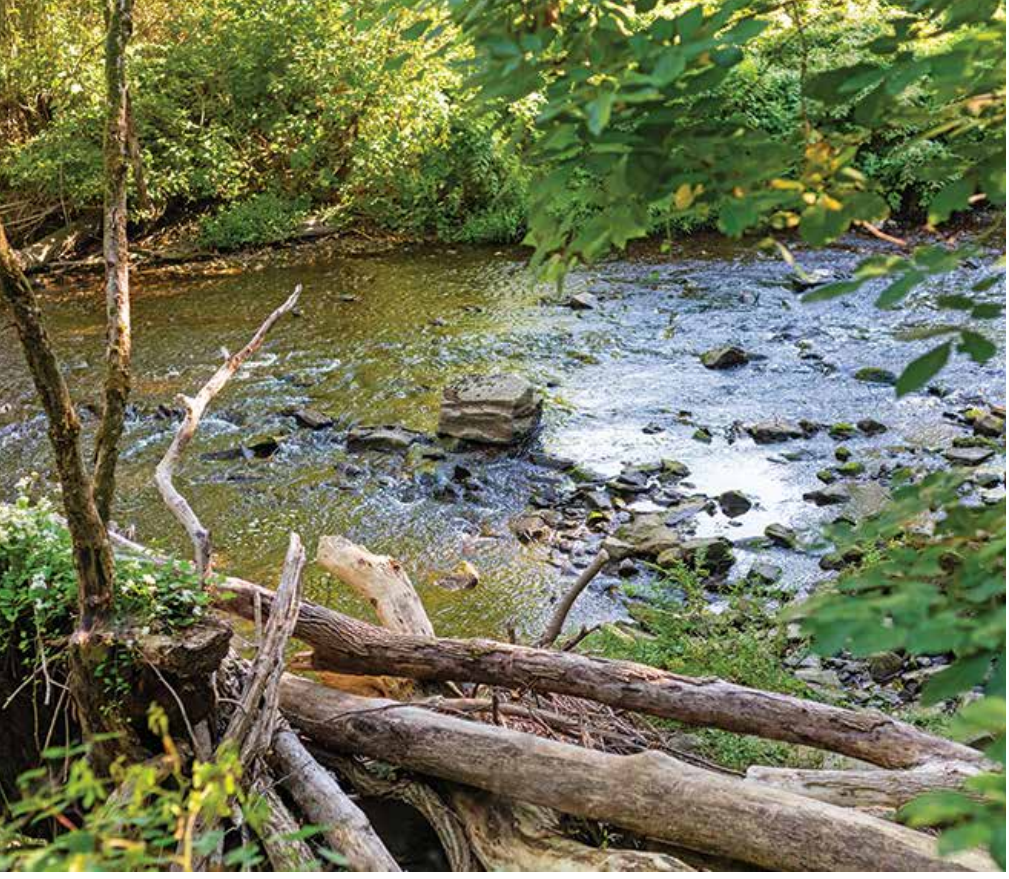
"Jim's a great friend," Greco said. "Jimmy gave me my first opportunity to be a full-time coach."

As the season goes on, West Chester's top players are expected to include wide receiver D'Shaun Seals and linebacker Connor Noble, with the roster featuring two quality quarterbacks in Cooper Jordan and Ethan Kohler.

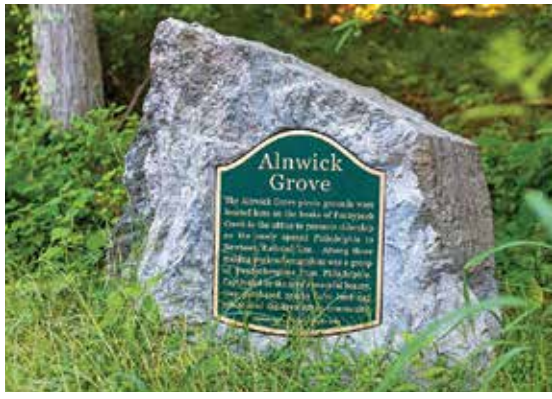
Kutztown is the defending PSAC East Division champion, with Shepherd (West Virginia) also expected to have a good season, but Greco believes the Golden Rams will be in contention.

