

JUNE 2016

# GUIDE — AND — DIGEST



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A PUBLICATION OF HMC-TV AT HERSHEY'S MILL

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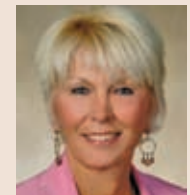
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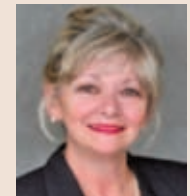
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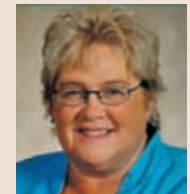
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Monica Connolly



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All submissions are welcomed; with rights retained by owner. Send to [hmcvtvguide@comcast.net](mailto:hmcvtvguide@comcast.net), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMC-TV determines suitability and has sole discretion to publish any submission. Submissions are due by the 22nd (38-41 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community-TV, its officers, or directors.

**HMC-TV Guide and Digest**

Volume XVII Number 6 - June 2016

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**Cover:** The Hershey's Mill Community Center is surrounded by the beautiful landscaping of Hershey's Mill. This wonderful building hosts clubs and events throughout the year.



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Marc Fraser | Director of Security

In previous articles, I have warned about various scams where people call your home and use convincing stories, "You've won a car" or "A loved one is in jail and needs you to post bail", to persuade you to reveal your bank account

owners. The scammer will tell you that service is about to be shut off because of unpaid bills; and to avoid this, you must pay the overdue bill by providing a credit card number or pre-paid debit card number. These scammers try to confuse and deceive people by stressing the urgency of paying the bill

# Telephone Scams

numbers or to wire money. Because so many people have become aware of the wire transfer schemes, scammers are now turning their attention to credit cards and pre-paid debit cards.

Especially during peak air conditioning season and winter months, scammers will pose as utility company representatives and make telephone calls to hom-

immediately over the phone. In some cases, they have been demanding payment for several months of purported unpaid service; and they even have the ability to falsely display the name and phone number of your utility company on Caller ID.

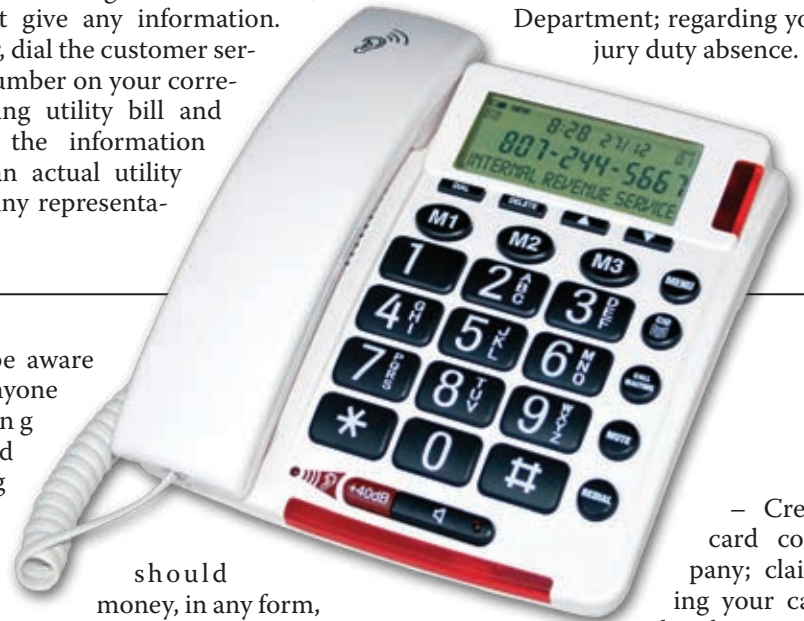
Once these scammers have your credit or debit card number, they will drain

your account of any remaining credit or funds!

If you receive a call from a utility company threatening to cut off service, do not give any information. Rather, dial the customer service number on your corresponding utility bill and verify the information with an actual utility company representative.

- Anyone claiming to be a loved one who is hurt; or in jail and needing money for bail or attorney fees.

- The Sheriff's Office or Police Department; regarding your jury duty absence.



Also be aware of anyone calling and stating you

should send money, especially if they claim to be:

- The IRS; threatening unpaid taxes.
- Publisher's Clearing House; you've won a prize or cash and must pay to have it delivered.
- Microsoft; your computer has been infected or needs an update.

- Credit card company; claiming your card has been compromised and asking you to provide card information.

Remember that these scammers are well trained and very convincing. So if you ever think that a telephone call may be related to a scam, simply hang up the phone.

## HM RESIDENTS UPDATE

Bradley, Concetta

808 Jefferson Way

Busch, Richard

(new #)

62 Ashton Way

DeNight, David & Louise

722 Inverness Drive

Kirk, Thomas

189 Chandler Drive

Latoff, Bob & Ann

766 Inverness Drive

Messer, Kenny and Clark, Melanie

290 Devon Way

O'Brien, Kevin & Edith

1602 Ulster Lane

Procko, Bohdan & Margaret (new #)

534 Franklin Way

Raffaele, Edward & Eileen

(new #)

1325 Robynwood Lane

Sorber, Sally

(new #)

262 Devon Way

Sorrell, Gareth & Jody

497 Eaton Way

Wetherill, Virginia and Hughes, Garrett

1116 Lincoln Drive

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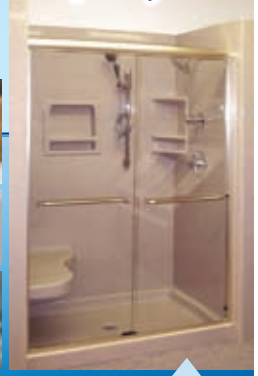
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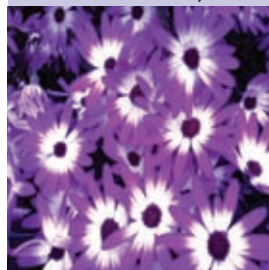
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<b>Original Programming</b>	<b>June 1-15, 2016</b>			
<p><b>Hershey's Mill Players 2016 Show</b> <i>With Demi Neilson</i></p> <p>Learn about <i>The Mill's Got Talent</i>, a show featuring over a dozen acts including singers, dancers, and skits. Greg Gaul, the show's author, discusses the notable vaudevillian tone and similarity with current reality TV shows. Carol Campanelli discusses elements of direction, and Allegra Sanner describes the musical direction. Fred Buffone, who plays the lead, sets the stage for this lively cast of characters.</p>	10:00 am	4:00 pm	7:00 pm	12 am
<p><b>Hershey's Mill Sports Group Spring Activities - Part 1</b> <i>With Demi Neilson</i></p> <p>Charlie Gentile, Don Evons and others discuss tennis; clinics, tournaments and the Men's Inter-Club Team. The Bocce tournament and pickle ball are also discussed.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am
<p><b>Hershey's Mill Sports Group Spring Activities - Part 2</b></p> <p>We continue with a discussion that focuses on the plans and activities for the future of the Hershey's Mill Sports Group (HMSG).</p>	10:45 am	4:45 pm	7:45 pm	12:45 am

<p><b>Movies</b> <b>Noon</b> <i>and</i> <b>8:30pm</b></p>	<p>June 1-7 (noon only on the 7th) <b>Field of Dreams (PG)</b> <i>Kevin Costner and James Earl Jones</i></p> <p>An Iowa corn farmer hears voices and interprets them as a command to build a baseball diamond in his fields. <i>[Run time 1h 45m]</i></p>
	<p>June 8-14 (noon only on the 14th) <b>Mrs. Brown (PG)</b> <i>Judi Dench and Billy Connolly</i></p> <p>Queen Victoria becomes the subject of scandalous rumors. Based on true events. <i>[Run time 1h 45m]</i></p>

<p><b>Bulletin Board</b></p>	1:00am-10:00am	11:00am-Noon	Following the movie until 4:00pm
	5:00pm-7:00pm	8:00pm-8:30pm	Following the movie until Midnight

<b>Original Programming</b>	<b>June 16-30, 2016</b>			
<p><b>Meet Your Neighbor Ginny Groff - Part 1</b> <i>With Kay Ricker</i></p> <p>Kay talks to Ginny, a resident of Ashton Village since 1979, about her early life and how she got started with antique collecting; including starting Groff's Country Store in 1962.</p>	10:00 am	4:00 pm	7:00 pm	12 am
<p><b>Meet Your Neighbor Ginny Groff - Part 2</b></p> <p>Ginny talks about life in early Hershey's Mill, and how it's changed during the last 37 years.</p>	10:15 am	4:15 pm	7:15 pm	12:15 am
<p><b>Travels with Kay: National Parks - Part 1</b> <i>With Kay Ricker</i></p> <p>Interview and pictures of a wonderful trip by residents of Hershey's Mill to six western National Parks last fall with the East Goshen Park &amp; Recreation Comm.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am
<p><b>Travels with Kay: National Parks - Part 2</b></p> <p>Grand Canyon, Zion, Bryce Canyon, Grand Teton, Yellowstone, and Mount Rushmore Parks.</p>	10:45 am	4:45 pm	7:45 pm	12:45 am

<p><b>Movies</b> <b>Noon</b> <i>and</i> <b>8:30pm</b></p>	<p>June 15-22 (noon only on the 22nd) <b>MacArthur (PG)</b> <i>Gregory Peck and Ed Flanders</i></p> <p>The fascinating military career of the legendary General Douglas MacArthur. <i>[Run time 2h 10m]</i></p>
	<p>June 23-30 (noon only on the 30th) <b>Doctor Dolittle (G)</b> <i>Rex Harrison and Samantha Eggar</i></p> <p>A kindly veterinarian learns the languages of all his patients in this delightful adventure. <i>[Run time 2h 25m]</i></p>

**To view Channel 20's original programming online:** Go to [hersheysmill.org](http://hersheysmill.org), TV & Digest, HMC-TV20, Original Programming. Choose and view selections.

