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GUIDE AND DIGEST



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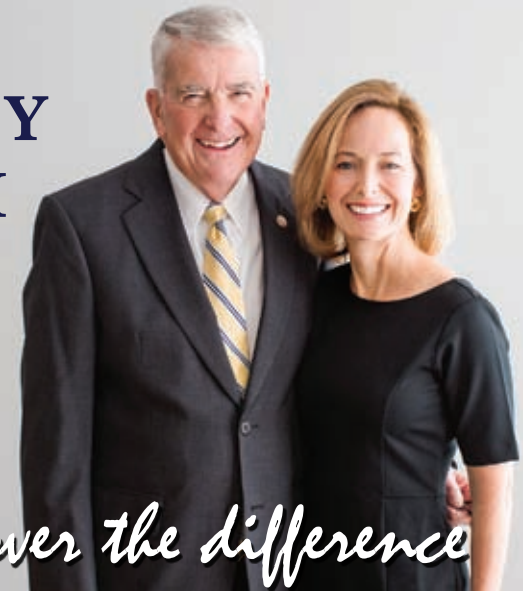
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HMCTV Guide and Digest

Volume XX Number 12 - December 2019

Editor Louise O'Brien

Associate Editors Gail Habbersett, Sharon Kope, Kate Lynch, and Katheryn Schilling

Featured Writers Joseph S. Kennedy, Bonalyn Mosteller, Jurg Oppliger, Rosie Taylor, and Don Trauger

Advertising/Marketing Director Jack Keeley

Marketing Finance Tom McGinn and Joe Silio

Please share with *your* Hershey's Mill magazine!

All submissions welcomed; with rights retained by the owner. Send to 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. HMCTV 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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From the Main Gate	7
Resident Directory ... Changes	9
Classifieds	11
HMCTV Programming	12
Getting To Know You	14
Pet of the Month	19
HM Bus Trip Advertising	20
Dining Out	22
Vine Talk	25
Local History	26
HM Library	29
Dry Eye	31
Activities Calendar	34
Holiday Events	37
Community News	38
Medicare Shopping Season	43
Club News	44
Tech Tips	48
Mining for Gold in Your ...	51
For the Love of ...	53
Hershey's Mill Golf Club	55
HM Sports Group	56
Recipes	61
Activities Contacts	65
Advertisers' Index	66

Cover: The Mill's Maria Edwards sharing a favorite tradition with her five grandchildren.

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From the Main Gate

Marc Fraser | Director of Security

The Security Department is staffed by officers 24 hours per day, 7 days a week, 365 days a year, including all major holidays. When there is impending inclement weather, officers will often spend the night or work multiple shifts in a row, in order to prevent an interruption in service to the residents of Hershey's Mill.

Security officers respond to incidents ranging from medical emergencies, vehicle accidents, fires, trespassing, and searches for missing persons, as well as resident lock outs. In 2018, Security Department officers responded to over 1,150 alarms and over 360 incidents and emergencies.

Around the holiday season each year, residents are offered the opportunity to donate to the Hershey's



Mill Security Department Christmas Fund. The money donated will fund a Christmas bonus to the officers as a "thank you" for their service to Hershey's Mill over the past year. To contribute to the Security Christmas Fund, donations can be placed in an envelope and dropped off at the Main Gate or mailed to:

Hershey's Mill Security
1389 East Boot Road
West Chester, PA 19380

Checks can be made payable to "Hershey's Mill HOA."

Reminder about package delivery information when using delivery services other than FedEx, UPS and the US Postal Service.

You should include information in the delivery directions that tell the drivers the proper way of entering this property because when they use your specific address in their GPS, it does not always bring them to the gate which affords entrance onto the property.

Please include this information in the delivery instructions: "Hersheys Mill is a gated community with entrance address of 1500 Greenhill Road, West Chester, 19380. Driver should use entrance procedure as directed at the Guest Entrance Gate to enter the property and deliver the package to the specific address".

The entire Hershey's Mill Security staff would like to wish you all a very happy and safe holiday season, and we look forward to serving you in 2020!

