

MARCH 2018

# GUIDE — AND — DIGEST



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A PUBLICATION OF HMC-TV AT HERSHEY'S MILL

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Jack Keeley, and Louise O'Brien

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**HMC-TV Guide and Digest**

Volume XIX Number 3 – March 2018

**Editor** Louise O'Brien

**Associate Editors** Gail Habbersett and Sharon Kope

**Featured Writers** Gay Barry, Mary Kay Hagerty, Joe Kennedy, and Don Trauger

**Advertising/Marketing Director** Jack Keeley

**Marketing Finance Director** Joe Silio

We hope that you will share, or get involved, with *your* Hershey's Mill magazine!

All submissions welcomed; with rights retained by the owner. Send to [hmctvguide@comcast.net](mailto:hmctvguide@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 23rd (37 - 40 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.



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**Cover:** A Verizon truck working on the Fios transition at the main entrance of Hershey's Mill. Read about potential alarm panel issues in our From The Main Gate section.



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Marc Fraser | Director of Security

By May 2018, Hershey's Mill will fully transition to Verizon Fios as its community-wide provider of cable television, Internet, and phone services. While this type of digital communication is quickly replacing the much older, slower analog communication delivered by copper telephone/DSL lines, one area of the transition to Fios to which all Hershey's Mill residents must take note is in regards to the reliability of voice over Internet phone service (VOIP), including Verizon Fios and Comcast Digital Voice, as it relates to monitored alarm equipment.

Many alarm panels, including Hershey's Mill monitored alarm panels, are considered by their manufacturer to be incompatible with VOIP due to

potential reliability issues. In most cases, the alarm panel can communicate using VOIP service; but there have been instances where VOIP service has been linked to communication delays or failures between the alarm panel and the monitoring station. In response to these reliability issues, the alarm industry introduced a solution known as a cellular communicator, which allows the alarm panel to communicate using a compatible cellular signal. While no method of telephone communication is fully guaranteed, the cellular communicator is considered "compatible" with alarm systems and more reliable than VOIP service.

Residents who have VOIP reliability concerns regarding their Hershey's Mill monitored alarm system are encouraged to consider the installation of a

cellular communicator for their alarm panel. Currently, the cost to purchase and install a cellular

monitoring companies (Life Alert, ADT, Vector, Protection Bureau, etc.) for medical, burglar or additional fire safety alarm systems, must contact that company in order to inform them that the residence will be utilizing Verizon Fios phone service. This will allow the company to make any necessary equipment modifications

in order to ensure system compatibility.

If you have any questions, please feel free to contact the Director of Security, Marc Fraser, at Thank you.



**Alarm Panel & Fios**

communicator is \$199 and the monthly fee for the cellular service is \$15 per month (paid annually). Additionally, residents who utilize any non-Hershey's Mill alarm

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**HM RESIDENTS UPDATE**

This information from Hershey's Mill Security can be used along with the annual *HM Resident Directory* to stay up-to-date. Contact Security with any issues.

Cotter, Bill & Jean

1714 Yardley Drive

Krepacki, Wanda

(new #)

358 Devon Way

Manieri, Mike & Lidia

(new #)

1725 Yardley Drive

Spierling, Thomas & Hamlet, Helen

(new #)

1721 Yardley Drive

Ward, David & Kathy

964 Kennett Way

Weinblatt, Fred & Giampaolo, Paola

1100 Lincoln Drive

Wilcox, Bruce & Ann

(new #)

877 Jefferson Way

Woodruff, Paul & Marcia

(new #)

1633 Yardley Drive

Original Programming	March 1 – 15, 2018			
<p><b>Threadworks</b> <i>with Kay Ricker</i></p> <p>Kay's neighbor, Marion Mackey, in Princeton Village, is an excellent quilt maker. Marion shows off some of the quilts she has made which commemorate special occasions such as the Olympics, baseball's Mark McGwire, her sons' weddings, November 11, and elections. She also displays some of her embroidered works.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p><b>Taxes - What Are They For?</b> <i>with Sandy Wollenberg</i></p> <p>Nick DiMarino teaches a class about taxes at the Immaculata LifeLong Learning Institute. He and Sandy discuss what our taxes do and what the choices are for tax revenue.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

Original Programming	March 16 – 31, 2018			
<p><b>Inspiring Wellness</b> <i>with Kathy Myers</i></p> <p>Kathy has a discussion with Lori Espe and Laurie Robinson about ways to develop a wellness plan that addresses all aspects of your life: body, mind, and spirit. They talk about techniques to address different pieces of wellness, which include nourishment, activity, awareness, and relationships.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p><b>Science of Happiness at LLI at IU</b> <i>with Sandy Wollenberg</i></p> <p>Sandy shares some of the content of the class that she teaches at the Lifelong Learning Institute at Immaculata University. She gives us the new research on happiness and how to achieve it in your life.</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

<b>Movies</b>	<p>February 28 to March 8, noon</p> <p><b>Girl with a Pearl Earring (PG13)</b> <i>Scarlett Johansson and Colin Firth</i></p> <p>A maid in 17th century Holland becomes the model for a famous Vermeer painting. [Run time 1h 40m]</p>
	<p>March 8, 8:30 p.m. to March 16, noon</p> <p><b>Annie (PG)</b> <i>Aileen Quinn and Albert Finney</i></p> <p>The Broadway hit jumps to the big screen. Little orphan Annie starts a new life with Daddy Warbucks. [Run time 2h 7m]</p>

<b>Bulletin Board</b>	12:45 am – 10:00 am	10:45 am – Noon	Following the Noon movie until 4:00 pm
	4:45 pm – 7:00 pm	7:45 pm – 8:30 pm	Following the 8:30 pm movie until Midnight

**To view/print all HM cable channels:** Go to [hersheysmill.org](http://hersheysmill.org), and navigate from "TV & Digest" to "Cable & Comcast". Both basic and full listings available.

HMC-TV Channel 20 reserves the right to make program substitutions, and dates/times are subject to change. Opinions of hosts, guests, or advertisers shall not be construed as an endorsement by HMC-TV. ©2018 HMC-TV

**To view HMC-TV's original programming online:** Go to [hersheysmill.org](http://hersheysmill.org), and navigate through "TV & Digest" to "HMC-TV20" to "Original Programming". Follow the link there to go to the video streaming website.



<b>Movies</b>	<p>March 16, 8:30 p.m. to March 23, noon</p> <p><b>Von Ryan's Express (NR)</b> <i>Frank Sinatra and Trevor Howard</i></p> <p>World War II thriller, prisoner of war Frank Sinatra breaks out and hijacks a train full of Allied troops. [Run time 1h 56m]</p>
	<p>March 23, 8:30 p.m. to March 31, noon</p> <p><b>From Russia with Love (PG)</b> <i>Sean Connery and Robert Shaw</i></p> <p>James Bond 007 is on the search for a Russian decoding machine, known as Lektor. [Run time 1h 58m]</p>

Mary Kay Hagerty | Heatherton

Meet Bob and Sally Schwabe, a lovely couple who have given so much of themselves to their family and their community. Bob, an only child, grew up in Upper Darby and graduated from Upper Darby High School in 1956. He went on to earn a Bachelor's degree in Health and Physical Education from West Chester University in 1960. He

In 1968 Sally became pregnant with her first son. In those days there was no maternity leave, so she had to resign her position. She was a stay-at-home Mom while her two boys were young. When the younger son went to kindergarten, Sally taught in a half-day language arts program at the Benchmark School, in

# Meet Bob & Sally Schwabe

Eaton Village

also earned his Master's degree in Education there. After college he taught elementary physical education in the Penn-Delco School District in Delaware County for forty-three years. Following his retirement, the district established an annual walk-a-thon in his name. This fundraiser, held the first week in June, raises money for a different local cause each year. One year the money raised went to a local family whose house had burned down. Another year the money went to a family whose child had cancer. What an honor for Bob to have this yearly event named for him!

Sally and her brother were raised in Pittsburgh. She graduated from Mount Lebanon High School where she played basketball and was a cheerleader. She earned a Bachelor's and later a Master's degree in Education from Penn State. After graduation she landed a job in the State College School District where she taught second grade for two years.

Media, PA. This was perfect for her as it got her back into teaching yet still be home when her children came back from school.

In Sally's next position, she ran a state-funded, gifted program for academically talented students in the Catholic schools as part of the Intermediate Unit in the Penn-Delco School System. She worked with small groups of second to eighth graders. After the program ended Sally was hired by the Upper Darby School District. She taught at Garretford Elementary School for twelve years.

Sally met Bob when they were on the faculty of the Penn-Delco School District. After they were married, Sally and Bob searched for a place to live. They decided to look in Hershey's Mill for a home since they both enjoyed playing golf and had some friends who already lived in the community. They liked it immediately! For the first ten years

here, Sally and Bob were still working. Once retired, they became involved at Hershey's Mill and enjoyed many activities available such as golf, biking, swimming and the community garden.