"The PSAC is always strong and will be strong again," Greco said. "I think we'll be a tough out." — *19006*









The Beauty of the Pennypack Trail

Story By **Tom Waring**
Photos By **Jamie Stow**

The Pennypack Trail has it all.

First, there's the history, as the trail is situated on grounds that were once home to a Philadelphia to Newtown rail line, dating to the 1870s. Many years later, SEPTA acquired the rail line, but shuttered operations in 1983 due to low ridership, among other reasons.

Then there's all the activities and amenities the multi-use trail offers. Walking, bicycling, pet walking, birding, horseback riding and pathways to picnicking and fishing opportunities. Users can also see rock cuts, wildlife and, depending on the season, changing leaves and snow-covered trees.

"It's beautiful here," said Fred Moore, a historian and Huntingdon Valley resident who regularly walks the trail. "It's so nice. It's so quiet. And it goes right through the heart of 19006."

Today, the site is well used and maintained by the Montgomery County Division of Parks, Trails and Historic Sites. The county began leasing the property from SEPTA in 2009.

"The County of Montgomery believes the Pennypack Trail is a hidden gem within the Division of Parks, Trails and Historic Sites," said John Mandracchia, region manager for the county's Parks, Trails and Historic Sites.

The 6.2-mile crushed stone path goes through Rockledge, Abington Township, Bryn Athyn and Lower Moreland Township. As of July, the Rockledge portion of the trail can be accessed in Northeast Philadelphia, near the SEPTA Fox Chase train station.

"Many folks in the surrounding area(s) can connect to the trail without having to drive to a parking area. It's almost hard to believe that you can have the Pennypack Trail navigate such a densely populated area while promoting healthy life activities, recreation and alternative transportation access and connectivity options," Mandracchia said.

At County Line Road in Huntingdon Valley, the trail continues north to Bristol Road in Bucks County, where it is known as the Newtown Rail Trail.

"Rails to trails is becoming a big movement," Moore said.

For those who need to drive to access the trail, there are three spots to park: the Lorimer Park lot, at 183 Moredon Road; and trail lots at 800 Welsh Road and 1750 Byberry Road, all in Huntingdon Valley.

see PENNYPACK TRAIL *page 7*

PENNYPACK TRAIL **19006**

from page 6

The trail, which is 10 to 12 feet wide, features restrooms, water, nearby eateries and the All Aboard Cafe food truck, open Fridays, Saturdays and Sundays at 940 Fetters Mill Road.

The trail is open from sunrise to sunset. Motorized vehicles, alcohol and smoking are prohibited. Dogs must be leashed.

"You can walk, run and/or ride a bicycle from Fox Chase to Bucks County," Mandracchia said. "There is a lot of history that the trail brings to light, the most famous being the Bryn Athyn train wreck. Along the way, you get to see a lot of wildlife and natural areas, specifically two geological rock formations the railroad originally blasted through creating gorge-like environments, and the ability to traverse through Lorimer Park and the Pennypack Ecological Restoration Trust. With the seasons changing, the colors of the tree foliage will be magnificent."

Trail users might see birds, deer, foxes, beavers and other animals.

"There's all sorts of wildlife," Moore said.

Complementing the trail are things that have Moore considering writing a book with author Harry Garforth.

Those things include Fetters Mill, a historic grist mill in Bryn Athyn that was built in 1750 and is on the National Register of Historic Places.

"It's a great historical feature," Moore said.

The mill is adjacent to the Fetters Mill Bridge, built in 1883 and also listed on the National Register as part of the Fetters Mill Historic District. The bridge has been closed since April 2017, awaiting rehabilitation.

Also right in that area is the Bryn Athyn Post Office, a former train station stop built in 1902 when the area was largely farmland, other than the mill and bridge. The opening of the railroad led to people building villages to live nearby.

"History is well preserved up here," Moore said.

The one-rail line took six years to complete – delayed by the bank failures of 1873-74 – and cost a lot of money for the time. Moore is fascinated by the geology surrounding the trail, specifically all the "wonderful" rock cuts that were created to establish a passage for the railroad. He'd like signage added to recognize the rock formation.

"Look at this rock formation," he said. "It's just fantastic to see this."

Users can always count on the trail's resources to be protected and maintained.