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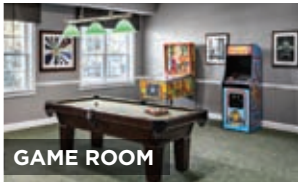
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Resident Directory Additions and Changes

Bilka, Joanne

497 Eaton Way

Emery, Keith & Barbara & David

1683 Yardley Drive

Fay, James & Stephen
(NEW #)

306 Devon Lane

Green, Larry & Rebecca

714 Inverness Drive

Jonak, Gerald & Zdenka

1096 Lincoln Drive

Kinslow, Edward & Anne
(NEW #)

1429 Quaker Ridge

Malone, Gene & Joanne

867 Jefferson Way

McMullen, James & Nancy & David

565 Franklin Way

Morgenweck, Vicki

(NEW E-MAIL)

30 Chandler Drive

Schaffer, Kimberly
(NEW #)

294 Devon Way

Skowronski, John & Audrey

911 Jefferson Way

Victory, Christopher & Mary
(NEW #)

185 Chandler Drive

Volkert, Joan

674 Heatherton Lane

Waeljen, Douglas & Donna

318-A Devon Way

Wagner, Hilary

922 Jefferson Way

Walters, Edward & Susan

1673 Yardley Drive

Watson, Lorraine

1128 Merrifield Drive



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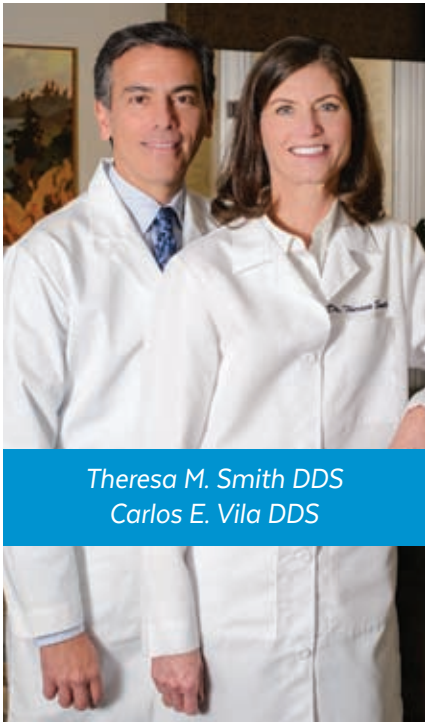
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Classifieds

Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are subject to review/editing. Send submission to hmctvguide@comcast.net, attention editor, or place printed/typed copy in the HMCTV mailbox outside the building. You must be a HM resident to advertise.

MOVING SALE King wooden headboard, 3 wooden captain's chairs, 2 maroon lounge chairs, Medium blue sofa bed-75"Wx35"Dx35"H, Schwinn air dyne exercise bike, White cabinet/glass doors, 65"Wx15"Dx69"H, 6' Christmas tree (Waterloo Gardens), 3 folding tables, Porch furniture, glass topped table; 4 chairs, 1 chaise chair, Oak coffee table, 38"x38"; 2 matching end tables, 26"x21", Old settee, Aluminum extension ladder 58" when closed; 10' alum. Ladder, Electric heater, Blond table 20"x20", 17" flat TV, Drop-leaf table 37"x20", Throw pillows, White round iron porch table and 2 chairs, Antique rope bed, Round wooden kitchen table & 2 chairs, 2 drawer metal file cabinet, 15"Wx18"Lx30"H, Old wooden bench, 12"Wx33"Lx18"H, 2 shelf, 1 drawer metal file cabinet, 12"Wx10"Lx18"H, Old hand pump light, Old potbellied stove light, Sharp upright Twin Energy vacuum, old hand water pump made into a lamp, old pot-bellied stove made into a lamp. Call -

FOR SALE Lenox china dinnerware. Brookdale pattern consists of 16 five-piece place settings, gravy boat, lg. round serving platter, 2 vegetable, 2 soup, and 4 fruit bowls, 2 salt & pepper shakers. Like new. \$2,200. Call