**To view/print all HM cable channels:** Go to [hersheysmill.org](http://hersheysmill.org), TV & Digest, Cable & Comcast. A basic or full listing is available.

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## POOL NEWS

Carol Campanelli | Ulster

Our wonderful summer season has begun. Adhering to the rules in our revised *Rules* pamphlet, which was included with the *May Guide and Digest*, will provide a more pleasant experience for all. You can also refer to our website, [www.hersheys-millpool.org](http://www.hersheys-millpool.org), for rules, event information, pool forms, and volunteer information. While there, make sure to check out the Aquacise programs and get in shape. Email us at [hersheys-millpool@gmail.com](mailto:hersheys-millpool@gmail.com) to schedule a party, contact the Pool manager Donna Dufoe, notify the staff about a volunteer substitution, or with any questions.

A few of the rules I would like to highlight here are:

- Residents must accompany and supervise their guests at all times, including the sports area. *The guards are not babysitters; they are here to ensure everyone's safety.*

### Hershey's Mill Pool Hours

**May 31 - June 3** » Noon - 7:30  
**June 4 - June 5** » 10:30 - 7:30  
**June 6 - June 10** » Noon - 7:30  
**June 11 - Aug. 21** » 10:30 - 7:30  
**Aug. 22 - Sept. 5** » TBD

**Pool Telephone 610-692-8437**  
**[www.hersheysmillpool.org](http://www.hersheysmillpool.org)**

- "No glass" is a rule that is often forgotten when packing beverages for a party. *If you forget, plastic pitchers are available in the Cove.*
- Kids must be with an adult in the "walking section" of the pool. *Also for residents, please remember not to block others by congregating in the "walking lanes."*

### TOM BARRETT'S MILITARY BENEFIT

This annual event, on **July 3** (rain date July 4), will be our first Pool event of the season. Put it on your calendar, and check the Pool bulletin board, or Pool website, for ticket and event information.

### BOOKS AND GAMES IN THE COVE

Take advantage of the Cove's selection of books and games for your time out of the Pool. The snack machine is also located there, as is the refrigerator for your snack items that need to be chilled. Just don't leave food in the refrigerator for more than a day, and be aware



*And the tennis and bocce areas are not playgrounds; adults need to be involved whenever young guests play.*

that party planners may need the space for their supplies.

Mary Kay Hagerty | Heatherton

In 2001, Jim and Judy Molt were living in Gilbertsville, PA, on six beautifully-gardened acres. They loved their home, but were tired of the upkeep; and since they had become empty-nesters, they decided it was time to downsize.

They were working in the pharmaceutical industry. Jim had just started a new job in Edison, NJ, and Judy in Wilmington, DE. So, they looked for a place to live approximately halfway between their workplaces. When they found Hershey's Mill, it was perfect for them. They enjoy the maintenance-free lifestyle and the location.

They are world travelers, having been to all seven continents; and they have

Their travels have also taken them to Australia, New Zealand, India and Africa. One memorable trip was to the eastern Indian state of Assam, where they went on a safari looking for Bengal tigers. They were in a convoy of about ten jeeps traveling the countryside, and were able to get pretty close to a few tigers – which was very exciting. They also had the thrill of sailing through the Panama Canal; and visited Cuba, which was beautiful and seemed frozen in time.

They have also travelled extensively for their jobs. Among their favorite places in Europe were France, Spain, and the

# Meet Jim & Judy Molt

been on several National Geographic tours, which they enjoyed very much. On a trip to the Galapagos Islands, one of their tour mates told them about a wonderful trip taken to Antarctica. Jim and Judy decided they had to go, and it turned out to be one of their favorite and most unique journeys. They took daily excursions from the ship to explore the area, their favorite being an up-close visit with penguins. They met many interesting people on the ship and travelled to the southernmost part of Antarctica. Because the weather was relatively warm, they travelled below the Antarctic Circle and were able to set a National Geographic Tours record for kayaking further south than anyone had ever been before.

## Yardley Village

U.K.; along with Norway and Sweden. They were able to coordinate some of their business trips so they could meet up in Europe – how romantic. Judy recalls accompanying Jim to Paris, and she explored the city while he was working.

On one work-related trip to Japan, Jim climbed Mount Fuji as part of a team-building challenge. A local told him, "He who never climbs Mt. Fuji has no heart, and he who climbs it more than once has no brain." Judy has also done her share of climbing. When she was younger, she climbed Mt. Katahdin

at the end of the Appalachian Trail in Maine.

Jim was born in New Jersey and grew up in the Philadelphia suburbs; in Bala Cynwyd and Jenkintown where he went to high school. Jim spent his summers in Avalon where his father had purchased property in the 1950s.



Although the house was sold, the family still vacationed there one week in the summer to relive the "good old shore days."

Jim graduated from Colgate University with a BA in Biology, and went on to earn a PhD in physiology from Cornell

University. Jim and Judy recently had a "small world" experience here at Hershey's Mill while having dinner at the Club. Upon being introduced by mutual friends, their "new" friend asked if Jim had gone to Bala Cynwyd Junior High School. It turned out that she was his ninth-grade Spanish teacher, Cynthia Cline (formerly Miss Orr), who lives with husband Bill in Kennett.

Judy was born in Munson, a small town in rural Massachusetts. She attended Westbrook College and the University of Connecticut. In the 1960s, her dad took a job in Phoenixville and relocated the family to Audubon. Judy got a job at Merck, and worked in the Safety Assessment

Labs. After the birth of her first child, she left the labs and secured a position in the Regulatory Affairs Division where she developed and wrote packaging inserts for products. This was the 1970s, when women were just beginning to handle having careers and families at the same time. In this respect, she felt like a pioneer. She later worked on cardiovascular medications developing marketing and advertising; and getting drug approval. She felt she came full-circle by handling all the

*Continued on next page*

Photo by Mary Kay Hagerty



steps in development, production, and distribution of the drugs. Judy ended her pharmaceutical career at Astra Zeneca as a head in Regulatory. She also mentored many young women as they developed their careers and juggled families.

After earning his PhD in physiology, Jim taught physiology at Albany Medical College in New York, and worked to obtain grants to study and treat spinal cord injuries and central nervous system trauma. He did post-doctoral work at Hahnemann University Hospital in Philadelphia as an assistant professor.

Jim heard that Merck was looking for scientists in the Regulatory Affairs Department to interact with the FDA to get new drugs approved. He was hired, and worked at Merck for eleven years; helping to get Prilosec and Nexium approved. He also worked at Rhone Poulenc Rorer and was instrumental in developing Ryluzole, a drug used to treat ALS (Lou Gherig's Disease).

Judy and Jim met when they were working at Merck. They are both retired now, but Jim still does some consulting. They continue to travel actively, and spend summer weekends sailing. Judy spends most of her time juggling: caring for her elderly parents (who live in Wellington), grandchildren, volunteering with the Paoli Hospital Auxiliary (she is president of the Hershey's Mill branch), and being chairperson of Friends of Sullivan House. She was instrumental in saving Sullivan House from demolition.

When Jim was a graduate student at Colgate in the late '60s, he and friends

would watch *Jeopardy* together at lunchtime in their fraternity house. He was always able to answer many of the questions. So, in 1971 while still at Cornell, he finally got the courage to

**Up Close with Jim & Judy**

**How long have you lived at Hershey's Mill, and where did you live before moving here?** We moved here in 2001 from Gilbertsville, PA – it's near Pottstown.