"The County encourages folks to get out and use the trails," Mandracchia said. "The County's Office of Public Health hosts the Montco Trail Challenge, which highlights all of the trails in Parks, Trails and Historic Sites. The challenge allows users to directly provide feedback. The Pennypack Trail hosted the Trail Challenge kick off this year, free bicycle helmets were provided, and local township police officers informed users of bicycle safety. Our Park Rangers and maintenance staff do a terrific job in keeping the trails free from any hazards. All folks are encouraged to use the trail in a safe and courteous manner. Lastly, word of mouth from residents and surrounding communities is the largest and best promotional tool that applies to this significant regional trail public asset." — *19006*

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DELICIOUS HIGH-QUALITY SUSHI *and so much more*



Story By **Debra Wallace**
Photos By **Jamie Stow**

Being integral to the Huntingdon Valley community is extremely important to hard-working restaurant owners Penny Zheng and her husband, Jackie.

Since 2016, when they opened the family-owned Sushiman Japanese Restaurant on Huntingdon Pike, they have been committed to operating an inviting, high-quality restaurant with an extensive eat-in and take-out menu filled with exotic sauces, flavors and tangy aromas.

Their restaurant has become the go-to place for fresh sushi and a wide variety of other menu items and specials offered for lunch, dinner and special occasions including graduations, birthday parties and anniversary celebrations.

"My philosophy is that we always offer the best quality sushi and ingredients at the most reasonable prices," said Penny Zheng, who like her husband was born in China. The two have worked hard to make their American Dream come true.

"We love our nice neighborhood, and are always happy to sponsor the Lower Moreland High School, the Huntingdon Valley Library and other community events," Penny said. "When I hear from pleased repeat customers, of course, I am extremely happy that they continue to return."

Food and hospitality are greatly intertwined with the family. In fact, Penny and Jackie met while they were working at a Doylestown restaurant; she was a waitress and he was making sushi, his vocation since 1996.

After running a successful sushi restaurant in upstate New York, the Zheng family, including their daughter and son, moved to Huntingdon Valley, where they have been enjoying a quality education.

Their son is a senior at Lower Moreland High School, while their daughter is a freshman finance major at Villanova University. She is also the first generation in the family to attend college, a major sense of pride for her parents.

Both of their children have spent long hours working at the restaurant, and are proud to be part of what their parents have built for their family and the local community.

Penny said as first-generation Americans she knows "we have to work harder than anyone else," to make sure the restaurant runs smoothly.

Despite the long hours required to run a successful restaurant, Penny says she and her husband truly found their calling in making and serving high-quality fare in an inviting and comfortable atmosphere. Weekends are the busiest times at Sushiman.

see SUSHIMAN *page 11*

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SUSHIMAN **19006**

from page 9

This bustling restaurant is BYOB, which wine-loving customers also enjoy for their meals and parties. The restaurant has a comfortable dining area for parties that can accommodate up to 50-60 guests. Local off-site party catering is also available.

Penny takes care of the front of the house, while Jackie and his team run the kitchen and the spacious, fully stocked sushi bar, where people can sit and eat and take in the charming atmosphere. The sushi bar is where they create numerous sushi and sashimi delicacies, including classic rolls, signature rolls, chef's special rolls and party platters.

"When we hear from our customers that they enjoy eating in and taking out regularly, it makes me smile," Jackie said. "We love making our guests happy every time that they come here."

Among the favorite items that regular customers order are the spicy chicken coconut soup, miso soup and dumpling soup; a wide variety of appetizers, the Kani Salad, which includes crab, cucumber, spicy mayo and caviar; lunch and dinner Bento Boxes, tempura and katsu; and Hibachi dinners.

The expansive menu also offers soba and noodle soups, vegetable, shrimp, chicken or beef Pad Thai, a variety of tempura and hibachi offerings, and much more. The beverages include Japanese soda, hot tea, ice green tea, soda, spring water and sparkling water.

Among Penny's menu favorites are the tuna pizza, which includes sliced tuna, avocado, onion, tomato, jalapeno and cilantro, with caviar, scallions and special sauce on a crispy tortilla, as well as the steak hibachi that is made with premium steak.

Among the many rice dishes are chicken, beef, shrimp, vegetable or pineapple fried rice, as well as special multi-grain brown and purple rice.