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HMCTV Programs	December 1-16 (7 p.m. show on December 16 will not be shown)			
<p>Penguins, Seals, Whales & Icebergs <i>with Kay Ricker</i></p> <p>Traveler Jane Kline shares her photos and stories of her exciting and unusual cruise to Antarctica and nearby islands, where her adventures are colorful, educational, and often amusing. The planet's ice sheet has some surprises, like summer temperatures of 40° - 50° and the discovery of oil and natural gas, but no mining allowed.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:00 am	4:00 pm	7:00 pm	12:00 am

Movies Noon & 8:30pm	<p>December 1 to December 9, noon The Iron Lady (PG 13) <i>Meryl Streep and Jim Broadbent</i></p> <p>An intimate portrait of Margaret Thatcher, the first female Prime Minister of the United Kingdom. [Run time 1h45m]</p>
	<p>December 9, 8:30 p.m. to December 16, noon Christmas with the Kranks (PG) <i>Dan Aykroyd and Jamie Lee Curtis</i></p> <p>The Kranks decision to boycott Christmas has their neighborhood in an uproar. [Run time 1h39m]</p>

HMCTV 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 HMCTV. ©2019 HMCTV

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HMCTV Programs	December 17-31 (7 p.m. show on December 31 will not be shown)			
<p>Making a Difference with Therapy Dogs <i>with Kathy Myers</i></p> <p>Meet Craig Snyder and his best friend, Fiona. They are a therapy dog team. Craig talks about the differences between a service dog and a therapy dog, and what he does as an owner.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p>Hospice Myths <i>with Sandy Wollenberg</i></p> <p>Sandy interviews members of hospice care regarding truth and myths of hospice, including the importance of volunteers as part of the hospice care team.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

For **Programs** and **Movies**, go to **Channel 1970** (Bulletin Board information appears only if neither is currently airing); for continuous **Bulletin Board** information, go to **Channel 1971**. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming. **Call HMCTV at 610-436-5922 if you aren't able to receive our TV channels.**

Movies Noon & 8:30pm	<p>December 16, 8:30 p.m. to December 23, noon Nicholas Nickleby (PG) <i>Charlie Hunnam and Christopher Plummer</i></p> <p>Based on Charles Dickens novel, a young man attempts to reunite his family and must contend with his ruthless uncle. [Run time 2h 12m]</p>
	<p>December 23, 8:30 p.m. to December 31, noon A Christmas Story (PG) <i>Melinda Dillon and Peter Billingsley</i></p> <p>In the 1940's, a young boy attempts to convince his parents, his teacher and Santa, that a Red Ryder B.B. gun is the perfect Christmas gift. [Run time 1h 34m]</p>

24 hours/day channel 1971	Bulletin Board Times
12:45 am - 10:00 am, 10:45 am - Noon, 4:45 pm - 7:00 pm, 7:45 pm - 8:30 pm on channel 1970	

Gail Habbersett | Eaton

Maria Edwards - Ulster

“I’m Italian through and through” remarked Maria, but needed to add, “until 21 years of age when an Irish-Welsh Catholic young man stole my heart”. Maria welcomed me into her lovely home and directed me to a sunny spot in her kitchen. She put the finishing touches on a tempting dish of cheese, pears and crackers for us to share. It was no surprise to learn that this gal loves to cook as did her mother and grandmother.

Raised in Philadelphia, Sundays were traditionally a day of rest. During the time she grew up, retail stores and businesses were closed on Sunday so everyone could enjoy a day off with family dinners where conversation and laughter were part of the meal. Maria recounted how she and her NanNan, at times, would methodically roll homemade gnocchi. Maria enjoys being the modern day matriarch and carrying on family traditions.

While she loves meeting new people, the lifelong friendships she has developed are most meaningful to her. With many moves, she has added friends from different stages of her life and feels very fortunate.

Happily for Maria, she developed a serious interest in music and dance at age 12 while watching *West Side Story*. So impacted by that movie, Maria gathered all the neighborhood kids together one summer and decided to direct the show in her backyard. And they were willing! She directed the choreography, using the Broadway soundtrack and chose easy costumes. Scenery consisted of one big sheet divided into Jets and Sharks.

It was a hit for all the neighbors and the story appeared in the *County Line News*. You could say that she became “hooked” not only on dance, but also in performing. While in high school, she studied ballet, which gave her the confidence to perform in school talent shows performing interpretive dance routines.