**How many children and grandchildren do you have?** We have three children between us. I have a son, and Jim has a son and daughter. We have three grandsons and a step-granddaughter; all live nearby.

**Favorite local restaurant?** Alba (Malvern).

try out. He was able to get an interview and went down to NBC studios in New York City. He had to fill out a questionnaire about himself, and was given some sample *Jeopardy* questions and a camera test. Afterwards, the *Jeopardy* staff told him if he didn't hear back in six weeks to two months, he didn't make the cut. To his surprise, they called him the next day and told him he fit the bill; they asked him to come back for a taping of the show.

At the time, Art Fleming was the host and Don Pardo, of *Saturday Night Live* fame, was the announcer. How did he get called back so quickly? Jim reasons that there weren't many men trying out at the time; it was mostly housewives, as the men were all out working. Also, he found out later that Art Fleming had spent time at Colgate and Cornell, Jim's Alma Maters. Jim said that Don Pardo was a great guy, but Art Fleming was not very friendly.

The show was taped in the spring and aired the next fall. Not being nervous, Jim enjoyed the experience. The "host chat" with Art Fleming was all rehearsed. The buzzer was easier to work then than it is now since contestants could buzz-in before a question was finished; contestants must now wait until the answer is finished. Going into Final Jeopardy, Jim had the most money. He felt confident because the category was State Capitols and bet a lot of money. The Final Jeopardy answer was "This state capitol has statues of Abraham Lincoln, Henry Clay and Alben Barkley." The correct question was "What is Frankfort, Kentucky?" All of the contestants answered "What is Springfield, Illinois" which was wrong. Jim had bet the most money, so he lost the game. He enjoyed the experience

though, taking home a set of *Encyclopedia International* and \$100.

Jim has always been interested in trivia. In high school, he appeared on a local Philadelphia quiz show, similar to *College Bowl*, called "It's Academic" for Jenkintown High School. He has also participated in Hershey's Mill Baby Boomers trivia games. I asked what advice he would give someone appearing on *Jeopardy* today. He said you have to study and read a lot as the questions are harder now; although many answers are logical if you know the major subject areas. His favorite categories are history, science and geography.

Jim and Judy enjoy living in Hershey's Mill. They have met many wonderful friends here, and feel that there is a great sense of community.

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## 2ND ANNUAL FUNDRAISER RAFFLE

### Gourmet Dinner with Wine Pairing

**Winner will enjoy...**

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- **Where:** The Historic Sullivan House, Hershey's Mill, West Chester
- **When:** Date of your choice before 12/31/16
- **Hosted by:** FoSH (Friends of Sullivan House)
- **Catered by:** Brandywine Catering
- **Cost of Ticket:** \$30.00
- **Drawing:** At the Hershey's Mill Summer Concert Series on July 10, 2016 (Rain Date: 7/17/16)

Catered by 

Winner does not need to be present at drawing to win. Checks payable to: Sullivan House Fund  
All proceeds go to support the preservation of Historic Sullivan House

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Shauna Flynn at  or Ann Gunn

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TRIPS ARE LISTED IN  
CHRONOLOGICAL ORDER

**New York City**

**Wednesday, June 1, 2016**

**Cost: \$29 + Meals**

**Departs: 8:00am**

**Contact: Bobbi Rubenstein**

It's time for a spring trip to NYC once again! We expect perfect weather for wandering around this fabulous city, attending a Broadway show, visiting a museum, eating some really good food, or all of the above. Make your reservation now as this trip typically fills up quickly!

**Walnut Street Theatre  
"Sister Act"**

**Thursday, June 2, 2016**

**Saturday, June 11, 2016**

**Cost: \$41 (per show)**

**Departs: 12:30pm**

**Contact: Adele Juzi (for June 2)**

**Contact: Connie Cline (for June 11)**

Our last matinees of the season are for the final production of the Theatre's 207th Anniversary Season. This habit-



Trip payment checks need to be made payable to "Hershey's Mill HOA", sealed in an envelope (noting trip name and date), and placed in the maroon Customer Service mailbox next to the Security Center in the exit lane at the Main Gate.

Bus leaves promptly at the scheduled time. Please plan to arrive 10 minutes early.

All bus riders must be age 18 or older (unless specifically noted in description).

The HM Bus Committee is always looking for more volunteers to share ideas and plan trips! If interested, call Marc Fraser at

forming musical comedy will make you jump for joy! When wannabe disco diva Deloris Van Cartier witnesses a crime, the cops hide her in the last place anyone would think to look – a convent! Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. Featuring original music by eight-time Oscar winner Alan Menken, this uplifting musical is filled with toe-tapping songs, outrageous show-stopping dancing, and a truly moving story. This sparkling tribute to the universal power of friendship is reason to rejoice!



**Reading Fightin' Phils & Fireworks**

**Saturday, June 4, 2016**

**Cost: \$25 + Food**

**Departs: 4:45pm**

**Contact: Sandy Waldman**

We will travel to FirstEnergy Stadium in Reading (proclaimed by Stadium Journey Magazine to be "...easily one of the best parks in the minor leagues at any level and by nearly any criteria.") to watch the Reading Fightin' Phils (AA minor league affiliate of the Philadelphia Phillies) take on the New Hampshire Fisher Cats for a 6:35pm game. We will stay after to watch the largest fireworks show ("MegaBlast") in stadium history. Our seats are in the Section 7 yellow box seats near home plate. Food is on your own at one of the many ballpark concessions. But for an additional \$15, you can add the all-you-can-eat buffet (served 5pm-7:30pm) to your ticket; up until game time. This buffet includes BBQ chicken, hotdogs, cheeseburgers, beans, potato salad, chips, cookies, and Pepsi products. *Children age 8 and older are welcome!*



NATIONAL CONSTITUTION CENTER

**Delaware Park**

**Monday, June 13, 2016**

**Monday, July 11, 2016**

**Monday, July 25, 2016**

**Cost: \$15 + Lunch**

**Departs: 10:15am**

**Contact: B.J. VanSchooneveld**

Join us for an exciting day at the races! Watch horse racing, or try your luck at slots and table games. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

**National Constitution Center and Philadelphia (On Your Own)**

**Thursday, June 16, 2016**

**Cost: \$26 + Lunch**

**Departs: 9:45am**

**Contact: Ann McClay**

Our day in Philadelphia begins at the NCC where admission includes several exhibits. "Freedom Rising" is a stirring 17-minute multimedia performance, setting the stage for the NCC experience and taking visitors on an awe-inspiring journey through the story of "We the People" (a rotating collection of rare artifacts that brings America's constitutional history to life). The "Founding Fathers" exhibit allows you to walk alongside 42 life-size, bronze statues of them and relive the moment that launched a government of and by the people. Lastly, you can go from campaign trail to Oval Office with the

*Continued on next page*



interactive "Headed to the White House Experience." Afterwards, you will have free time to get lunch and explore some of the nearby historic sites!

**Delaware Park**

**Monday, June 27, 2016**

**Cost:** \$15 + Lunch  
**Departs:** 10:15am  
**Contact:** Ann Seraphin

Join us for an exciting day at the races! Watch horse racing, or try your luck at slots and table games. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

**Philadelphia Phillies & Fireworks**

**Friday, July 1, 2016**

**Cost:** \$17 + Admission  
**Departs:** 4:45pm  
**Contact:** Sandy Waldman

Join us at Citizen's Bank Park, as we watch our Phillies take on the defending World Series champion Kansas City Royals in a 7:05pm game; and enjoy the world-class Xfinity 4th of July fireworks show after the game! Riding on the HM Bus allows you to avoid costly parking fees and driving in Philadelphia traffic! Tickets can be purchased on your own, or through me by providing your price or location preference; currently, tickets start at \$27. Food is on your own at one of the many ballpark concessions. *Children age 8 and older are welcome!*

**"Spirit Of Philadelphia" Dinner Cruise**

**Thursday, July 7, 2016**

**Cost:** \$59  
**Departs:** 9:30am  
**Contact:** Ann McClay

Enjoy lunch, and cruise in style and comfort. You'll love the ship's modern design featuring colorful LED lighting, plasma TVs, three climate-controlled interior decks with panoramic windows, and a rooftop lounge. There will be delicious and freshly prepared food, dancing, and great sightseeing. It's time to see the city from a different perspective – the water! Cost covers the meal and a 2-hour cruise on the Delaware River; a cash bar is available.

**Stone Harbor - A Day At The Shore**

**Thursday, July 21, 2016**

**Cost:** \$25 + Meals  
**Departs:** 9:00am  
**Contact:** Priscilla Burt

*Rain date is Thursday, July 28.* Enjoy a day on your own at this beautiful seaside town. With the Intercoastal Waterway to the west and the Atlantic Ocean to the east, visitors can enjoy peaceful beaches, a quaint downtown, and exceptional restaurants on this

barrier island. The shopping district is home to a variety of boutiques and shops that offer seashore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner.