The dessert menu includes chocolate, vanilla, red bean or green tea ice cream, fried ice cream, the golden banana, (with a choice of ice cream), Tiramisu cake, Creme Brule and tempura cheesecake.

Regular customer Glori Kasner, of Huntingdon Valley, says she is an avid sushi lover and appreciates the many high-quality items at Sushiman. She also praises the decorative and enjoyable atmosphere provided at the restaurant.

Her family's favorites include the tuna pizza, the Kani Salad, the spicy salmon sashimi roll, the spicy tuna sandwich and the black dragon roll, which includes shrimp tempura, cucumber, avocado, eel sauce and black caviar.

"When I have a craving for take-out sushi, Sushiman is at the top of my list," Kasner explained. "The prices are reasonable. You can tell the quality and taste are top-notch. I am always happy when I order lunch or dinner to go or when I eat in. Also, I always like to support local Huntingdon Valley businesses." — *19006*

For More Information: Sushiman Japanese Restaurant, 2501 Huntingdon Pike, Huntingdon Valley, PA 19006. Business Hours: Tuesday to Thursday: 11:30 a.m. to 10 p.m., Friday to Saturday: 11:30 a.m. to 10:30 p.m., Sunday: 1 p.m. to 10 p.m., Monday: Closed. Phone: 215-938-8666, Fax: 215-938-9666. Reservations Accepted. Website: **www.sushimanpa.com**

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Creating a safe haven for animals and humans

Story By **Mindy Toran**
Photos By **Supplied**



Imagine a place where you can go to relax and unwind while caring for and supporting animals in a natural environment. A place where people are treated with kindness and respect and animals know they're safe and well cared for.

Judy Dyke, founder of Harmony Retreat and Animal Rescue, based in Huntingdon Valley, has visualized such a sanctuary where people and animals can come together to better their lives, and is currently in the process of making her vision a reality.

HRAR's mission is to cultivate a harmonious and nurturing sanctuary for animals while enhancing people's lives through educational interactions with animals, nature and one another.

Dyke envisions a small farm with an 1,800- to 2,600-square-foot-building with space for a community kitchen, where she can also set up temporary housing for small animals; hold educational classes like yoga, dog training, socialization for puppies; teach trap, neuter and release (TNR) methods for feral cats, and possibly offer on-site grooming; hold meet-and-greets for animal adoptions and potential fosters; provide on-site vet tech and animal care; and maintain an outside animal run and/or gated play areas.

"My goals are big, but I believe they're achievable," says Dyke, the former founder and president of the Women of Willow Grove networking group, who also worked as a dog trainer and has long been involved in animal rescue efforts. Her vision came to light during a mastermind class run by her friend and colleague, Claire Kohler, called "Put Your Dream to the Test," based on the book by leadership expert John C. Maxwell.

"My passion for animals and providing the best care for them moved me to start a nonprofit animal rescue and retreat center where animals can find a safe place to live out their life or find a loving family that will adopt them. I also love to help people connect with each other and find joy in their lives, which led to the retreat part of the dream," says Dyke. "The retreat will be a place where one person, a group of people or an entire family can come to rejuvenate and find purpose – to have a symbiotic relationship with animals and nature."

HRAR is currently focusing on fundraising efforts and has previously held an artisans exhibit and vendor event, karaoke nights, designer bag bingos, trivia and comedy nights, yard sales and a 5K run. On Nov. 15, the nonprofit will hold another

see HARMONY *page 14*

Huntingdon Valley Happenings

THURSDAY, NOV. 7

Tai Chi Class Huntingdon Valley Library community room, 625 Red Lion Road. With Michael McCormack. 11:15 a.m. to noon. $8. Every Thursday. Register: hvldirector@mclinc.org.

SUNDAY, NOV. 10

Weekly Service Community Worship at St. John's Church of Our Saviour (Episcopal), Sundays in Huntingdon Valley Chapel (1309 Welsh Road) at 10:30 a.m.

TUESDAY, NOV. 12

Lower Moreland Township Board of Commissioners meeting 7 to 9:30 p.m. Township Building, 640 Red Lion Road.

WEDNESDAY, NOV. 13

Huntingdon Valley Activities Association Taekwondo. All ages. Lower Moreland High School wrestling room. Classes 7 to 8 p.m. on Wednesdays and 8 to 9 a.m. on Saturdays. Information: Joe Breitman, 215-947-5809, or http://www.hvaa.net/taekwondo.