When choosing a college, she discovered Cabrini was a good match, offering Maria opportunities to direct and produce Children’s Theater and also perform in campus talent shows. Maria graduated with a B.S. degree in Elementary Education with a concentration in English.

One Memorial Day weekend, Maria met the love of her life in Ocean City, NJ. Gary, from Silver Spring, Maryland, was enjoying his family’s summer house and a well-earned break from studying electrical engineering at Villanova University. After dating for two years, they graduated college in May 1970 and married in August. Maria recalled how she and Gary had fun just being together. In fact one of their favorite hangouts was the Wayne train station! Gary’s career as an engineer in a nuclear power plant led Maria and their two daughters, Jennifer and Erin to homes in Delaware County and Chester County. But it was Gary’s self-taught carpentry skills in their West Chester home that amazed everyone.

Maria successfully obtained a teaching position right out of college. She taught fifth grade in the Norristown School District for a year and a half, but had to resign when she was expecting their first child. Not one



(At left) Maria pictured with samples of her summer bounty of flowers and veggies. And, on this month’s cover, that’s Maria and her five grandchildren sharing a favorite tradition.

to be idle, Maria explored “Aerobics in Motion”, a dance program at the YMCA. Her enthusiasm and skill led to her position as a full-time instructor. For the next eight years she was dedicated and thrilled to teach this style of exercise.

Teaching was clearly her calling, so when her children were older, she returned to public schools, first substiting and then being hired by the West Chester Area School District. From 1989, Maria spent the next 25 years teaching second, third, and fourth grades at East Bradford, where she based her teaching on, “motivation is the key to learning”. Writing was a favorite area of interest and she earned graduate credits in teaching writing for elementary students from West Chester University.

Following her final year of teaching, the unexpected sudden death of Gary in 2012, caused Maria to redefine her needs for the future. Always one to step out, and driven by her desire to learn, she applied what she

had recently learned about how each of us is hard-wired to be outdoors. As a result, she began volunteering at Longwood Gardens and continues to do so.

Encouraged by her daughters, Maria chose Hershey’s Mill as the place to find a community where she could grow. Her favorite line is “anything worthwhile is never easy”. She quickly got involved in her areas of interest. She has narrowed her volunteering in The Mill down to the Bus Committee, House Committee and the Hershey’s Mill Auxiliary to Chester County Hospital. In addition, she is learning to play Mahjong, Billiards, and Bocce. She enjoys the Boomers, Trivia, and has her own plot in the community garden. And, most especially, she enjoys Ladies Night at the Club where she loves to follow the bands and *dance!*

Maria generously added some personal notes knowing that her story would appear in the December issue:

Continued on page 17



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Getting To Know You (continued)

Growing up in an Italian family, Christmas was always filled with family love, homemade food, cookies, and my favorite – pizzelles! I have continued the same traditions from my grandmother and mother. There is always wedding soup, a side of gnoc-chi, a veggie, and Beef Wellington, pizzelles and ricotta cheese cake. Wait you say, that beef is not Italian! Cor-rect. My Irish Welsh husband started the family favorite tradition of making Beef Wellington with mushrooms. It is truly a phenomenal experience! To give me, “Mimi”, a chance to be host-ess, we have “Trim the Tree at Mimi’s” early in December, where everyone gathers to trim my tree and enjoy our traditional Christmas dinner, starring the Beef Wellington. We set up the crèche and I give gifts of Christmas PJs to my grandchildren. As your children

grow into adults, they initiate their own ideas and traditions of how to celebrate. Since we are now a melting pot of different ethnic backgrounds, my youngest daughter always has the fishes on Christmas Eve and we celebrate that together with my oldest daughter and her family. Prior to dinner, we attend Christmas Eve Mass at their church and as soon as we are back home, my five, maybe four, gifted and talented grandchildren, are on the computer tracking Santa as he travels the world. I celebrate Christmas day at my oldest daughter’s home with her family. Currently, I have trimmed the cookie-making list to our three favor-ite kinds. The smell of pizzelles signals the onset of the holidays and I will always make them. I have been truly blessed! Christmas blessings and the happiest of holidays to all!