**American Music Theatre - "Crooners"**

**Wednesday, August 31, 2016**

**Cost:** \$59  
**Departs:** 12:00pm  
**Contact:** B.J. VanSchooneveld

Join us in Lancaster for a musical journey of when the Rat Pack owned Las Vegas. The AMT Singers, Dancers, and Orchestra celebrate iconic crooners like Rosemary Clooney, Frank Sinatra, Tony Bennett, Ella Fitzgerald, and Bing Crosby; along with current crooners like Michael Buble, Harry Connick Jr., and more. A smorgasbord lunch, prior to the show at Bird-In-Hand Restaurant, is included in the price.

**Penn's Peak - "Live At The Sands: Frank, Dean, & Sammy"**

**Thursday, October 6, 2016**

**Cost:** \$67  
**Departs:** 9:00am  
**Contact:** Ann McClay

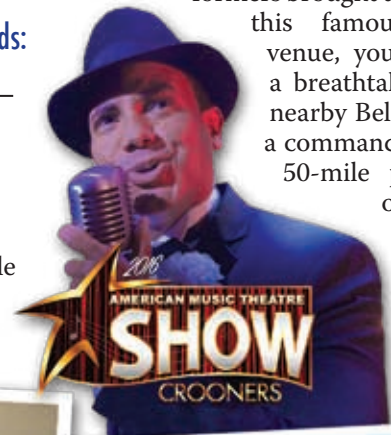
Experience family dining while enjoying the performance. Be dazzled and transported

**Save all the dates!**  
June 1, 2, 4, 11, 13, 16, 27  
July 1, 7, 11, 21, 25  
August 31 & October 6, 19

back to Sinatra's sun-kissed world of wine, women, and song. When Michael Dutra performs with his ensemble, you'll swear Dean Martin and Sammy Davis Jr. are in the room! It's the Swinging Sixties all over again as the guys trade stage patter and perform their biggest hits. Dean's Scotch-soaked rumble and Sammy's comic antics are counterpoint to Frank's mellow melodies. Relive the chemistry of comedy and song that these three iconic performers brought to the stage! From

this famous mountaintop venue, you will also enjoy a breathtaking overlook of nearby Beltzville Lake; plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian mountains.

*Continued on page 25*





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## HERSHEY'S MILL BUS TRIPS (continued)

### Penn's Peak - "Real Diamond"

Thursday, October 19, 2016

Cost: \$67

Departs: 9:00am

Contact: Ann McClay

Experience family dining while enjoying the performance. Curtis DiDomizio sang and played guitar in a variety of rock & roll bands for 30+ years. The decision to move into performing Neil Diamond songs and the concept of a polished world-class tribute show stems from countless requests for him to utilize his raspy growl and strong baritone voice to perform favorites like "Sweet Caroline", "I Am I Said", and just about any Neil Diamond song he had the back track for – and "Real Diamond" was born. Curt set out with 27 songs, a 10-piece band, and a vision; and since their 2008 debut, Real Diamond has become the premier Neil Diamond tribute show! From this famous

mountaintop venue, you will also enjoy a breathtaking overlook of nearby Beltzville Lake; plus a commanding, picturesque 50-mile panoramic view of northeastern Pennsylvania's Appalachian mountains.



## HERSHEY'S MILL SERIES TRIPS

### 2016-2017 Philadelphia Orchestra

#### Friday Evening Series

Cost: \$84 (bus only for all six) or \$14 (bus only for each) + Performance Admission

Departs: 6:00pm

Contact: Ann Seraphin

Join us for another exciting season:

#### October 7, 2016

Yannick Nezet-Seguín conducts Berlioz, and Saint-Saens with Stephane Tetreault on cello.

#### November 25, 2016

Gianandrea Noseda conducts Petrassi and Beethoven, and Ravel with Alexander Toradze on piano.

#### January 13, 2017

Yannick Nezet-Seguín conducts a Paris Festival with Susan Graham (mezzo-soprano).

#### March 10, 2017

Michael Tilson Thomas conducts Seeger and Beethoven, and Berg with Leonidas Kavakos on violin.

#### April 28, 2017

Stephane Deneve conducts a Rachmaninoff Festival with Nikolai Lugansky on piano.

#### May 19, 2017

Yannick Nezet-Seguín conducts Mahler's Symphony No. 3 with Karen Cargill (mezzo-soprano), and Philadelphia Symphonic Choir and American Boychoir.

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Well, for someone who is not that fond of Chinese food, I have dined at two Chinese/Asian restaurants within two months. While Nectar is upscale, P.F. Chang's is less formal. But I think the food was equally good. Philip Chang acquired his inspiration from his mother, Cecilia Chang, who was flourishing in the wild success of her Chinese restaurant in San Francisco. She was honored with a James Beard

Wok cooking is essential to Chinese cuisine, and originated nearly 2,000 years ago. In the wok over a flame, oil heats up in a matter of seconds causing an explosion of flavors and releasing a *wok hei* (not a wok "high" though similar in the taste of the food). "A *wok hei* can metaphorically be translated as the "breath of the wok," when a wok breathes energy, giving foods a unique concentrated flavor and aroma" says Grace Young in *The Wisdom of the Chinese Kitchen*.

# P.F. Chang's

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Lifetime Achievement Award for her restaurant, The Mandarin.

Philip Chang later managed his mother's restaurant, and subsequently, a restaurateur named Paul Fleming entered his life and a partnership began for P.F. Chang's in the 1990s. The first several restaurants were opened in California, and now they can be found across the United States. While there are many restaurants now, each one prides itself on having a "from scratch" kitchen. Attention to detail has not been ignored, and the standards are the same as those of his mother's original restaurant. Each location has chefs, not just "kitchen managers". Even the simplest details, such as julienning carrots, are done with a passion. As further example, "the pinches and folds in the dim sum must be perfect" they say.

The wok is one of the most common cooking utensils in China, and is used frequently at P.F. Chang's. A colorful array of vegetables and meats are cut precisely for wok cooking, and used along with vibrant sauces. Diners can choose what they would like to have prepared in the wok – a great way to customize with your favorites.

Chang's menu is varied and extensive. Categories are small plates, dim sum,



sushi, soups (including wonton, of course), entrée salads, main entrées, noodles and rice, and gluten-free. Surely, there's something for everyone. Five of us dined, three having the chicken satay glazed with coconut peanut sauce along with vegetable spring rolls. Another had lettuce wrap with soy beef and wok-seared sesame chicken.

Small plates have become popular in many restaurants, not surpris-



bass; walnut shrimp with melon; lobster and shrimp rice; Mongolian beef; sweet-and-sour pork; orange-peel beef; stir-fried eggplant; or coconut curry vegetables, among others.

Noodles and rice are classic Asian-inspired bowls. There are an impressive number of gluten-free selections available. Also offered are "Chang's for Two" at a *prix-fixe* \$42.95 (when we were there), and with many selections.

P.F. Chang's motto could be what they espouse: "The core of our food: all-natural meat, responsibly sourced seafood, hand-chopped veggies, and sauces made from scratch." I

Photos courtesy of P.F. Chang's

think that's quite something to live-up to every day!

ing as we become more conscious of how much and what we are eating. Some choices of these at P.F. Chang's are crispy green beans in tempura batter; lettuce wraps with chicken or vegetables; jicama street tacos; and kale and quinoa dip with sesame-seasoned wonton chips.

Scratch-made Dim Sum examples are: hand-folded crab wontons; Saigon summer rolls; and egg or vegetable spring rolls. Five of the sushi offerings are: scallop roll, California roll, Ahi tartar with avocado, lobster avocado roll, and spicy tuna roll.

There are multiple entrées from which to select, and dishes include chicken, seafood, beef, pork, and vegetarian. You might like: crispy honey chicken; Kung Pao chicken; Oolong Chilean sea

A lunch menu is available with lighter pairings, and lunch is available Monday through Friday from 11am to 4pm. Restaurant hours are Sunday through Thursday from 11am to 10pm, and Friday and Saturday from 11am to 11pm. "Hours of Happy" are Monday through Friday from 5pm to 7pm. P.F. Chang's is located in the Brinton Lakes Shopping Center in Glen Mills. For take-out orders, reservations, or directions, give them a call or go online.

Whether you are a long-time fan of Chinese food, or more like me, you might want to give P.F. Chang's a try. *Chi hau* – eat well!

