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By Resident Writer
Kyle Tassone

RUNNING FOR A CAUSE



Jacob Harris is currently a senior at Harriton High School, and a captain on both cross-country and winter/spring track teams. Over the past two years, Jacob has been able to take his passion and dedication for running and use it to help people in a creative way. *Students Run Philly Style* is a charitable organization that encourages students of inner city schools to achieve running-related goals. By using running as a foundation, the organization transforms the lives of these young people by pairing them with teams of other students coached by a volunteer leader. Their goal: to complete either a full or half marathon. It all started back in 2015 when the former executive director of Students Run Philly Style talked to the members of the Harriton cross-country team before both the Philadelphia half and full marathons. After learning more about the program, Jacob became inspired, and began to create the ideas that would eventually shape the Harriton Hills and Heat 5k.

The first-ever Harriton Hills and Heat 5k took place on Aug. 18, 2016, and was held on and around the property

of Harriton High School, and the proceeds went to Students Run Philly Style. For us, the race started at 6:45 in the evening, however, the sun and heat were anything but merciful. As a participant, the 90-degree weather and menacing hills made for a tough run; I persevered as I was motivated by what a great cause this run benefited.

Having been inspired by his family of hardcore athletes, Jacob joined the school track team in seventh grade. "At first I didn't really like it," Jacob told me. "But after I participated in the Broad Street Run during that same year, I decided to stick with it, and by the time I got to high school, I was all in."

Jacob went into detail about how running promotes a very healthy lifestyle, and told me that, as a result, he has had the opportunity to grow and improve in the physical, mental and social aspects of his life.

As teammates, Jacob and I can both testify that running really does work wonders; For starters, it gets people into incredible shape, and Jacob said that he has never felt more physically strong in his entire life. Running also helps a great deal with mental toughness; you are literally putting your body and mind through an excruciating amount of pain. In other words, pushing yourself physically is only half of the battle. And, although in many cases running can be considered voluntary torture, the pros easily outweigh the cons.

Jacob further explained to me that the people on the high school team are some of his closest friends, and that running every season has really allowed him to expand socially. Whether it's bonding over shared pain from grueling track workouts or having meaningful conversations on 12-mile weekend long runs, the sheer amount of time Jacob and everyone else on the team have spent with each other is quite hefty, and, as a result, lifelong friendships are formed. "For me, running is a great way to relieve stress, it's easy to do, doesn't require a lot of prep, and allows me to feel relaxed in the presence of some really great people, who feel the same way that I do about running." Jacob mentioned.

Now a senior, Jacob has accomplished many extraordinary feats in terms of running. This year, he impressively broke 17 minutes in the 5k, a great way to finish up his high-school cross-country career. Additionally, Jacob participated in winter and spring track, excelling in the 2-mile and going under five minutes in the mile. Along with the legacy he created with the Harriton Hills and Heat charity 5k, Jacob told me that his most important accomplishment is being a captain of such a well-run team, with such genuine and dedicated athletes and coaches alike.

It has been a pleasure getting to know Jacob and running with him over the past three years. Thank you for sharing with me and the readers of *Gladwyne Living* magazine your story.

Yours in printing,

Kyle



By Resident Writer
Heather Braver

A Magical Monday

It's 10:00 on a wintry Monday morning, and event planner Arlene Rotfeld breezes into my home to work her magic. She's creating a complimentary luncheon for five lucky ladies. For me, it's a plum *Gladwyne Living* assignment, and for Arlene, a wildly creative event planner who lives locally, it's a great way to spread the word about her business, "Go2 Event Planner."

As I show Arlene around my kitchen, her artistic genius kicks into high gear. "What decorative props do you have to help us tell a story?" she asks me. "How about some ribbons, beads and other special things you love?" I scurry around my house gathering silky ribbons, sparkly necklaces and multi colored vases. Meanwhile, Arlene adorns my table with arrangements she creates using tiny apples, citrus fruits, vegetables and flowers. She decorates my island with tall vases of white hydrangea and elegant, long-reaching branches. Then she goes to work on the chandelier, which is dripping in roses, ribbons and beads when she's done. Her finishing touch is a bundle of fresh raw asparagus tied in a lavish bow atop each place setting.

The French may have elevated cooking to an art but Arlene, who has studied cooking, art and architecture, sees the entire dining table as a blank canvas. "Everything I do has a creative twist and turn on it. Like the artist Lichtenstein, I know that fish in a bowl can make a fabulous centerpiece. Like Van Gogh, I know sunflowers create tremendous color and pop."

Arlene, who grew up outside of Jenkintown, started her catering and event-planning company in the Hamptons where she became a master at orchestrating both upscale events and casual beach parties. She eventually returned to Philadelphia where she

worked as catering manager at the old Foodsource and later the Ritz Carlton Residence.

As my friends arrive for lunch, Arlene and her assistant serve wine and h'ordeuvres in the family room. We enjoy smoked salmon on English cucumbers topped with Dijon mustard cream and dill. Next is a warm crab cake with a dollop of cold remoulade sauce and finely chopped greens.

Lunch is served under a whimsical canopy of crystal, ribbons and roses. The meal is a flavorful plate of sliced chicken breast with fresh rosemary and balsamic, lemon dill carrots, crisp green beans, and Thai garlic noodles tossed with lemon essence.

For dessert, a gorgeous edible cookie leaf is placed atop our napkins, and a three-tiered tower of miniature treats is brought to the table.

While Arlene outsources most of her food preparation to local chefs, she plans and executes every detail of your special event. "I do everything from designing the food and décor, hiring the chefs, and getting all of the rentals. It's all in good taste with attention to budget."

In addition to parties, Arlene's company Go2eventplanner helps people ready their shore homes for summer, whether its stocking their pantries and linen closets or filling the house with fresh flowers. Arlene also helps clients throw great barbecues. "It doesn't begin and end at hamburgers. Add swordfish kebobs in orange zest, halibut in sesame hoisin, swordfish rubbed with mango. Good, unique food puts a smile on everyone's face."

If that's true then Arlene's husband, Bruce Rotfeld, has a lot to smile about when he walks in the door of their Penn Valley home after work. "My first priority is to make sure my husband is going to have a great dinner. Every day I buy things like lamb chops that I'll grill, pasta that I'll make."

Arlene says in her well-seasoned hands, you can have a lot more fun and flair at your party. "When you hire me, you're getting someone who loves what they do, who is very creative, confident and experienced, and who will incorporate your unique personality into your entertaining."

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