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Pet of the Month

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Mitzie

The Schillings have long been pet people. We've done everything from goldfish to gerbils, cats to dogs, and even one beautiful but silent canary. When our last dog, Greta, died we decided that we were done. Know the feeling?

Life got so quiet and we missed all that spontaneous love. Why not

a dog? The practical side of us wondered: ready for house-breaking? Pee stains everywhere? Morning walks in the snow? Well...Sanity flew away one lovely summer morning when we learned of the Brandywine SPCA. On that Saturday a year ago doggie love struck again.

What's so special about Mitzie? She's a beagle mix but looks more like a dachshund with very long strong legs like her namesake Mitzie Gaynor. She's six-years old but acts like a teenager when chasing her dreaded enemies: chipmunks and squirrels. She has never howled or bayed as beagles do. She's a cuddler and a sleepyhead which fits our lifestyle perfectly.

Any problems, you ask? There's just one. Mitzie will eat anything and I mean anything: tree bark, rock salt, pizza, coffee or any cocktails left out accidentally. Manhattans seem to be her favorite!

Mitzie is a rescue dog who has rescued us. We've gained love, laughs and even conversation. Try one soon.

Do you have a beloved pet that we could "interview"? We would love to hear from you. Drop an email to hmctvguide@comcast.net.



(At left) Meet Mitzie! How can you resist?

Kevin Free

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Kozier's Christmas Village & Smorgasbord Dinner

Wednesday, December 11, 2019

Cost: \$50

Departs: 4 p.m.

Contact: Marc Fraser,

Enjoy the season with us as we visit Kozier's in Bernville, PA. This is a truly magical destination that offers an elaborate walk-through Christmas experience, featuring indoor and outdoor model train displays, a covered bridge, glass building displays depicting various Christmas scenes, and an opportunity to meet Santa. Prior to our Christmas Village visit, we will enjoy a smorgasbord dinner at Dutch-Way Family Restaurant; included in trip cost. Wear comfortable walking shoes, as it will take approximately 90 minutes to fully navigate Christmas Village. Visit www.koziarschristmasvillage.com for more information.

"Vox Renaissance Consort – Voices & Period Instruments"

Friday, December 13, 2019

Cost: \$34

Departs: 7:15 p.m.

Contact: Karen Smith,

Join us for VoxAmaDeus' "Renaissance Noel," which will be performed at the Church of the Good Samaritan in Paoli. This season marks the 33rd consecutive year of our annual tradition of magical Renaissance Noel concerts by the professional Vox Renaissance Consort. They celebrate the glorious Christmas music of Old Europe, with masterpieces for single and double chorus, solo voices, and period instruments. The Renaissance Consort performers are attired in lush period costumes. Come and experience a joyful and traditional old-world Noel! Running time is 90 minutes, with no intermission.

Longwood Gardens Christmas

Wednesday, December 18, 2019

Cost: \$15 for members or \$42 for non-members

Departs: 3 p.m.

Contact: Karen Smith,

Nothing is quite as festive as Christmas at Longwood Gardens! They celebrate the many shapes of the season with displays both nostalgic and inventive. View traditional favorites from poinsettias to pinecones to snowflakes, as well as unique forms found in the grand Conservatory. Their holiday displays inspire and dazzle. See LongwoodGardens.org for more information.

Pennsylvania Farm Show

Thursday, January 9, 2020

Cost: \$17

Departs: 10 a.m.

Contact: Priscilla Burt,

Pennsylvania is proud to host the largest indoor agricultural exposition under one roof in the nation. It includes nearly 6,000 animals, 10,000 competitive exhibits and 300 commercial exhibits each year. The event showcases the quality and breadth of Pennsylvania's agriculture industry and the people who make it thrive. The Pennsylvania Farm Show offers something for everyone, young and old, farmers and non-farmers, foodies and just people who like to have fun. Aside from food and entertainment, the annual event offers the public an opportunity to get an up-close view of how our food goes from farm to fork. *Lunch is on your own at one of the many food stands at the complex. Wear comfortable walking shoes!*

NOTES:

1. Prior to making payment, you must call the contact person to ensure that there is still room on the bus.

2. All bus riders must be age 18+ unless otherwise noted in the trip write-up.
3. 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.
4. 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.
5. 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 [redacted].
6. Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, call Marc Fraser at [redacted].