*Do you have a restaurant you want me to visit and write about? Suggestions are welcomed, and you can contact me at . If written about recently, though, I may not repeat.*

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**FOR SALE** Older, Mahogany, beveled-glass, **corner cabinet** with two drawers and bottom door. Excellent condition. \$265. Windsor-type **rocker**. \$50. Call

**FOR SALE** NordicTrack Commercial VR **exercise cycle**, 350 pound weight capacity. Excellent condition. \$280. Call

**FOR SALE** Large collection of **Beanie Baby "Bears"** circa 1992-2002, with attached tags, and encased in plastic. Previously kept in large glass case. \$4 each. Call

**FOR SALE** Light-maple **desk**, with 5 drawers and 2 file drawers. 46" L x 23" D x 30" H. \$64.50. Small golden-oak **table**, on 4 castors, with 3 open shelves. 19" W x 14" D x 24" H. \$39.50. **Loveseat**, wing-chair style. Red velvet with off-white, quality fabric slipcover. \$40. Call

**FOR SALE** Decorative, black, wrought-iron **patio plant stand**, 36" high x 23"

wide with 5" rim. Space for 3 or 4 potted plants. \$45. Call

**FOR SALE** Electric organ, Lowrey Symphonic Holiday, four channels, with Magic Genie Chords. \$100. Call

**FOR SALE** Miscellaneous **American Girl Doll clothes and accessories**; including horse. Good condition. Call

**WANTED** Do you like creating games? Or sharing a hobby? The *Guide and Digest* is always looking for help and ideas – you don't have to be a "writer" to get involved! Call or email HMC-TV (see page 4) to find out more.

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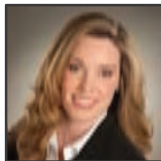
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		<b>1</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 10:00am Ageless Exercise 11:15am Aquacise 12:30pm Art Group 12:30pm Social Club Bridge 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Casual Singing Group 7:00pm Kennett Open 7:00pm Mah Jongg	<b>2</b> 9:00am Remedies For Wellness 10:00am Alzheimer/Dementia Support Group 10:00am Yoga 11:15am Aquacise 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm HM Players	<b>3</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Quilters 11:15am Aquacise 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	<b>4</b> 9:00am HM Players 9:45am Aquacise	<b>5</b>	
	<b>6</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 11:15am Aquacise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 3:00pm Photography Club 7:00pm HM Players 7:00pm WH Duplicate Bridge	<b>7</b> 10:30am Hearing Screening 11:15am Aquacise 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders	<b>8</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 10:00am Ageless Exercise 11:15am Aquacise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 5:00pm Ulster Party 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	<b>9</b> 9:00am Remedies For Wellness 10:00am Yoga 11:15am Aquacise 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm (SH) Books Discussion 6:30pm Poker 7:00pm HM Players	<b>10</b> 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 10:00am Quilters 11:15am Aquacise 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub	<b>11</b> 9:00am HM Players 9:45am Aquacise	<b>12</b> (SH) takes place in Sullivan House. Dates and times are subject to change. Contact program for details.
<b>13</b> 8:30am Aerobic Dancing/Exercise 9:45am Aquacise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm HM Players 7:00pm WH Duplicate Bridge	<b>14</b> 9:45am Aquacise 10:30am Hearing Screening 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 6:30pm Open Bunco 7:00pm (SH) Great Books Club	<b>15</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 9:45am Aquacise 10:00am Ageless Exercise 12:00pm Social Club Bridge 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 6:30pm Inverness Ice Cream Social 7:00pm Mah Jongg	<b>16</b> 9:00am Remedies For Wellness 9:45am Aquacise 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm HM Players	<b>17</b> 8:30am Aerobic Dancing/Exercise 9:45am Aquacise 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	<b>18</b> 9:00am HM Players 9:45am Aquacise	<b>19</b>	
<b>20</b> 8:30am Aerobic Dancing/Exercise 9:45am Aquacise 10:00am Ageless Exercise 11:00am SH Dinner Raffle Ticket Sale 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm HM Players 7:00pm WH Duplicate Bridge	<b>21</b> 9:45am Aquacise 1:00pm Mah Jongg 1:00pm Pinochle 1:00pm SH Dinner Raffle Ticket Sale 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm PC Computer Club	<b>22</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 9:45am Aquacise 10:00am Ageless Exercise 11:00am SH Dinner Raffle Ticket Sale 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	<b>23</b> 9:00am Remedies For Wellness 9:45am Aquacise 10:00am Yoga 11:00am SH Dinner Raffle Tckt Sale 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm HM Players	<b>24</b> 8:30am Aerobic Dancing/Exercise 9:45am Aquacise 10:00am Ageless Exercise 10:00am Quilters 11:00am SH Dinner Raffle Tckt Sale 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub 7:00pm Bingo	<b>25</b> 9:45am Aquacise 10:00am Mac Group 5:00pm HM Players Cast Party	<b>26</b>	
<b>27</b> 8:30am Aerobic Dancing/Exercise 9:45am Aquacise 10:00am Ageless Exercise 11:00am SH Dinner Raffle Ticket Sale 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<b>28</b> 9:45am Aquacise 11:00am SH Dinner Raffle Ticket Sale 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm (SH) Great Books Club	<b>29</b> 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge 9:45am Aquacise 10:00am Ageless Exercise 11:00am SH Dinner Raffle Ticket Sale 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg	<b>30</b> 9:00am Remedies For Wellness 9:45am Aquacise 10:00am Yoga 11:00am SH Dinner Raffle Tckt Sale 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker	<h1>June 2016</h1> <h2>Activities Calendar</h2>			

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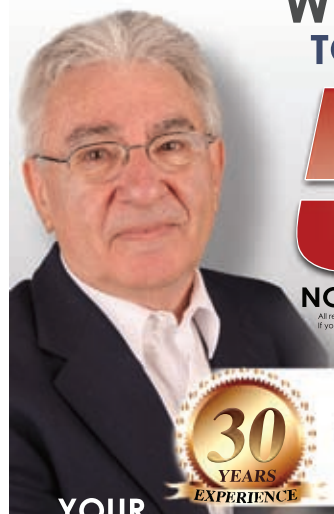
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This event has been designed to provide you with health screenings, information regarding services available to you, and how to find and access those services. The event takes place on **June 2 from 1pm to 5pm** at the Westminster Presbyterian Church. The church is located at 10 West Pleasant Grove in West Chester.

Come and enjoy a **free** day of information, fun, refreshments and fellowship with other attendees. There is easy and free parking, all exhibits are on one floor, and it is wheelchair accessible.

- Experts will be available to discuss:
- A services overview for the Chester County Department of Aging
  - Senior centers in Chester County
  - Vision and macular degeneration
  - Dental information and awareness
  - APPRISE Program (Medicare and Medicaid Counseling)
  - Diet and diet planning
  - Affordable housing
  - Emergency preparedness

- Health screening sessions include:
- Hearing loss clinic
  - Memory clinic
  - Oral cancer screening
  - Health screenings by the Chester County Health Department:

- Blood pressure screening
- Hydration screening
- Fall risk screening
- Shingles vaccine clinic (call 610-344-6035 to register)

There will also be information regarding durable medical equipment, handyman services for seniors, and much more. By attending these sessions you will be on your way to becoming an informed expert in the field of aging.

Rover will provide transportation to and from this event for \$1 each way (for those who are age 60+). Please register with Rover by calling 610-594-3911, or toll free at 877-873-8415.

HERSHEY'S MILL PLAYERS 2016 SHOW "THE MILL'S GOT TALENT"

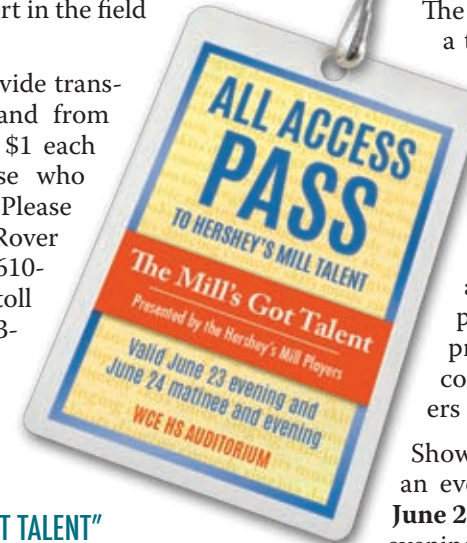
Greg Gaul | Ulster

This year's performance is a senior talent show featuring over a dozen separate acts including singers, dancers, group musical performances and skits.

The Mill's Got Talent is similar to many reality talent shows like America's Got Talent and American Idol. The show has a notable "vaudevillian" tone incorporating lots of comedy – and it's fun for all ages.