Volunteer activities gave them an opportunity to apply the skills and experiences gained in teaching. Bob and Sally admitted that they missed teaching at first when they retired but they found that it was easier to travel when you're not on a school schedule. For ten years they travelled to Rancho Mirage, in Palm Springs, California for the winter. They especially enjoyed attending the Dinah

books for the children. Meanwhile Bob worked with first and second graders teaching them sports. He purchased much-needed equipment such as soccer balls and nets for the children.

Photo by Mary Kay Hagerty

Shore Women's Golf Classic held at the nearby Mission Hills Golf Course. They loved the warm weather and played a lot of golf while in California.

While in California they volunteered in the "Read with Me" program which was sponsored by local churches. Volunteers would travel weekly by bus to elementary schools in an agricultural area to work with migrant workers' children. The migrant families were very poor and had to move often to find employment. Thus, the children's education suffered. Sally worked with a group of third graders helping them learn English, which for all of the students was their second language. She donated money to the school so that the teacher could buy

Bob and Sally also worked with a group of fifth graders in the program who asked them about where they lived and where they had travelled. As they started showing them Pennsylvania and other places they had travelled, they realized these conversations served as great geography lessons! The program grew from 150 volunteers to over 400 in the ten years that Sally and

*Continued on page 13*



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## GETTING TO KNOW YOU (continued)

Bob worked with the migrant children. For this retired couple, it was a very satisfying and rewarding experience.

Also rewarding has been their volunteer activities in the HM community. At the top of Bob's list was playing Santa Claus at the HM Golf Club for nine years. Each year he played the part at the "Breakfast with Santa" brunch with Sally as his elf helper. In Bob's words, "It was a wonderful event, well received by the community." Bob and Sally enjoyed watching their friends' grandchildren grow up as they returned each year to visit Santa. Bob added that the chair people of the event do a great job each year buying and wrapping gifts for Santa to give to each child who attends the brunch. Bob and Sally have many happy memories of this event over the years.

  
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### Up Close with Bob & Sally

**How long have you lived in Hershey's Mill?** 21 years

**Where did you live before coming to Hershey's Mill?** Bob lived in Wilmington and Sally lived in Swarthmore.

**What activities do you enjoy at Hershey's Mill?** Golfing until recently, platform tennis, swimming, biking and the community garden

**How many children and grandchildren do you have?** Sally has two sons and Bob has one son. Between them they have six grandchildren aged 11-18.

**Favorite local restaurant:** Sally and Bob enjoy grilling out and eating at home, but they have enjoyed going to The Whip Tavern in Coatesville for lunch.

**Favorite places to travel:** Sally enjoys the mountains in New Hampshire and Bob likes the Jersey Shore. They both love Palm Springs where they wintered for many years.

Bob also served on the House Committee at the club. This committee is responsible for decorating the Club throughout the year, especially during the holiday season. Sally volunteered on the Membership Committee at the golf club.

Sally and Bob enjoyed playing golf here, but had to cut back recently due

*Continued on page 15*

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to health reasons. They feel that Hershey's Mill has a beautiful golf course has been blessed with good superintendents over the years. One of their most vivid memories is when they were sitting on the deck watching hot air balloons fly over the golf course many years ago. It was a "spectacular" sight to see!

As "MiMi" and "Poppy", Sally and Bob love spending time with their six grandchildren. Fortunately, the children all live close by. They frequently attend their school concerts and sporting events. The grandchildren love to come to The Mill for sleepovers, and as Sally said, "There is a wealth of fun stuff for grandchildren to do here." For example, they enjoy the pool and tennis courts, feeding the fish in the pond and hiking on the nature trail that

winds through our community. When they were younger, the grandkids loved to ride in Sally and Bob's golf cart. Now the older ones can drive it themselves. Another activity the grandchildren enjoyed when they were younger was attending the People's Light, an interactive theater in Malvern.

Sally and Bob feel very "cozy" in Hershey's Mill. As they explained, "The people are wonderful here. There is a real variety of interesting people and a great number of volunteer opportunities." They feel that it is the people who make it a great place.

They are so right! With their spirit of volunteerism and love of community and family, Bob and Sally are a perfect examples of what makes our community so great.

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Trips Listed In Chronological Order (Or By First Occurrence)

**Philadelphia Flower Show**

**Wednesday, March 7, 2018**

**Cost:** \$17 + Admission  
**Departs:** 9:30 a.m.  
**Contact:** Sandy Waldman

Join us as we travel to the 2018 Philadelphia Flower Show! This year's theme, "Wonders of Water," will highlight a fabulous day always filled with scent, color, and nature. The price covers bus transportation only. Tickets can be purchased on your own by going online or at the local supermarkets.

**Philadelphia Orchestra**

**Thursday, March 8, 2018**

**Cost:** \$14 (single date, bus only) + Performance Admission  
**Departs:** 5:30 p.m.  
**Contact:** Ann Seraphin

Yannick Nézet-Séguin conducts van der Aa and Rachmaninoff; with Janine Jansen on violin.

Also join us for other trips, shown below (these depart at 6 p.m.):

**Friday, April 20, 2018**

Stéphane Denève conducts Connesson, Prokofiev, Strauss, and Ravel; with Hilary Hahn on violin.

Prior to making payment, anyone who wishes to participate in a bus trip must first call the contact person to ensure that there is still room on the bus.

All bus riders must be age 18 or older unless otherwise noted in the trip write-up.

Trip payment checks should 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.

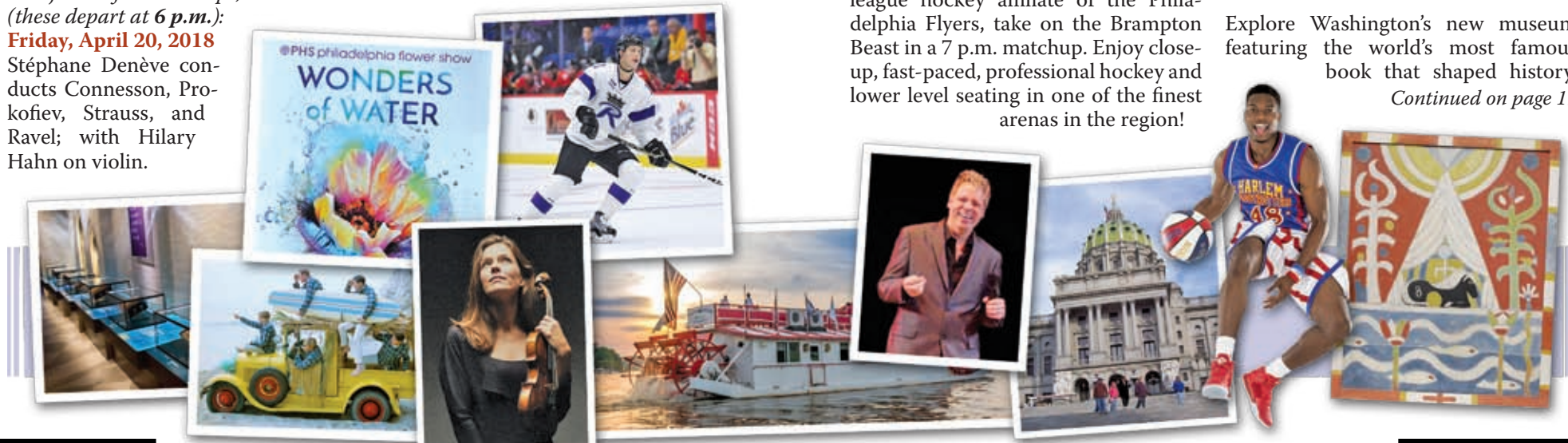
Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.

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

The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at

**Friday, May 11, 2018**

Yannick Nézet-Séguin conducts Beethoven and Schumann; with Hélène Grimaud on piano.



**Harlem Globetrotters**

**Friday, March 16, 2018**

**Cost:** \$45  
**Departs:** 5:15 p.m.  
**Contact:** Marc Fraser

Children age 8+ are welcome! Founded in 1926, the Harlem Globetrotters are an exhibition basketball team that combines athleticism, theater, and comedy. Over the years they have played more than 26,000 exhibition games in 122 countries and territories, and they are bringing their show to the Santander Arena in Reading. Don't miss this opportunity to see one of America's iconic teams, as they are sure to entertain and amaze fans of all ages!

**Reading Royals Hockey**

**Saturday, March 17, 2018**

**Cost:** \$35  
**Departs:** 5:15 p.m.  
**Contact:** Marc Fraser

Children age 8+ are welcome! Join us as we travel to the Santander Arena in Reading, PA to watch some hockey action as the Reading Royals, minor league hockey affiliate of the Philadelphia Flyers, take on the Brampton Beast in a 7 p.m. matchup. Enjoy close-up, fast-paced, professional hockey and lower level seating in one of the finest arenas in the region!

**The Beach Boys**

**Friday, March 23, 2018**

**Cost:** \$90  
**Departs:** 5:45 p.m.  
**Contact:** Marc Fraser

One of the greatest pop music acts in history is coming to the Santander Performing Arts Center in Reading. It is without a doubt, that The Beach Boys significantly changed the direction of the musical landscape, and they continue to perform and create with the same style that influenced their explosive debut over 50 years ago. The Beach Boys are famously known for passing many musical milestones, whether it be creating the Pet Sounds master-piece in 1966, recording the Golden Globe nominated "Kokomo" in 1988, being inducted into the Rock & Roll Hall of Fame, or watching worldwide album sales blow past 100 million.