SUNDAY, NOV. 17

Weekly Mass Schedule St. Albert the Great Catholic Church, 212 Welsh Road. Saturday Vigil, 5 p.m. Sundays at 8 a.m., 10 a.m. and noon.

TUESDAY, NOV. 19

Adult Social Group – Recipe Swap & Sample 7 p.m. Huntingdon Valley Library community room, 625 Red Lion Road. Adults only. Email Beth (hvlysa@mclinc.org) the recipe before the program. RSVP: 215-947-5138.

TUESDAY, NOV. 19

Lower Moreland School Board meeting 7 p.m. Lower Moreland High School (old) auditorium, 555 Red Lion Road.

THURSDAY, NOV. 21

Lower Moreland Township Zoning Hearing Board meeting 7 p.m. Township Building, 640 Red Lion Road.

SATURDAY, NOV. 23

Toys for Tots Battle of the Badges Collection Event Noon to 3 p.m. Huntingdon Valley Fire Company, 636 Red Lion Road. Santa Claus, face painting, balloon making, letters to Santa, refreshments. Place toys on emergency vehicles belonging to Huntingdon Valley Fire Company, Lower Moreland Twp. Police Department and Bryn Athyn Fire Company.

SUNDAY, NOV. 24

Weekly Service First Baptist Church of Huntingdon Valley, 2451 Murray Ave. 9:45 a.m. – Sunday School. 10:45 a.m. – Morning Devotions. 11 a.m. – Morning Worship.

WEDNESDAY, NOV. 27

Bible Study First Baptist Church of Huntingdon Valley. 7:15 to 8:15 p.m. 267-277-4134.

MONDAY, DEC. 2

High School Boys Basketball MaST II at Lower Moreland, 6 p.m.

THURSDAY, DEC. 5

High School Swimming and Diving Upper Perkiomen at Lower Moreland, 3:30 p.m.

MONDAY, DEC. 9

High School Girls Basketball Central Bucks South at Lower Moreland, 7 p.m.

TUESDAY, DEC. 10

High School Boys Basketball George Washington at Lower Moreland, 7 p.m.

FRIDAY, DEC. 13

High School Swimming and Diving Abington at Lower Moreland, 3:30 p.m.

THURSDAY, JAN. 23

Lower Moreland Township Planning Commission meeting 7 p.m. Township Building, 640 Red Lion Road.

WEDNESDAY, JAN. 29

High School Wrestling Cheltenham at Lower Moreland, 3:30 p.m.

HARMONY **19006**

from page 13

comedy night at the Comedy Cabaret in Doylestown, as well as hosting another 5K run on May 3, 2025.

"We're currently in the process of identifying a location for a facility where we can house some animals, prepare them for fostering or rehoming, and eventually open our programs to the community," says Travis O'Connor, a financial planner in Huntingdon Valley who volunteers with HRAR. "I met Judy through local networking events, heard her story and was inspired to help her bring her vision to light. The need is definitely there in the community. We've already had a number of people approach us who want to help out and volunteer. And the retreat aspect of Judy's vision, where people can come and visit and help out with the animals, is especially appealing and very relaxing for a lot of people."

Phase I of HRAR's plans, which it hopes to accomplish in the next 6 to 8 months, is to open an adoption center for small animals – dogs, cats, rabbits, guinea pigs, in conjunction with either a store or small café, in addition to an area where they can host meetings and events.

The organization is currently looking for volunteers to help out with foster programs, finding adopters for fostered animals and transportation as needed, in addition to assistance in other areas. This September, HRAR launched its "Lend a Paw" campaign, with a goal of raising $75,000 by Dec. 31. People can donate individually or as a team.

"If 300 people get 10 friends to donate just $25 we can get to our goal of $75K, and we'll have a party to celebrate in January," says Dyke. "All of the funds raised will be used to get us closer to our sanctuary vision," she stresses.

"Our goal is to provide a sanctuary for animals to live out their lives or adopt them out to good homes and build a retreat for people to come out and interact with the animals, relax and experience positivity and harmony with nature." — *19006*

For more information on Harmony Retreat and Animal Rescue or to find out how to donate to or volunteer, visit **www.harmonyrar.org**.

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