The Hershey's Mill Players is a theater group within the Hershey's Mill Community that has been producing plays on an every other year basis for over two decades. The plays are originally scripted, and all aspects of the performance, including producing the show, are conducted by the HM Players themselves.

Show dates are **June 23**, for an evening performance, and **June 24**, for both a matinee and evening performance. Shows are in the auditorium at the West Chester East High School (off Paoli Pike). Tickets will be sold in advance by members of the HM Players, or may be purchased just prior to any show at the auditorium box office.



Come See What's New At Sullivan House Wednesday, June 8 from 4pm to 7pm

Join us for champagne punch and light bites.

Relax on our beautiful new porch furniture. See the remodeled and more accessible 1st floor powder room. Enjoy the company of friends and neighbors.

All attending are eligible to win a free rental of Sullivan House for one personal event.



CVIM ANNUAL FUNDRAISER

Margie Joyce | Robynwood

Please join us for the 12th Annual Judy's Cookie Jar Fundraiser on **Sunday, September 18**. This fun event is a great way to support the important work being done by Community Volunteers in Medicine (CVIM). Cocktails and dinner

Continued on next page

are from **4:30pm to 7pm** at Sullivan House. Call Cathy at 610-692-9165 today to reserve your tickets!

**EAST GOSHEN FREE MARKET**

Plan to enjoy this event, and East Goshen Community Day, at East Goshen Park on **July 23** from **11am to 2pm**. This is a great opportunity to divest yourself of useful but no longer needed household items. You just bring them to the park and place them on a picnic table for other residents of East Goshen, who can use them, to just take. No money is exchanged. Left over items will be donated to local charities.



Free refreshments will be available for all compliments of State Representative Dan Truitt. For additional information, call Eric Smith at 610-696-4990.

**DONATION DAY**

*Lydia Voigt | Inverness*

The Hershey's Mill branch of Paoli Hospital Auxiliary will host this event on **Tuesday, June 7** from **9am to noon** at the Community Center. We accept children's and women's clothing, jewelry, household items, and small furniture. We do not accept items for men. Thanks in advance for supporting this important cause.

**CARE-SHARERS**

*Eileen Glinski | Glenwood*

Did you know that Hershey's Mill has a very active volunteer group that serves our community **at no charge**? Our volunteers are ready to assist with errands, transportation, and small handyman chores when family members or friends are unavailable. Simply call the answering service at 610-430-8830 to make a request or to volunteer. Your message will be answered by a volunteer within 24 hours.



Past event photos provided by Rick

**CHESTER COUNTY CHALLENGE FOR CANCER BIKE RIDE**

*Rick Stevenson | Chairperson*

This charity ride, benefiting The Chester County Hospital Cancer Center and the Neighborhood Visiting Hospice, is in its 18th year. To date, we have raised over \$400,000. This year's event is scheduled for **Sunday, June 26**. The rides begin at the Fern Hill Medical Building (on Old Fern Hill Road) and have distances of 5, 10, 25, 50 and 63 miles. Our westerly routes take riders through scenic, hilly Chester County. Our family rides of 5 and 10 miles enjoy a relatively flat ride – except for the hills in Hershey's Mill. In past years, the family riders have enjoyed themselves on the roads of the 10-mile route which takes them through Hershey's Mill. The ride is well supported with volunteers from the Hershey's Mill Auxiliary of the Chester County Hospital who help at intersections with traffic and cyclists. We also have a police escort from the Westtown-East Goshen Police Department, and a van from Bike Line that follows riders along the route. Riders enter and exit from the East Entrance near the Giant parking lot. We thank you for your support of this event!

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**APPLE MAC CONNECTION**

*Carol Campanelli | Ulster*

Learn about your Apple devices on the **fourth Saturday** of each month from **10am to noon** on the second floor of the HM Community Center. Help for all things Macintosh is provided by Bob Barton in a question and answer format; and no question is a dumb one! Email him questions at bartonbob@comcast.net so he can include them on the agenda. Coffee, tea and light refreshments are usually provided.

**ART GROUP**

*Dave Linton | Springton*

We are creative individuals who love camaraderie and art. Some of us are beginners, and others have worked in the field or studied art. So gather up your art supplies, and join us on **Wednesdays from 12:30pm to 3pm** upstairs at the HM Community Center. Sometimes we car pool to regional art museums, or have professional artists come in to give demonstrations.

**BILLIARDS**

*Joe Silio | Eaton*

“Billiards for Beginners” teaches the basics in a casual and social atmosphere. We meet in the Billiards Room of the Community Center on **Fridays at 12:30pm**. Join us to spend an afternoon among friends and learn something new. Call me at [phone] with any questions.

**BOOK CLUB**

*Anne McAssey | Merrifield  
Audene Paulson | Eaton*

Join us at Sullivan House on **Thursday, June 9, at 2pm** as we conclude the year by voting on next year’s selections, and to discuss *A Spool of Blue Thread* by Anne Tyler. This is the story of four generations, set in Baltimore, who radiate togetherness; but like all families, the stories they tell themselves reveal only part of the picture.



**COMPUTER CLUB**

*Don Trauger | Kennett*

PC Computer meetings are open to all regardless of computer experience. If you have questions, be sure to attend on the **third Tuesday** of each month at **7pm** upstairs in the HM Community Center. There is a new topic discussed each month, as well as a question and answer segment.

Ever heard it said that someone is “stuck behind the 8 Ball” but didn’t know what it meant?  
Join Joe at Billiards and find out!



**PHOTOGRAPHY CLUB**

*Carol Poling | Oakmont*

We have a schedule change for our meetings, and there will not be meetings in July and August. From September 2016 through June 2017, we will meet at Sullivan House on the **second Monday** of each month from **3pm to 5pm**. A few of those dates are 9/12, 10/10, 11/14, and 12/12. Please call me with any questions.

For each meeting, there will be a topic to photograph, and the results will be shared and



Flowers by Photography Club member Bernie Greenberg. The image above was taken at Longwood Gardens.

together in praise and thanksgiving; and we petition on behalf of family, friends, neighbors, our community, and our nation. We are non-denominational and unaffiliated with any house of worship;



critiqued. At June’s meeting, I will plan topics; and I expect to have a list to include in the August or September *Guide and Digest*.

Our first photo show at the HM Community Center ended in May, and a new show has now been hung. Please take the time to see photographs by some of our talented members.



**PRAYER CIRCLE**

*Ann Wilcox | Jefferson*

Our Hershey’s Mill group is composed of women of faith who come

and meet on the **2nd and 4th Wednesday** of each month at **11am** in a member’s home.

We pray for good health, healing (body, mind and spirit), safe travel, guidance in difficult situations, and success in special endeavors. Our format includes short devotionals and readings from scripture for our own spiritual growth and enrichment. Anyone wishing to join us will be most happily welcomed.

For further information, or for prayer requests, please call me at [phone]. Prayer requests may also be mailed to me at 877 Jefferson Way, or sent by email to [email].



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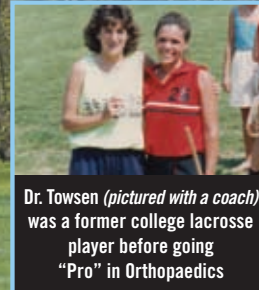
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Dr. Towsen (pictured with a coach) was a former college lacrosse player before going "Pro" in Orthopaedics



As a former lacrosse player who was sidelined by a knee injury in college, Dr. Towsen truly understands how injuries affect the female athlete. Her own experience with reconstructive knee surgery inspired her career in orthopaedics. Her fellowship training in orthopaedic sports medicine allows her to offer the most advanced techniques for treating all types of sports injuries and overuse syndromes. Whether you are a competitive or recreational athlete, Dr. Towsen's goal is to help you return to physical activity without limitation whenever possible. There are very few women practicing orthopaedic surgery and sports medicine, so Dr. Towsen has a unique perspective when treating the active female patient.

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Donna Spoto | Ulster

A great big *thank you* to all the wonderful residents that volunteer in our library.

We have various types of volunteers if you would like to join us. Our most visible volunteer is the person you see at the desk. There are over 50 ladies who check out and shelve books. There are several shifts a month; from 10am to noon, and noon to 2pm. On Saturdays, from 10am to noon only. We would love some gentlemen volunteers as well.

*“Volunteers do not necessarily have the time; they just have the heart.”*  
– Elizabeth Andrew

We have volunteers behind the scenes that process the books monthly. Books are covered, carded, and stamped. These new additions are added to our computer files, which can be accessed from the library or online.