**Museum of the Bible, Washington, D.C.**

**Saturday, April 28, 2018**

**Cost:** \$40 + Lunch  
**Departs:** 7:30 a.m.  
**Contact:** Priscilla Burt

Explore Washington's new museum featuring the world's most famous book that shaped history.

Continued on page 19

**Now Open**

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## HERSHEY'S MILL BUS TRIPS (continued)

Museum Collections include artifacts and objects from a range of cultures and time periods, with a permanent collection focusing on Biblical items, manuscripts, printed Bibles, books, and art. You will find thousands of religious artifacts along with high-tech exhibits. There is an additional charge for some attractions. Lunch is on your own.

### Penn's Peak

**Tuesday, May 8, 2018**

**Cost: \$55**

**Departs: 9:15 a.m.**

**Contact: Ann McClay**

*Please respond by Wednesday, April 18 to reserve your seat, as we must have a minimum of 20 people signed up by this date.* Eric Kearns presents *Voices of Legends*, a show featuring incredible vocal impersonations of superstar singers from the 1950's through the 1980's. You will be taken on the musical ride of your life Just a few of the artists you'll hear in the show are: Neil Diamond, Elvis Presley, Chubby Checker, Frank Sinatra, Rod Stewart, Barry Manilow, Engelbert Humperdinck, Johnny Cash, Tom Jones, Louis Armstrong, and so many more. You will also enjoy a breathtaking overlook of nearby Beltzville Lake, plus a picturesque 50-mile panoramic view of the Appalachian Mountains. Bus, show, and lunch are included in the price.

### Harrisburg: Capitol Visit & Susquehanna Boat Ride

**Monday, June 11, 2018**

**Cost: \$37**

**Departs: 9:15 a.m.**

**Contact: Ann McClay**

To begin, we will enjoy our boxed lunches (included in price) during our 45 minute river cruise on "The Pride

of the Susquehanna,"; one of only six remaining authentic paddle-wheel riverboats in the United States. You'll discover an interior collection of beautiful mahogany woodwork, brass and copper accents, custom stained-glass ceilings and mirrored walls. The bar onboard is completely covered in copper with brass tacks, reminiscent of old-time riverboats from the 1800s! Following the boat trip, at 1:30 p.m. we'll head to the State Capitol building for a 45 minute guided tour. If available, the tour will include the Senate, House of Representatives and the Court Room. Pictures are permitted, and encouraged, in the magnificent Capitol Rotunda only. A gift shop is located on site. *Please respond by May 20, as we need a minimum of 20 people or the trip will be cancelled.*



### Philadelphia Museum of Art - "Modern Times: American Art 1910-1950"

**Thursday, June 21, 2018**

**Cost: \$35 + Lunch**

**Departs: 8:30 a.m.**

**Contact: Priscilla Burt**

From jazz and the jitterbug to assembly lines and skylines: the early twentieth century was a time of great social, artistic, and technological change. Artists responded with a revolutionary language of shapes and colors. See how Georgia O'Keefe, Marsden Hartley, and others challenged convention and forged bold new styles to fit the times. Lunch on your own; reduced rates are offered for Museum members.

The Library Board decided that if the West Chester Area School District is closed the Hershey's Mill Library will also be closed. We want volunteers and residents to be safe.

**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)

The library will provide a suggestion box near the desk for residents to recommend books for purchase. In general, the books selected for purchase are a combination of Publisher's Weekly, Amazon, New York Time's Best Seller List, Book Pages and Barnes and Noble's suggestions.

Book Pages will replace Book List. Residents can sign up to check off their suggestions as they did in the past with Book List. This sign-up sheet is on the main bulletin board as you enter the library. Your input helps us in our monthly purchases.

Our recent purchases include several large print books including *Still Life With Bread Crumbs* by Anna Quindlen, *Munich* by Robert Harris, and *Andrew Jackson and the Miracle of New Orleans* by Brian Kilmeade.

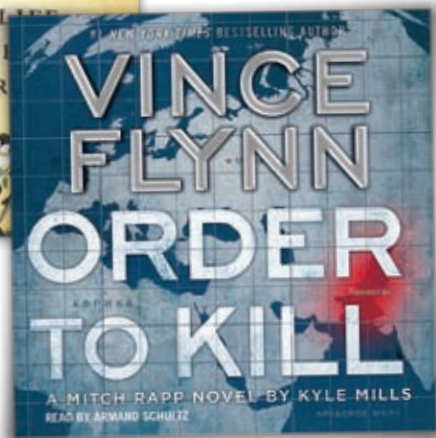
We are increasing our audio books with new purchases. Recent acquisitions include, *The Quest, All the Light We Cannot See, Mysterious, Shoemaker's Wife, The Husband's Secret, Ireland and Order to Kill*. Please remember that audio books are taken out on the honor system and we would appreciate their prompt return upon completion.

**NEW BOOKS**

**Fiction**

- Bala, Sharon - *Boat People*
- Benedict, Marie - *Carnegie's Maid*
- Benjamin, Chloe - *Immortalists*
- Benjamin, Melanie - *Girls in the Picture*
- Block, Stefan Merrill - *Oliver Loving*
- Bunn, Davis - *Firefly Cove*
- Burke, James Lee - *Robicheaux*
- Cooke, C. J. - *I Know My Name*
- Cornell, Bernard - *Fools and Mortals*
- Crais, Robert - *Wanted*
- D'Andrea, Luca - *Beneath the Mountain*
- Finn, A. J. - *Woman in the Window*
- Follett, Ken - *Pillars of the Earth*

Shown are two recent large-print book and audiobook acquisitions



- Griffin, W. E. B. - *Death at Nuremberg*
- Harris, Robert - *Munich*
- Hendricks, Greer - *Wife Between Us*
- Higgins, Kristan - *Now That You Mention It*
- Joyce, Rachel - *Music Shop*
- Krentz, Jayne Ann - *Promise Not To Tell*
- Laseur, Carrie - *Weight of an Infinite Sky*
- Luna, Louisa - *Two Girls Down*
- MacArthur, Robin - *Heart Spring Mountain*
- Massey, Sujata - *Widows of Malabar Hill*
- Montefiore, Simon S. - *Red Sky at Noon*
- Preston, Douglas J. - *City of Endless Night*
- Quindlen, Anna - *Still Life with Bread Crumbs*

- Reich, Christopher - *Take*
- Rhys, Rachel - *Dangerous Crossing*
- Smith, Gregory Blake - *Maze at Windermere*
- Taylor, Brad - *Operation Down*
- Todd, Anna - *Spring Girls*
- Tudor, C. J. - *Chalk Man*
- Williams, Beatriz - *Wicked City*
- Willis, Lauren - *English Wife*
- Woods, Stuart - *Unbound*
- Yates, Christopher J. - *Grist Mill Road*

**Non-Fiction**

- Crocker, John, MD - *Following Fifi*
- Ferguson, Niall - *Square and the Tower*
- Jones, Wendy - *Jane on the Brain*
- Kilmeade, Brian - *Andrew Jackson / New Orleans*
- Koehn, Nancy - *Forged in Crisis*
- Patterson, James - *Home Sweet Murder*
- Shapiro, Laurie Gwen - *Stowaway*

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Gail Habbersett | Eaton

I'm pleased to fill in this month for Gay Barry. It's been quite an interesting experience. For example, I learned that Mercato translates to "market"



Caesar, anti-pasta, mixed greens and pasta. Each one was enhanced with a nicely seasoned dressing. Next we ventured to the cold vegetable sides. The roasted organic beets were yummy, but the attractive board filled with fire-grilled eggplant, onions, tomatoes, and zucchini called us back more than once! To cleanse our palate before investigating the entrees, we enjoyed sweet, chilled watermelon and cantaloupe.

Photos courtesy of Mercato



in English. If you're in the market for authentic northern Italian cuisine, you'll find it within six miles of Hershey's Mill in the historic, picturesque borough of West Chester. Also, to those who dread parking in town, this restaurant is within a block of two large parking garages. Consider choosing a nice day and allow time before or after your meal to browse the local shops and galleries.



I also discovered that Mercato is not only close to us, but it also offers an extensive lunch buffet featuring gourmet culinary dishes for less than \$10 per person. My husband and I sampled from among four salads:

Typical of nearly all of the offerings, the flavors were so well balanced that each ingredient could be detected and

On this particular day, the buffet featured six entrees. Naturally we had to sample them all! Our personal favorites were the chicken piccata and especially the Mortadella meatballs – *out of this world!*

appreciated. This was certainly true of the other options as well: Macaroni Mercato, Veal Marsala, Mixed Vegetables with Seafood, and the Agnolotti Pomodoro.

But wait, that's not all! Having scouted the buffet, we knew to save room for the brick-oven Neapolitan pizzas. There

# Mercato

33 West Market Street, West Chester  
(610) 701-6326

were three varieties available at any given time and during our visit, we tasted at least five. Imagine San Marzano tomatoes, house-made mozzarella with additional options such as meat, garlic, and mushrooms atop a thin, puffed, slightly charred crust. Their pies are worth the trip and you could easily make a meal of those.

When I was told that they also make their own bread, I asked for a sample since it is not included on the buffet table. I'm a bit of a breadaholic. Our waitress, Hannah, was so accommodating throughout our meal and gladly provided us not only with their dense, crusty bread, but also a side of their sunshine pesto for dipping. What an *extraordinary* taste treat! It was hard to resist using a spoon to get every last bit.

We don't ordinarily order dessert, but on this occasion Gary and I felt our readers should be well informed. We opted for two of their homemade selec-

tions; chocolate mousse and Tiramisu. Each of us thought that our dessert was the best and neither dish could be topped anywhere. So delicious.

Towards the end of our meal, I made sure our host, Joe, provided a few details not apparent but



important. Reservations are suggested and Mercato offers BYOB at lunch and dinner on Sundays through Tuesdays. As we move into spring, the owners, Alfredo and Barbara Giannaccaris arrange to have the sidewalk expanded to accommodate outdoor seating. Inside Joe took us downstairs to a cozy, wine-cellar-inspired room used for overflow as well as private parties and banquets.

Please don't just be tempted. *Go and see for yourself!*

Joe Kennedy | Princeton

Mary Holmes Howson of Wayne was a member of a unique band of women who served the nation with distinction during World War II. The significance of her short life is summed up on a marker in the cemetery of Washington Memorial Chapel at Valley Forge National Historical Park. It reads: "Mary Holmes Howson. February 16, 1919-April 16, 1944. Beloved Daughter of Richard and Mary Howson Who Lost Her Life as a Member of the



At that time, the armed forces were hard-pressed to fill many skilled positions and pilots were especially at a premium for the U.S. Army Air Force, which was looking for men only. The 1930s had produced a cadre of women aviators, the most well-known of whom was Amelia Earhart. But there were other female fliers, such as Jacqueline Cochran and Nancy Harkness Love, both of whom had distinguished themselves in a number of international speed races. Both Cochran and Love had ferried American bombers across the

Atlantic with the Air Transport Command early in the war. Most published histories of the WASPs give credit to Jackie Cochran for the idea of training women pilots for domestic military flying duties, thus releasing men for combat operations overseas.

Late in 1942, under the direction of Gen. Henry "Hap" Arnold, the WASPs were formed with Cochran as director and Love as staff director. The WASP's were a civilian unit under Army Air Force control. Though members wore dark-blue (Santiago blue) uniforms, were awarded silver wing insignia, were subject to military discipline and courtesies, and flew all types of military aircraft, they received civilian pay and no insurance or pensions.

# Mary Holmes Howson

According to Marianne Verges, author of the 1991 book *On Silver Wing: The Women Airforce Service Pilots of World War II, 1942-1944*, 25,000 women volunteered for the WASPS, and 1,830 were accepted into the program. Mary Howson was one of them. Mary Howson began to take flying lessons to garner the necessary 35 hours of logged certified flying time that was an entrance requirement for the WASPs. In November 1943, she was accepted into the program as a cadet. Mary Howson began her flight training at Avenger Field in Sweetwater, Texas, using an AT-6 advanced trainer aircraft.

Doris Brinker Tanner, a WASP member from Howson's class, wrote in



## and Women Airforce Service Pilots

a September 1985 article in *American History Illustrated* that her fellow students came from diverse backgrounds and included "teachers, nurses, factory workers, waitresses and a few debutantes." The training, according to Tanner, was intended to equip the women for piloting standard military aircraft and to perform duties such as towing targets for anti-aircraft, air-to-air gunnery practice with live ammunition, test flying and delivering new planes, test-flying planes after repairs, and towing gliders for glider-pilot training. By April 1944, according to official records, Mary Howson had logged 50 hours of flight training and was on schedule to graduate and get her wings in May. On April 16, Mary Howson was

flying her AT-6 on the last leg of a solo hop from San Antonio, navigating only by ground markers. As she approached Avenger Field, an air traffic controller's error put Howson's plane in the same air corridor with another plane, piloted by Elizabeth Erickson. Erickson's plane slammed into Howson's fuselage. Erickson was pinned in her aircraft and was killed when the plane crashed. As Howson's plane fell, she was able to get out of the canopy and pull the ripcord of her parachute. But there wasn't enough altitude left, and she hit the ground as her chute opened. A memorial service for Mary Howson was held at the air-

field gymnasium and one of the WASP cadets accompanied her body back to Wayne. In death, Mary Howson was presented with her silver wings. They are embedded on her marker at the Valley Forge Cemetery. On December 20, 1944, Arnold terminated the WASP program, saying that the war situation had changed and that women's volunteer services were no longer needed. For more than 30 years, former WASPs lobbied Congress to gain recognition and benefits for their wartime service. In 1977, President Carter signed into law a bill that declared that WASP service "had been active duty in the armed forces for the purpose of laws administered by the Veterans Administration."

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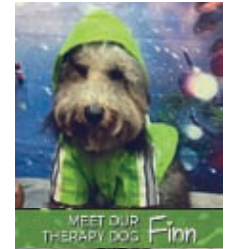
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Don Trauger | Kennett

I had three calls in January 2018 from residents that said their computers had locked up. They said they could not move the mouse arrow, could not open or close any programs and worse yet could not shut down their comput-

a lock up problem. After restarting the computer, its memory will be refreshed with all the necessary files reloaded to run the computer normally. You may ask “Doesn’t it do that when I shut down and start it up the next time”? No it doesn’t – at least not with Windows 10 or Windows 8. Windows 7 and ear-

# Hold Down the Power Button – A Quick Tip

ers normally. I wondered if Microsoft released an update that was causing the problem. That’s always possible but I told them to try the following simple fix. Hold down the power button on the computer for ten seconds or so or until the screen is dark. Wait about 15-20 seconds, then push the power button to start the computer again. This feature has been built into computers for years and it’s not unique to Windows 10 or any other version. Now you may wonder why a lock up can occur. The problem lies in the memory of the computer and over time as files get opened and closed bits and pieces of files may remain that can contribute to

lier versions will refresh the memory when shut down and restarted.

Beginning with Windows 8 and continuing with Windows 10, Microsoft introduced a new feature called “Fast startup”. This feature saves everything in memory to a single file when you click “Shut down”. The next time, when you power up the computer, this feature springs into action and tells the computer to read this file. Since most of what you need to get started is in this file, it really speeds up the boot (startup) time. Typically a 30-50 percent decrease will be noted in boot time compared to a conventional start

up process.

This feature is still welcomed even though it may cause a lock up to occur slightly more frequently as compared to a Windows 7 computer. If you are using a Windows 10 or Windows 8 computer, I recommend that once a week, before you shut down the computer, you click “Restart” to allow the computer to restart and refresh the



NOTE: Normal shut down and restart is done by clicking the four-pane white icon in the lower left corner of the screen and clicking the circle icon with a vertical slash, which is just

above the four-pane white icon. Then click “Shut down” or “Restart”. Don’t use the power button to shut down unless it’s necessary!

Any questions that you may have regard-

ing computers will be discussed at our monthly meetings on the third Tuesday at 7 p.m. upstairs in the Community Center.