Residents can volunteer for Book List Review. From the comfort of your home, you preview new releases. About eight volunteers a month receive the Book List, and initial the books they think residents might be interested in. Your input assists our librarian, Peg

**HM Library (Community Center)**  
**Monday to Friday 10 a.m. – 2 p.m.**  
**Saturday 10 a.m. – Noon**  
[www.hmlibrary.com](http://www.hmlibrary.com)

McReynolds, in selecting the books each month. The sign-up sheet is to the left as you enter the library.

Our annual Book Sale is planned for **September 10th and 11th** at the HM Community Center. Volunteers will be needed to put out books and pack remaining books on the 11th. There will be sign-up sheets at the library as the event nears. Donations of good used books are being accepted now.

We look forward to seeing new faces.

**NEW LIBRARY BOOKS**

*Peggy McReynolds | Yardley Librarian*

*Alphabetical by Author*

- Baldacci, David – *Last Mile*
- Box, C. J. – *Off the Grid*
- Carr, Robyn – *What We Find*
- Chevalier, Tracy – *Edge of the Orchard*
- Clark, Mary Higgins – *As Time Goes By*
- Coben, Harlan – *Fool Me Once*

- Cooper, Anderson – *Rainbow Comes and Goes*
- Cussler, Clive – *Gangster*
- Deaver, Jeffery – *Steel Kiss*
- Faye, Lyndsay – *Jane Steele*
- French, Nicci – *Thursday's Children*
- Grissom, Kathleen – *Glory Over Everything*
- Hilton, L. S. – *Maestra*
- Holt, Nathalia – *Rise of the Rocket Girls*
- Jahren, Hope – *Lab Girl*
- Kelly, Martha Hall – *Lilac Girls*
- Kerr, Philip – *Other Side of Silence*
- Leaming, Barbara – *Kick Kennedy*
- Lowell, Catherine – *Madwoman Upstairs*
- Meacham, Leila – *Titans*

- Patterson, James – *Private Paris*
- Pauw, Marion – *Girl in the Dark*
- Perry, Anne – *Treachery at Lancaster Gate*
- Quindlen, Anna – *Miller's Valley*
- Riley, Lucinda – *Storm Sister*
- Roberts, Nora – *Obsession*
- Scottoline, Lisa – *Most Wanted*
- Simonson, Helen – *Summer Before the War*
- Sweeney, Cynthia – *Nest*
- Thomas, Rosie – *Iris and Ruby*
- White, Randy Wayne – *Deep Blue*
- Williams-Paisley, Kimberly – *Where the Light Gets In*
- Winspear, Jacqueline – *Journey to Munich*
- Woods, Stuart – *Family Jewels*

**POET'S CORNER**

**Ginnie Newlin | Devonshire East Goshen Poet Laureate**

This month's poem is just in time for Father's Day on June 19.

My father was a bright man – he graduated from law school before he was old enough to practice. He also had a very sharp tongue, which, of course, his children did not appreciate too much – hence the interesting words.

He was a colonel in the second World War and a distinguished lawyer. He came down with Alzheimer's, and died in his early seventies.

**Entreating The Deity**

*Dear God*, our father said,  
when I played an ace on my brother's trump.  
*Jesus*, he said when George  
went down five tricks.

We children hated  
him circling our backs,  
peering at our cards,  
groaning at every mistake,  
though we knew he was a bridge-whiz,  
often, giving us dividends  
from money he'd won the night before.

He was smart at everything, except,  
how to be a mother when our mother died.

Five young children is a stumper  
for any single dad.  
He must have had to say,  
*dear god*, every single day.

*Virginia Strong Newlin*

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Don Trauger | Kennett

This month's article is a break from the recent Windows 10 topics. I will be exploring how to set up your Comcast Xfinity X1 box so you can view Channel 20. And also walking you through signing up for a service that can block unwanted robo phone calls – but only if you are a Comcast voice customer.

**Comcast Xfinity X1 Box**

Many of you have contacted Channel 20 saying you can't receive our channel after having Comcast install their newest Xfinity X1 box. Although we are not in a position to solve TV problems for Comcast, the fact that our own channel was not viewable deserves our attention. The problem lies in the settings of the X1 box, and manifests itself when

you input "20" on the remote and end up watching the HSN channel in HD (high definition). This happens because the box settings are set to "auto tune" to a high-definition channel, and Channel 20 is a SD (standard definition) channel. The following instructions will change the X1 box to allow you to view Channel 20:

- Press the Xfinity button on the remote, and using the right arrow button, navigate to the Gear button at the far right. Press OK.
- Using the down arrow button, go to Preferences. Press OK.
- Go to General. Press OK.
- Press the down arrow button to go to the Auto Tune to HD option. Press OK to turn it off.
- Press Exit.

You can now input "20" on the remote and receive our channel. But hold on, there are other ways to get Channel 20. If you have the voice activated remote, just say "Channel 20" and it will take you there instantly. A third way to get Channel 20 is to enter "18" on the remote, then press the channel Up button twice to get to 20.



If you hear only one ring, you'll know that it was a robo call and Nomorobo is on the job.

To begin, go to <https://www.nomorobo.com>. Click the "Get Started Now" button to create your free account. In Step 1, under Type, choose Landline/VoIP. Under Carrier, choose Comcast/Xfinity. In Step 2, enter your email address. When you press Next, you will receive further instructions via an email sent to you. In the email message, click on "Click Here to Setup Nomorobo". Login into your account to complete the

## Channel 20 & Comcast Xfinity X1

## Block Annoying Robo Calls



setup. You will also need to get into your Comcast Voice Preferences to add the Nomorobo phone number to divert any robo calls. If you encounter any problems, you can click Questions on the main Nomorobo screen, then click Nomorobo Setup, and then choose Comcast.

**Block Annoying Robo Calls**

This section only applies to those of you who have Comcast voice service along with your Comcast Internet and TV service; usually called the Triple Play. Sorry Verizon customers, you are out of luck.

This free service, called Nomorobo, will interact with your incoming phone calls and determine if they are robo calls. If they are, they will be blocked from ringing your phone more than once.

I've used Nomorobo for six months and it blocks virtually all robo calls without interfering with normal calls.

*PC Club meetings are open to all regardless of computer experience. If you have questions, be sure to attend on the third Tuesday of each month at 7pm upstairs in the HM Community Center.*

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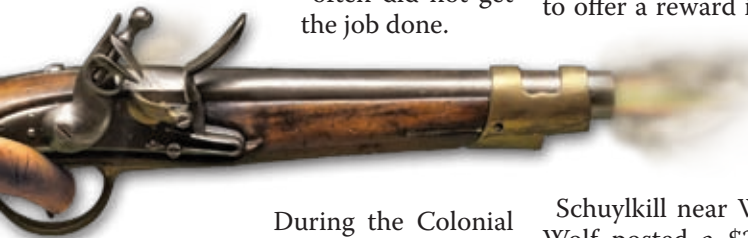
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In the days when there were no police on the state, county or township levels, rewards were sometimes used in place of detective work to solve murders. But as a crime-fighting technique, rewards often did not get the job done.



During the Colonial and Revolutionary War periods, the Pennsylvania Assembly would sometimes offer rewards for the actual capture of criminals in murder cases. And sometimes, as in the case of the Doane brothers, who robbed and

killed throughout Bucks and what is now Montgomery County, the rewards were offered for information that led to an arrest.

According to records of the Historical Society of Montgomery County, Governor George Wolf was among the first to offer a reward in this region. When the body

of Hester Fisher was found in the Schuylkill near Whitemarsh in 1833, Wolf posted a \$200 reward “for the apprehension of her killer.”

Edward Hocker, a local historian, noted in the Historical Society’s bulletin that, in 1836, Governor Joseph Ritner offered two rewards. One was for \$300 for the

arrest of the person who killed Henry Trumbower, a Limerick storekeeper “who was beaten in a fight started by workers of the Reading Railroad.” The

offered the reward. Yet the bounty did not result in any leads.

An exception to the ineffectiveness of rewards was in the 1876 killing of a young German immigrant, Max Hoehne, near the Elm Station of the Pennsylvania Railroad in Narberth. A number



of local residents offered a reward of \$1,000, and hired a private detective. As a result, the killer, also a German immigrant, was caught, tried and imprisoned.

The 1897 murder of Isaac Alder, an elderly resident of Evansburg, aroused public and private concern. It appeared that the victim was tortured to make him tell where his money was hidden before he was killed.

second was for \$100 for information about the Norristown murder of James McLaughlin. Neither of these rewards was collected, Hocker notes.

# Rewards as Police Work

It was also common during the 19th century for private citizens to offer rewards, in addition to those offered by the government, in crimes involving murder or assault. In most cases cited by Hocker, robbery and murder were involved.