memory. Allow it to come up to the Desktop screen and let it rest there for two minutes or so. Then shut it down as you normally would.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>March 2018 Activities Calendar</h1>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			10:00am Caregiver Support Group 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 6:30pm Poker 7:00pm Casual Singing Group	8:30am Aerobic Dancing/Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Friday Mah Jongg 2:30pm Scrabble 4:30pm Table Tennis	9:00am Silio Billiards 10:00am Table Tennis	2:00pm Table Tennis
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
8:30am Aerobic Dancing/Exercise (SH) Paoli Hosp Aux 10:00am (CV) Ageless Exercise (SH) Circle Of Friends 12:00pm Mah Jongg 12:30pm Mah Jongg 12:30pm HM Duplicate Bridge 1:00pm (CV) Talking Bridge 3:00pm Bridge 5:20pm Exercise To DVDs 7:00pm WH Duplicate Bridge	1:00pm Pinochle (SH) Pinochle 1:00pm Mah Jongg 1:30pm Mah Jongg 3:00pm (SH) Railroad Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge (CV) Ageless Exercise 10:00am Mah Jongg 12:30pm Mah Jongg 12:30pm Social Club Bridge 12:30pm (SH) Mah Jongg 12:30pm (CV) Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg	9:00am Paoli Hospital Aux 10:00am Yoga 11:30am (CV) Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis 2:00pm (SH) Book Discussion Group 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm (CV) Hand & Foot Card Grp 1:00pm Friday Mah Jongg 1:00pm (CV) Rummikub 2:30pm Scrabble 4:30pm Table Tennis	9:00am Silio Billiards 9:00am MLMUG 10:00am Table Tennis	2:00pm Table Tennis
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
8:30am Aerobic Dancing/Exercise (CV) Chester County Hospital Aux 10:00am Ageless Exercise (SH) Circle Of Friends 12:00pm Mah Jongg 12:30pm Mah Jongg 12:30pm HM Duplicate Bridge 1:00pm (CV) Talking Bridge 2:00pm Photography Club 3:00pm Bridge 5:20pm Exercise To DVDs 7:00pm WH Duplicate Bridge	10:30am Hearing Screening 1:00pm Pinochle 1:00pm (SH) Pinochle 1:00pm Mah Jongg 1:30pm Mah Jongg 3:00pm (SH) Railroad Club 7:00pm (SH) Great Books Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise (CV) Ageless Exercise 10:00am Mah Jongg 12:30pm (SH) Mah Jongg 12:30pm (CV) Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg	10:00am Angel Companions Seminar 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm (CV) Hand & Foot Card Grp 1:00pm Friday Mah Jongg 2:30pm Scrabble 4:30pm Table Tennis	9:00am Silio Billiards 10:00am Table Tennis	2:00pm Table Tennis
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
8:30am Aerobic Dancing/Exercise (CV) Ageless Exercise (SH) Circle Of Friends 12:00pm Mah Jongg 12:30pm Mah Jongg 12:30pm HM Duplicate Bridge 1:00pm (CV) Talking Bridge 3:00pm Bridge 5:20pm Exercise To DVDs 7:00pm WH Duplicate Bridge	1:00pm Pinochle (SH) Pinochle 1:00pm Mah Jongg 1:30pm Mah Jongg 3:00pm (SH) Railroad Club 7:00pm Franklin Open Mtg 7:00pm (SH) Great Books Club	7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise (CV) Ageless Exercise 10:00am Mah Jongg 12:30pm (SH) Mah Jongg 12:30pm (CV) Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg	10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis 6:30pm Poker	8:30am Aerobic Dancing/Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm (CV) Hand & Foot Card Grp 1:00pm Friday Mah Jongg 2:30pm Scrabble 4:30pm Table Tennis Bingo	9:00am Silio Billiards 10:00am Table Tennis	(SH) Sullivan House (CV) Cove

MONDAY NIGHT FILM SERIES

Lynne Urian | Merrifield

Calling all Movie Buffs! Please come and check out the Monday Night Film Series upstairs in the Community Center where we screen a film on the third Monday of each month at 7 p.m. and follow up the screening with a lively discussion.

On Monday March 19, we will screen the John Sayles film "The Secret of Roan Inish", 1994 PG. When 10 year old Fiona is sent from her parent's home in Donegal to live with her grandparents on the rugged seacoast of Western Ireland, she learns a family folk tale of the Selkies. This film is so much more than just an Irish folktale. Filmmaker Sayles explores how family histories



meet and make new friends! It's free and open to everyone at Hershey's Mill. There's no need to make a reservation, but we'd like to know if you are coming so we'll know how to set up the room.

If you'd like to come, or if you'd like more information, please call Lynne Urian at [redacted], or email her at [redacted].

Hoping to see you "at the movies"!

SHOWCASE OF HOMES

Lynn Mander | Devonshire

This year's event will be on Thursday, May 10. Your \$25 ticket will provide you with a self-guided tour of six unique homes in The Mill that you can visit at your leisure between 10 a.m. and 3 p.m.



homes in The Mill that you can visit at your leisure between 10 a.m. and 3 p.m.

The profits from this event benefit the Paoli Hospital Foundation.

Included with your showcase ticket is admission to the Boutique Vendor Show at the Hershey's Mill Golf Club



and legends can intertwine, and it also captures the strong bond we humans have with the sea.

The Monday Night Film Series is a great way to have an enjoyable evening out, see a wide variety of terrific films, and

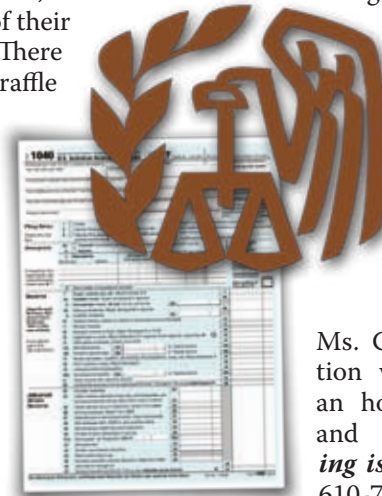
between 11 a.m. and 4 p.m. It's presented by local retailers, who will donate a portion of their sales to the hospital. There will be imaginative raffle baskets available at the Golf Club as well. Lunch will be offered at the Club for an additional \$25.

If you have questions, please contact Lynn Mander, chairperson of the event, at [redacted] or by e-mail at [redacted].

2018 TAX REFORM HOW IT COULD AFFECT YOU

On March 15, from 10 a.m. to 1 p.m. in the HM Community Center, Angel Companions, a non-medical home care provider, will host a discussion on this hot topic. Angel Companions now has a branch office at the Wellington facility and is offering shorter and more flexible shifts to all Hershey's Mill residents! Call 610-644-8780 to learn more.

Leading the discussion on TAX REFORM will be Janet Colliton, Esq. who is a Certified Elder Law Attorney. Ms. Colliton will be addressing timely questions such as: How will tax reform affect my Medicare? Will the interest on the mortgage on my vacation home be able to be deducted? What is going on with



federal estate taxes? Do I need to file a gift tax return when I gift over \$15,000? Will nursing home care still receive coverage under new laws? What is the effect of the projected national deficit on social programs like Social Security, Medicare and Medicaid?

Ms. Colliton's free presentation will last approximately an hour, followed by Q&A and includes lunch. Seating is limited, so please call 610-727-0509 and leave your name and phone number.

CPR/AED/CHOKING CERTIFICATION CLASS

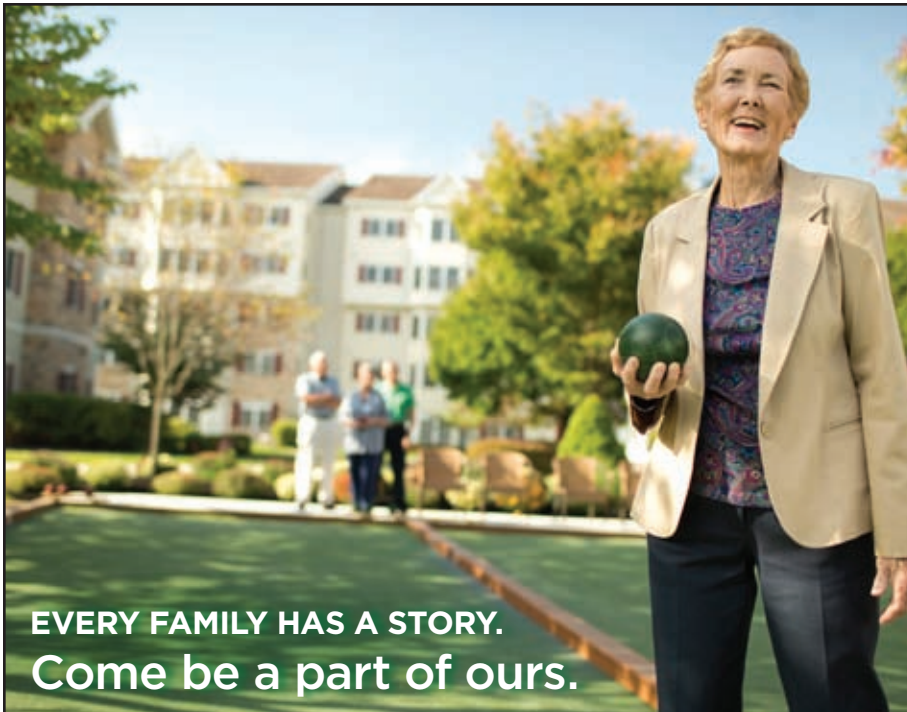
Barbara Trimble | Ashton

Once again, Hershey's Mill Sports Group is sponsoring a CPR/AED/



Choking Certification Class to be held Thursday, April 12, 2018 from 1:30 to 4:30 p.m. in the Cove.

Continued on page 37



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114852-FV Brandywine-Hershey Mills Newsletter  
January 2018

## COMMUNITY NEWS (continued)

Class is limited to 8-12 participants. This class is taught by a Certified Red Cross Instructor, Leslie Seifert and open to all Hershey’s Mill residents. Fee will be \$30 per person. All interested parties please email

friendsofeastgoshen.org. Do it today. This is the time to make memories.

### BUY A BRICK PROGRAM

*Greg Gaul | Ulster*

*Make Memories!* Friends of East Goshen Township (FOEG) is sponsoring the “Buy a Brick” program supporting the *Playground Renovation Project*. Announced in late 2017, this program offers local residents and organizations the opportunity to commemorate someone or something by engraving a brick, while helping fund future park improvements. More importantly, putting the name of loved ones, children, and grandchildren on a brick in this great playground is a terrific



### ST. PATRICK’S DAY CELEBRATION

*Wagner Real Estate*

We are having an open house on **Saturday, March 17**, from 1 to 3 p.m. to celebrate St. Patrick’s Day. We would like all our HM neighbors to join us and enjoy some appetizers & refreshments. Our Hershey’s

**Come celebrate St. Patty’s Day with the Wagner team!**

Mill Office is located at the main entrance across from the security office. Don’t forget to wear your green! For more information, call 610-436-8922.

*Continued on page 39*



way to say I love you. Each brick costs \$100, is tax deductible and the entire process can be completed online. If you’ve ever enjoyed the park, now is the time to show your appreciation. For more details, go to [www.friendsofeastgoshen.org](http://www.friendsofeastgoshen.org).



EMOTIONAL INTELLIGENCE

Bonalyn Mosteller | Inverness

This is the "last call" to register for the March Emotional Intelligence course!!

Join us for a thought-provoking four-session workshop about Emotional Intelligence: What is it? How can we use it to improve our relationships? How can we become better listeners?

Sessions are 7-9 p.m. on March 14, 21, 28 and April 4 at a location (TBD) within Hershey's Mill. HM resident Bonalyn Mosteller, Ed.D., will facilitate these sessions. She has

taught communication skills, psychology and, specifically, *Emotional Intelligence* for decades in corporate and non-profit settings. Contact her

How can I use Emotional Intelligence to become a better listener?

Last call to register

to register or to learn more. HM resident Terry Marran

will also assist at this workshop. Registration deadline is **March 9**. Come join us for a rich time of sharing and learning together! In truth, we are never too old to learn!

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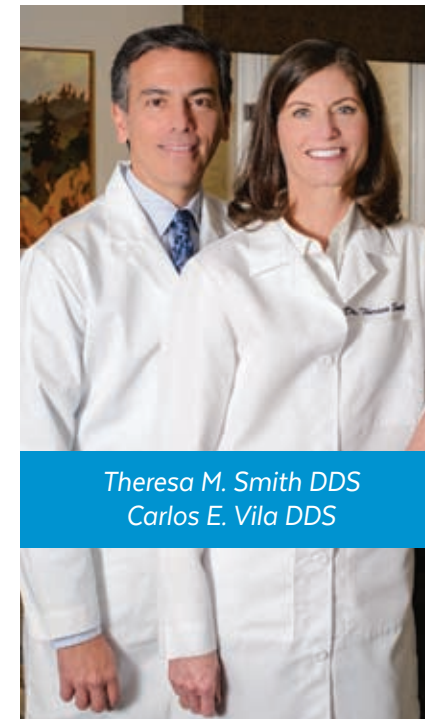
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**BOOK CLUB**

*Carol Barkovsky | Eaton*

On Thursday, **April 12**, at 2 p.m. in the Sullivan House, Elaine Merhar will lead the discussion of *Crossing to Safety* by Wallace Stegner. The story traces the lives, loves and aspirations of two couples who move between Vermont and Wisconsin. It is a work of quiet majesty, deep compassion and powerful insight into the alchemy of friendship and marriage.

the top floor of the Community Center at 7 p.m. We welcome others who enjoy



**CASUAL SINGING GROUP**

*Sally Thompson | Franklin*

There is little that can warm your heart as much as singing in harmony with like-minded people! We meet the first Thursday of every month on



singing whether they consider themselves talented or feel they have no talent at all. Usually there are some strong singers and at least three guitar players that help to keep the rest of us in tune. You can only guess at how much fun we have if you

aren't there! So we hope to see you on **March 15**.

**APPLE & MACINTOSH CONNECTION**

*Carol Campanelli*

If you own any Mac device, be it an iPhone, iPad, or computer, there is FREE expert advice

Jean Gaul, shown at left, led the book club discussion of "The Underground Railroad" by Colson Whitehead this past October. Also at left, from the left, are Suzanne Spitzer, Jane Mangelli, Jackie Prior, Jean Gaul, Carol Barkovsky, Peggy Kirlin, Madeline Persick, Carol Rubley, unknown, Elaine Merhar, Judith Amadio, Pat Kaufman, Joan Eaves, Carol Franco, and Gail Habbersett. Camera and operator issues caused a few blurred, and hidden, faces, and a missed name - our apologies. But we hope you join in and meet these fun neighbors yourself!



and light refreshments are provided at both sessions.

At the second Saturday meetings, you can learn from top lecturers or share and meet everyone from working Mac professionals to new Mac users from all backgrounds. The featured speaker on **March 10** will be Stan Horwitz from Temple's Computer Services Department. His topic is "The Basics of Social Media". Stan will explain what social networking is and provide a brief overview of his favorite social networks (e.g., Facebook, Twitter, Strava, and Meetup) and how to use social networks to support personal and professional interests.

**COMPUTER CLUB**

*Don Trauger | Kennett*

PC Club meetings are open to all regardless of computer experience. If you have any Windows questions, be sure to attend on

available at our Community Center from **9 a.m. to noon on the second Saturday of the month** or at the Cove from **10 a.m. to noon on the fourth Saturday**. Email questions to bartonbob@comcast.net so that he can include them on his agenda for either meeting. Coffee, tea



the **third Tuesday of every month** at **7 p.m.** Our next meeting will be on

*Continued on page 43*

# Get Connected with Lifecare @ Riddle Village



There is no better way to connect with a unique and fulfilling retirement lifestyle than at Riddle Village. Now there is no better place to connect with Riddle Village than on our brand new website!

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## Riddle Village knows Lifecare

### CLUB NEWS (continued)

March 20, upstairs in the HM Community Center.

lot. Bikers are encouraged to participate in all three stages (the Time Trial, King of Sullivan House Hill and the Big Lap) but may opt for only their favorites. Oil up your chains or line the route to see who wins the Yellow Jerseys.

#### HM GARDEN CLUB

*Gail Habbersett | Eaton*

The bitter cold had its way with us this winter, but our hopes of a



#### BIKERS

*Seth French | Yardley*

Move over Tour de France, the Tour de Mill is replacing you as the premier biking event in the world famous Hershey's Mill. The



Phil Hamilton (in white) and Richard Hammock of Inverness hard at work on their garden plots, but just look at those smiles!

nice warm spring motivate us to prepare for a new garden season. Let's start with a

Tour's three stages will be run during HMSG's Memorial Day, July 4 and Labor Day celebrations with exciting finishes in the swimming pool parking

good garden plan and incorporate suggestions Bruce Foreacre provided to us at the fall garden seminar. Folks mention

*Continued on page 45*



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## CLUB NEWS (continued)

that they are eager to try new crops like eggplants now that we've been given tips about preventing blight. Also, for greater success with tomatoes, avoid planting them too close and experiment with pruning them. Garden tools will be accessible beginning **March 17** for spring cleanup both inside and outside your gardens and fence-mending projects. The ground should be ready to plant onions by St. Patty's Day. Will you be?



### HERSHEY'S MILL KNITTING CIRCLE

*Ruth Schick | Chatham*

Were you planning to join the Hershey's Mill Knitting Circle, but instead stayed inside because of the snow? Here it is March and the dwindling of winter. Join us! If you

day from 1-3 p.m. in the Paoli Room of the Community Center and welcome beginning and experienced knitters and crocheters. In addition, we are very happy to assist people with projects and techniques to the best of our abilities. For information about the Knitting Circle, contact Bernice Soffer at

### BOCCE 2018 SEASON

*Joe Carrone | Inverness*

The new season will start with 2 bocce clinics for anyone who would like to join the group and get to know more about the game before play starts.

These clinics are scheduled for 4 p.m. Wednesday, **April 4** and Friday, **April 6**. The official sign up period will start **April 2**, with the cutoff date of **May 13**. League play starts **May 29** and continues until

**August 31**. The play-offs will be held the first week in Sep-



**Bob and Lorna Milano practice their bocce game on a beautiful day at The Mill. They are new to both, and we are glad to have them!**

tember. To sign up, e-

are a hand crafter and interested in joining the Hershey's Mill Knitting Circle, we meet each Thurs-

mail Joe Carrone at or for more information, call Joe at

# Dr. Spencer Monaco, A Step Above the Rest.

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Premier Orthopaedics is pleased to announce that Foot and Ankle Specialist Spencer Monaco, DPM has joined the practice.

Dr. Spencer Monaco earned his degree from the New York College of Podiatric Medicine in New York City. He completed his surgical residency at University of Pittsburgh Medical Center in Pittsburgh, PA. This was followed by a Lower Extremity Trauma fellowship at Aria 3B Orthopaedic Institute Jefferson Health.

His focus is on the non-operative and operative treatment for all pediatric and adult foot and ankle disorders. Dr. Monaco's comprehensive training includes orthotics, hammertoes, bunions, heel spurs, rheumatoid foot, arthritis affecting the foot and ankle, diabetic wounds and flatfoot deformity. He has special interest and experience in the Charcot foot, sports medicine injuries, ligament reconstruction, complex foot and ankle fractures and total ankle replacement.

Dr. Monaco has published in numerous journals and textbooks on conditions affecting the foot and ankle. He strongly believes in a comprehensive evaluation and tailored approach to guide each individual patient through treatment and recovery.