In 1862, a reward of \$500 was offered for information on the murder of Daniel Bruner, which occurred near Stony Creek in Norristown, PA. Bruner appeared to have been the victim of a sidewalk stickup. Bruner’s father

The county commissioners offered a reward of \$500. Henry K. Boyer, speaker of the state House of Representatives and a resident of Evansburg, added \$100 to the reward; and a group of neighbors put up an additional \$175. Yet there was no arrest.

By the 20th century, with the establishment of police forces at all government levels, rewards were offered less and less often. Wrote Hocker: “Good police work rather than rewards gets results.”

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**Matt Harvey | HMGC PGA Professional**

When I tell people that I am a PGA Golf Professional, they often ask "Have you ever played with Tiger?" Or "Is Phil really as nice as he seems?" Usually, I follow up the answer with an explanation of the difference between being a "professional golfer" and a "golf professional." The latter is certainly the less sexy of the two, but does come with its own rewards.

A professional golfer is, of course, an individual who plays golf for money by competing in professional

successfully get out of the bunker and into the hole just so he can win a two dollar "nassau" against his buddies.

The PGA of America, which is celebrating its 100th anniversary this year, is the largest working sports organization in the world. It is comprised of more than 28,000 men and women that establish the standards of the profession while growing the interest and participation in the game of golf. In order to be elected to membership of the PGA of America, you must first successfully navigate a difficult "roadmap".

This process has each apprentice, or student, going through three separate levels of education courses. These include semi-



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tournaments for cash prizes. Those are the men and women who are paid millions of dollars in prizes and endorsements to get their ball out of the bunkers and into the hole in front of the TV cameras. The PGA Golf Professional, on the other hand, is a member of the PGA of America. His or her strengths are portrayed in the many aspects of the golf industry. These include not only the actual dollars and cents of the business, but the game and people surrounding it as well. Golf professionals get their reward by helping a student

nars, written exams, and simulation testing. These men and women have the option to pursue this PGA education through self-study, by the use of accredited PGA Golf Management Universities, or through an accelerated PGA Golf Management Program.

An additional requirement for gaining membership is passing the PGA's Playing Ability Test. The Playing Ability Test (PAT) has evolved a bit in recent years, but is always an extremely high pressure situation. At one point in time, it was the very first step in the process of pursuing PGA membership.

Many aspiring golf professionals had to wait, in some cases for years, to first pass the PAT only to begin their grueling process to gaining membership. This is fondly referred to, but only by those who passed eventually, as being on the "PAT Tour."

The PAT is a one-day, 36-hole event, with a specific target score of within 15 strokes of the course rating. In most cases, back-to-back scores in the low to mid 70s would do it. On average, less than 10% of those attempting were

**June Club Activities**

- June 2 ..... Steakhouse Night
- June 9 ..... Trivia Night
- June 19 ..... Father's Day Brunch
- June 22 ..... Amoroso Trio

course, the elements, and most importantly, yourself. It can be tre-



# Golf Pro or Pro Golfer?

successful. The most difficult part is knowing the target score you need to shoot before you tee off. Being aware of every dropped shot you may have early in the day forces you to try and make

mendously especially if of those waiting stressfully you're one to pass just so you can begin your journey to ultimately being elected to membership of the PGA.



up for it later in the tournament. You're not competing against your fellow participants in these events but against the golf

For me, being a PGA Golf Professional is extremely rewarding. I feel so lucky to be at a great golf club with such an awesome membership and fellow employees. It still amazes me that I get to be around the game every day and be able to call it my job. I have been blessed with supportive friends and family who have helped me in my journey. I can truly say I am proud to be a Class A Professional of the PGA of America.

**Charlie Gentile | HMSG President**  
... with Don Evons

As I travel around and talk about Hershey's Mill, the conversation inevitably turns to tennis, pickleball, bocce, and all of our other activities. But when pick-

For that reason, you might want some information about why it is growing, and perhaps, why you should be participating. If you have ever played ping pong or badminton, or even if you haven't, you can play pickleball. If you are, or were, a tennis, squash, or racquetball player, you will quickly adapt

a tennis racquet but larger than a ping pong paddle. The ball is similar to a whiffle ball, and moves at about one-

racquet (much like a "junior" racquet) and a sponge ball (much like a tennis "teaching" ball). The ball comes off the racquet fast, but quickly slows down; and the bounce slows it even further. I find it more difficult than pickleball, but easier than tennis.



**Dennis O'Leary (left) and Vernon Keesey**

If you have questions or ideas related to the HMSG, send me an email at

. To receive more up-to-date information about what is going on, you can email me or Don Evons ( ).

third the speed of a tennis ball. The court is the same size as a badminton court; which makes it easier to cover – especially when playing doubles. The apparel is anything in which you are comfortable; keeping in mind that it is an active sport. Although here in the Mill, no tank tops or bathing suits are permitted on the courts.



For a number of seasons, Roger Karr has conducted separate clinics for both beginners as well as more advanced players. The dates and times for this season's clinics may be in future editions of the *Guide and Digest*, and will be posted on the bulletin board at the tennis center.

But wait, just when you've got your head around pickleball, here comes paddle tennis – what's that? Played on a pickleball court, it uses a shortened tennis

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**Fourth of July: July 4.** All activities celebration. Everyone is welcome; sign up on the tennis bulletin board prior to the day of the event.

**Club Championships: August.** Championships start for all sports.

**Labor Day: September 5.** All activities celebration. Everyone is welcome; sign up on the tennis bulletin board prior to the day of the event.

**Annual Fall Meeting: September 14 from 2pm to 4pm.** Takes place at the HM Community Center.


**Fall Social: September.**

# What's Pickleball?

leball is mentioned, I still see a glaze in the eyes of many and get the question of "what is that?" And even here in the Mill, many residents are unaware of the fastest growing sport in the United States; as it is here in the Mill.

to pickleball. When you do join in, you'll become part of the fun – instead of just a spectator.

The beauty of the game, here in the Mill, is that our grandchildren can play it with us. The paddle is smaller than





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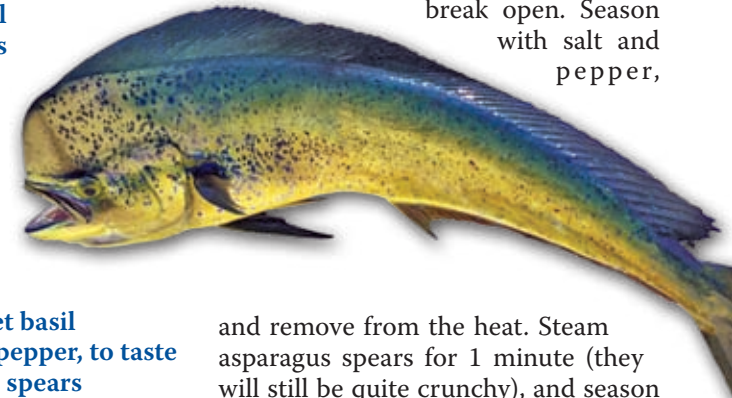
If you can't be in Hawaii on June 11 to celebrate King Kamehameha Day, just eat like you are! Of course, there are a few native ingredients to trip you up – the Inamona (roasted Kukui nuts), the Maui onion (Kula-grown small & sweet), Macadamia nut oil, Hawaiian sea salt, Kajiki, Sea Asparagus, and more. We've channeled the spirit of Hawaii, and used readily available ingredients to capture a similar taste right here in Hershey's Mill. Mahi Mahi (looks scary but tastes delicious) steps in for Kajiki, Macadamia nuts provide a sweet island crunch, slender seasoned asparagus handles the sea-vegetable garnish, and local early tomatoes and basil lend a fresh hand. Our recipe is for two, but we suggest you scale it and invite friends – it is so delicious and healthy that you will want to celebrate!

## Macadamia & Tomato Mahi Mahi

- 2 5-ounce filets of Mahi Mahi
- 3 ounces vegetable oil
- 1 pint grape tomatoes
- ¼ cup thinly sliced sweet onion, such as Vidalia
- 2 cloves garlic, very thinly sliced
- ½ cup chopped Macadamia nuts
- 1 tablespoon finely chopped fresh sweet basil
- Sea salt and cracked pepper, to taste
- 8 very thin asparagus spears

Dry and season the fish, then saute (over medium high heat) in half the oil until golden (about 2-3 minutes *per side*); fish should be flaky but moist. Remove

fish. In the same pan, add remaining oil, then whole tomatoes, and cook about 1 minute. Add onion, garlic, nuts, and basil and stir gently until the tomatoes start to blister and some break open. Season with salt and pepper,



and remove from the heat. Steam asparagus spears for 1 minute (they will still be quite crunchy), and season liberally with sea salt. Plate the fish, spoon the warm tomato mixture on top, and garnish with the asparagus cut to 1½ inch lengths.

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