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## RECIPES

We love all our five-ingredient recipes, and have created a menu of favorites just for you – each with a resplendent green twist. You can think of these for St. Patrick's Day, but the truth is we haven't eaten anything that wasn't green since February 4 (can we get an "E-A-G-L-E-S Eagles" chant anyone)! As for flavors, think South Philly Italian. And for those as busy as a player signing autographs, these are all easy and quick to make – and serve four. We hope these are a big win for you!

### Broccoli & Basil Soup

For that extra rich "Eagles win" feeling, you can replace part of the half-and-half with heavy cream. Gooooo goodness!

**6 cups chicken broth**  
**1½ pounds broccoli florets**  
**2 bay leaves**  
**½ cup chopped fresh basil**  
**1 cup half-and-half**

Combine broth, broccoli, and bay leaves in a saucepan, bring to a boil and cook for 5 minutes. Remove bay leaves, add half the basil, and puree with an immersion blender. Add dairy, simmer for 5 minutes, then stir in remaining basil and season to taste with salt and pepper.

### Spinach Fettuccine w/ Peas

This fettuccine not only sports team colors, but is nutritious! Between it and the peas, you needn't work up a sweat thinking about the cheese and butter.

**12 ounces spinach fettuccine**  
**1¼ cups frozen green peas**  
**1 cup chicken broth**  
**3 tablespoons butter**  
**¾ cup shredded Pecorino cheese**

Cook fettuccine according to package directions (only to *al dente*, please), adding peas during the last half minute; then drain. During this time, reduce broth and butter a bit in a skillet. Add drained pasta and peas, and cheese to skillet, and toss for a minute or two.

GREEN

## A Few Fave Fives

### Spinach Salad Italiano

Celebrating with salad? You betcha with this South Philly Italian version with warm toasty pine nuts and Gorgonzola!

**½ cup pine nuts**  
**4 tablespoons balsamic dressing**  
**1 teaspoon Dijon mustard**  
**6 ounces fresh spinach leaves**  
**½ cup crumbled Gorgonzola cheese**

Toast nuts in a dry skillet, then remove from heat and whisk dressing and mustard in. Toss slightly warm dressing with torn spinach and cheese.

### Frozen Lime Cake

For the diehard fan, a few drops of green food coloring added to the topping pads the score! A little lime zest is nice too.

**1½ cups Amaretto cookie crumbs**  
**6 tablespoons butter, melted**  
**8-oz. tub nondairy whipped topping**  
**8-oz. can sweetened condensed milk**  
**¼ cup fresh lime juice**

Mix crumbs and butter, then press into an 8" x 8" pan. Whisk together topping, milk, and juice, then spread evenly in pan. Freeze until firm.



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### NEWTOWN SQUARE

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Newtown Square, PA 19073  
610-356-5911

### EXTON

Main Line Health Center  
at Exton Square  
153 Exton Square Parkway  
Exton, PA 19341  
610-363-1697

## PICKLEBALL

Tom Fant | Yardley

“Hershey’s Mill Winter Pickleball” would seem to be an oxymoron as our folks either leave the cold weather for points south and southwest, or pay for indoor court time. Also, our sisters and brothers who play Platform Tennis are much more suited and likely to get some games

to be included. The only requirement is Hershey’s Mill residency, plus we allow guests accompanied by a resident.

We sometimes refer to this activity as “Walk-On Pickleball” as it is completely inclusive and encourages all skill levels with FREE paddles, balls and court time. Pickleball players only have to pay attention to the online court



George Groff of Brighton and Judy Dale of Jefferson.  
Photograph by Tom Fant.

reservation schedule (ROCO found on the HMSG website) plus a nominal annual contribution.

Now, the good news. The opening day for Pickleball is not that far off. On Saturday, April 21 at 10 a.m., we will start with a **clinic** using at least four courts. Refreshments will begin at 11 a.m.

After opening day, the official pickleball schedule will begin: Monday, Tuesday, Thursday, Friday and Saturday mornings at 9:30 a.m., and Wednesday at 5:30 p.m.

On Sundays, there is an open time beginning at 2 p.m.

Occasionally, we get a rainy spring/summer morning that turns into a lovely afternoon. We handle this with the flex part of our scheduling when there are no conflicts. This is easier than you think, as we have a direct line to TV 6’s weather person, Cecily Tynan.

in when it’s bitter. However, there are occasional days here in icy West Chester when we are willing to “push the envelope” if the thermometer tops 40 degrees, particularly in the months of March, April, October and November.

This is handled by way of a special and sometimes “last minute” email list. Don’t hesitate to contact the HM Sports Group or

**Tony Regina**

A drought year strikes fear in the heart of superintendents nationwide. Understandably so, since

Hershey's Mill is a 770-acre community that features a golf course amid nearly 2,000 homes. During its construction, a sufficient water treatment facility to accommodate its size didn't



Photo provided by HM Golf Club



water is largely considered the biggest obstacle golf faces today. Cost and access alone can trigger cause for panic in maintenance departments. Jerred Golden smirks at the thought of a doomsday drought scenario. It's not a superfluous snicker, either. An exemplary wastewater treatment plant at Hershey's Mill Golf Club gives its grounds gurus peace of mind when dry weather attacks. "In a drought year, we look like the Taj Mahal," Golden, the club's Director of Grounds since its inception in 1979, said. "The plant itself is a facultative lagoon. The only thing we do to treat the water is to aerate it. We put bubbles in, and nature does the rest."

exist. "They really needed to develop an alternative, disposable way to get rid of this effluent," Golden, of Downingtown, Pa., said. "The DEP said, 'how about spray irrigation?' So that's really what forced the developer's hand into developing the wastewater treatment plant into the way it is now."

The \$1 million facility went online in 1981. It collects 225,000 gallons of water a day from homes in the community. That water is then treated and sprayed onto the golf course or into permanent spray fields — accessible year-round

(weather-permitting). It takes 16 days for a gallon of water to process through the wastewater treatment plant. The water is chlorinated and its pH levels adjusted accordingly. The course superintendent at Hershey's Mill can then incorporate the necessary nutrients into the water before it's sprayed onto

Hershey's Mill uses approximately 50 million gallons of water on its course during the golf season. "That's a number way above what normal golf courses would apply, but we're trying to dispose of the water as well," Golden said. "We have a much bigger footprint. We're watering everything." "It's a syn-

# Hershey's Mill Has Edge in Water Race

the golf course. The grass pulls in those nutrients. "By the time you get past the roots, the water is crystal clear again," Golden said. "The land is an integral part of the disposal system because the grass is the ultimate filter."

ergy between the community and us. We need each other. They need our golf course as much as we need their water. In a way, it's a challenge to get rid of all of that water."

The wastewater treatment facility is operated by Greenhill Sewer Association, a non-profit organization that collects dues (nearly \$20 a month) from homeowners as well as funds for capital improvements along the way. As the development grew, the club

*Continued on page 53*

### March Club Activity

- St. Patty's Day Buffet ..... March 14
- Member Brunch ..... March 25
- Happy Hour ..... every Friday

### Golf Tip

This month's golf tip concerns your warm-up session prior to heading to the first tee. I know some of you consider the nice walk to and from the locker room plus the bending over to put on golf shoes all the warm-up you need, but there is a great benefit to your golf swing if you do allow yourself enough time to hit a few balls. This is non-

critical practice time. You are not to be working any major changes, just loosening your muscles and more importantly taking note of any tendencies in your ball flight. Use those shot patterns as part of your course management and you'll see your scores improve.

**Matt Harvey, PGA**



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**HERSHEY'S MILL GOLF CLUB (continued)**

only needed to increase permits for the plant, which was built to handle the current flow. Two branches of the Ridley Creek run through the property. None of its containments reach the plant, and vice versa. "As the development grew, our disposal of the water grew," Golden said. "We have all the water we're going to need."

The quality of the water doesn't dampen the quality of the course, since nutrients can be added into the water to ensure its quality, thanks to a fertigation system thru SynaTek Solutions, Inc. "Instead of having all these peaks and troughs of good quality, bad quality, good quality, bad quality, now I can inject small amounts instead of having to go big," he said. "You keep that line steady so you don't have surges in grass growth. You don't have decline in grass

growth. You have consistency." "It's all about balance. You want balance for so many things in life. We're trying to do the same with the grass so it responds the best way."

Technology is also vital in how Hershey's Mill uses its wastewater treatment plant. Through the mobile application ToroLynx, Golden can monitor pump activity on his cell phone. If one of the course's 1,200 irrigation heads needs attention, he can switch it on or off remotely. "I have the ability to make better water windows, tighten up everything and to maximize water usage or water efficiency," Golden said. "That's good for power usage, too, because whereas the old system was taking seven hours to water, that's just more power that you're sucking up. To do the same thing, use the same amount of water and to maximize the quality of the golf course, I can cut that water window in half."

Hershey's Mill, with a significant assist from the wastewater treatment plant, is an Audubon Sanctuary. Several golf course, municipality and housing development brass inquire about the facility's interworking. Hershey's Mill is an H<sup>2</sup>O steward it seems. "With the cost of water going up, at some point, facilities may have to look at this as an alternative," Golden said. "The cost of water may force their hand."

Hand played and ready at Hershey's Mill. Hence the smiles Golden sheds.

*Tony Regina is in his fifth year as the Assistant Director of Communications for the Golf Association of Philadelphia.*

Reprinted with permission from "Golf Association of Philadelphia Magazine", fall 2014 addition

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The HM Sports Group goals are to provide, support and promote activities for "every" resident in Hershey's Mill.

I'd like to thank John McGinty for your successful volunteer donation campaign to support our HMSG. We are entering our third and final month of this "self-support" program. The number of members who are going beyond the minimum \$10 donation has been more than impressive to say the least. *We are going to see a lot of beautiful tee shirts around The Mill this summer.* For those who have been procrastinating, it is not too late, but getting close.

The HMSG facilities funding is presently made available from a variety of sources: the Hershey's Mill Master Association, our social functions, and sponsors. While these sources "keep us alive", they do not facilitate the needs for sustaining our growth and improving our facilities. This is not to demean what the Master Association does for they have, and continue to be, great supporters of the HMSG. It is hard to mention a venue or sport in which they have not been supportive.

Below is a sampling of how we would use the funds:

Supply many expendables for the activities.

Support the Master Associations capital expenses.

Support the cost of initiating new activities.

Promote the HMSG throughout the community.

Reserve for funding social events.

Obviously the next question is from where do the funds come?

Many ideas were considered and the funding committee settled on the following:

Sponsors for such things as ROCO, special events (like the Davis Cup) and



our five socials. The obvious question is who will solicit the sponsors?

In January, the HMSG initiated this fund raiser by offering a HMSG tee shirt for \$25 or just donate \$10 or more, if you are so inclined. These 2 ideas received 100% support at the annual fall meeting in September.

Each activity has a different level of financial needs. Some appear to require no funding, while others spend hundreds of dollars. However, the largest needs come from the capital expenses required when starting or expanding an activity. If the HMSG had the funds, our contribution may help encourage the MA to help "now" instead of later. This is how we can demonstrate to the MA that we appreciate their support and are willing to do our part.

By now you should have received at least one letter by email suggesting you purchase a HMSG tee shirt for \$25. If you have no use or interest in the tee

The next question is "what about the guests that use our facilities on a regular basis?" They will be charged \$35 and receive a bracelet along with the same

# “Play Where You Live”

shirt, a \$10 or more contribution would be appreciated.

The first question being asked is "what happens if I do not contribute?" Nothing, you will still have access to all the amenities just as you do today.

very nice tee shirt which advertises Hershey's Mill outside of our gates.

The objective is to give our members a value and encourage people to support the HMSG. We hope you feel that maintaining and making our facilities even better is worth the \$10, or better yet \$25 which includes the tee shirt.

For more information, contact John McGinty at \_\_\_\_\_ or drop off a check at 162 Chandler Drive.

## Get Involved and "Play Where You Live"

**Paddle:** Monday through Thursday at 1 p.m.; Friday at 3 p.m. (wine and cheese); Saturday at 10 a.m.

**CPR/AED/Choking Certification:** Thursday, April 12, from 1:30 to 4:30 p.m.

**Table Tennis:** Tables are up every weekend starting Fridays at 4 p.m.

**Pool (Billiards):** Tuesday, Wednesday, and Thursday at 4 p.m.; Saturday at 9:30 a.m.

**Bike:** April, warm-up rides; May, outside "The Mill" rides.

**Tennis:** Aril 2 starts open play; week days at 4 p.m.; Saturday at 9:30 a.m.

**Pickleball:** Monday, Tuesday, Thursday, Friday, and Saturday at 9:30 a.m.; Wednesday at 5:30 p.m.

**Spring Social:** To be determined.

**HMSG Spring Meeting:** Wednesday, May 9.

**Memorial Day:** Monday, May 28, all activities.

**Candidate Close Of Filing Date:** July 12 (Vice President and Secretary)

**4th Of July:** All activities.

**Davis Cup:** Saturday, August 4.

**Labor Day:** Monday, September 3, all activities.

**Bowling:** Starts October. Contact John Cvinar.

**HMSG Fall Meeting (Elections):** Wednesday, September 12.

**Fall Social:** Saturday, September 29 at the Golf Club

**Sandy Loose | Yardley**

**rule** | rōol | noun

**1 one of a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere**

The word RULE elicits negative thoughts from some folks. It sounds restrictive, confining, and unlikely to be fun. Yet without rules, organizations and activities can become unmanageable and unsafe.

The HM Pool staff finds it necessary to create and enforce rules for the safety and enjoyment of the pool's users. While some might find our Pool Rules arbitrary, they begin with state and federal guidelines from the PA Aquatic Facility Licensing Board as well as serious deliberations by those operating the pool program. The Pool Committee, Pool Manager Carol Keith, and the residents who use the pool – all these have a voice in producing

rules governing the pool's operation. At the end of each summer season, we review experiences encountered by the staff and take them into account when formulating the pool rules for the next season.

**Pool Committee member Julie Senn of Quaker Ridge waiting to greet and sign-in pool volunteers as they arrive for the Volunteer Orientation session in 2017. Photo by Sandy Loose.**



Basic rules remain the same from year to year, but some are adjusted in light

Saturday before Memorial Day: **May 26, 2018.**



of our experiences during the previous season and by changes in state and federal guidelines. In the past, the staff has observed some confusion about the need to monitor the activities of children of a certain age in specific areas of the pool. Hence the following reminder: **RULE: Adults must monitor young guests (under 14) in the Cove, pool, and sports facilities.**

In future issues, I will explain more of the rules that were questioned or misunderstood, as well as the Pool Committee's rationale for them. A complete list of rules for the 2018 season will be inserted in the May issue of the *Guide and Digest*. Please set aside this pamphlet so that you can refer to it all summer long. The pool will reopen on the

**Wonderful pool volunteers enjoy seeing each other again and eating the yummy buffet at last year's orientation. From left, they are Audrey Quigley of Westbrook, Anne Gustafson of Devonshire, Irene Gallagher of Ashton, and Lee Lipstein formerly of Jefferson. Photo by Sandy Loose.**

**Volunteer Opportunity:** When the pool reopens, we will need HM residents to man the sign-in desk each day of the week for two-hour periods. The annual orientation for these volunteers will be held on **May 1, 2018** in the Cove. If you are interested in serving as a Pool Volunteer or being on the substitute list of volunteers, please contact Sandy Loose at \_\_\_\_\_ or call \_\_\_\_\_ to get involved. We'd love to have your help!



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**FOR SALE** OxLife independence oxygen concentrator, provides 6 liters pulsed/3 liters continuous oxygen, like new, used for approximately 3 months, asking \$1,200, retail price is \$2,900. Brand new **back pack**, never used for Inogen Oxygen concentrator, retail price \$100, asking \$50. Call

**FOR SALE** Many Dolls in original boxes, with certificates, from various artists and doll companies, dated 1950 on. **Doll accessories and Furniture.** Excellent condition. Call for appointment

**FOR SALE** Beautiful Thomasville **cherry dining room hutch**, 76" length, 66" height with glass doors, spoon rack and bottom storage \$600. Solid light oak **highboy bureau** with 7 drawers 36" long 55" high \$250. Solid light oak **computer desk**, cabinet with storage, new condition 74" high \$400. **Exercise bench**, arm and leg lifts in one machine Marcy Platinum Brand \$100. Ariana **oriental carpet**, new condition, colors consist of mostly navy blue, cream and burgundy, 10' by 12'7" \$100. Must be able to move with assistance, call

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**FOR SALE** Child's time-out solid wood **bench**, 20" long 18" high 11" deep with large "Time Out" lettering on the seat back, great for small child or doll collection. \$20. Child's plush **rocking horse** (bear) with handles, 25" rudders 14" high, used only for decoration. \$20. Large plush stuffed turtle, 27" long 10" high 14" wide. Excellent for a child's pillow or toy. \$15 Call

**FREE** Two-drawer **filing cabinet**, gray metal with racks and key, good condition. Call

**WANTED** Older model, **used car** for my daughter, full size or small SUV in good/great condition, no rust. \$2,500 - \$6,000. Any make, model or color. Call

**WANTED** HM couple would like to **share a Florida rental** near Orlando or Naples for half a season. We would like 3 weeks in January and 3 weeks in March for one couple, and 6 weeks in between for the second couple, alternating the pattern each year between the renters. Call

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Baby Boomers.....	Christy Herschel.....
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Bingo.....	Hal Deal .....
Book Discussion Group .....	Carol Barkovsky.....
Bowling .....	John Cvinar .....
Bridge Groups:	
WH Duplicate Bridge, Mondays at 12:30pm .....	Bray LeBrocq .....
Golf Club Tuesday Bridgers, Members Only.....	J.B. Smink .....
Social Club Party Bridge, Members Only.....	Susan Hackstaff.....
Golf Club Friday Bridge, Members Only.....	John Marks.....
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Garden Club.....	Jim DiCarlo.....
Golf Club.....	Scott Martin .....
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