SERIES TRIPS

Thursday Wait List Only

2019-2020 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$50 per show

Departs: 12:30 p.m.

Contact: Jayne Lytle (Thursdays),
; or Joan Stanek (Saturdays),

This season includes the following Matinee Series shows:

Thursday 1/30/20 & Saturday 2/8/20

- "A Woman of No Importance"

Thursday 3/26/20 & Saturday 4/4/20

- "The Best Man"

Thursday 5/28/20 & Saturday 6/6/20

- "The Bodyguard, The Musical"

(At right) Mary Lou Perry, Marilyn Flynn, Beverly Bell and Arlene Seeger on tour at Ellis Island during the October bus trip.

2019-2020 Philadelphia Orchestra

Friday Matinee Series

Cost: \$108 (All 5 Dates, Bus Only) OR \$18 (Single Date, Bus Only) plus Performance Admission

Departs: Noon

Contact: Ann Seraphin,

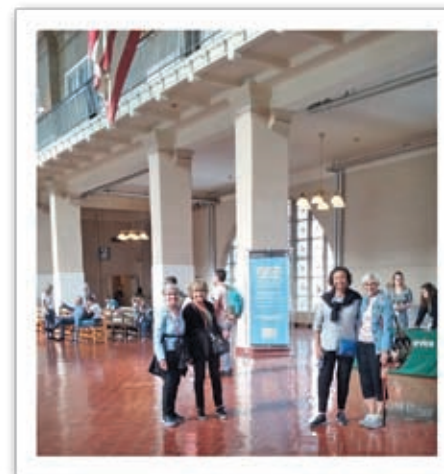
Please join us for an exciting season with our wonderful orchestra. Brief program summaries and dates are:
Friday, January 24, 2020: "Beethoven NOW" - Y. Nezet-Seguin conducts Fung, Beethoven, and Rachmaninoff, with Yefim Bronfman on piano.

Friday, February 21, 2020: "Symphonie fantastique". Herbert Blomstedt conducts Mendelssohn & Berlioz with Lise de la Salle on piano.

Friday, March 6, 2020: "Porgy and Bess". Marin Alsop conducts Gershwin with Angel Blue (Soprano) & Lester Lynch (Baritone).

Friday, May 1, 2020: "Tchaikovsky & Shostakovich". Tugan Sokhiev conducts Firsova, Tchaikovsky, & Shostakovich with Lukas Geniusas on piano.

Friday, May 29, 2020: "Yuja Wang & the Brahms Piano Concertos". Yannick Nezet-Seguin conducts Brahms & Sibelius with Yuja Wang on piano.



Louise O'Brien | Springton

ChopHouse Grille

The owners of the upscale ChopHouse restaurant in New Jersey and the casual P.J. Whelihan Pubs had a vision. They wanted to offer their clientele a restaurant less formal than the ChopHouse and more upscale than P.J. Whelihan's and they succeeded with the ChopHouse Grille.

As Gerry and I walked in, we were immediately impressed with a few things – the bright, clean and uncluttered contemporary décor, the quiet atmosphere and the roomy space between tables. Comfortable booths were also available for those who prefer them like Gerry and I do.

We were there for lunch. Our server, Abbey, was excellent, very friendly and attentive and the menu was extensive. I chose the French dip and a house salad. The shaved prime rib with horseradish cream sauce and Swiss cheese was mouth-watering and a cut above. Gerry, who loves mushrooms, settled on the Kennett Square flatbread with shitake, cremini and oyster mushrooms and a Caesar salad. The food was hot and attractively plated and the portions large enough to satisfy a hungry man's appetite. For those in a lunchtime 'rush', a \$16 Power Lunch was offered. Starting

at 11 a.m., that meal consists of your choice of flatbread plus salad, hand-held (sandwich) plus salad or soup plus house salad.

Their Happy Hour is 4:30-6:30 p.m. During this time, and available in the bar area only, they serve flatbreads at half price \$6.50, martinis \$7, select wines \$6 and draft beer \$4, artisan cheese trio plus candied bacon plate, candied bacon, fig jam, orange blossom honey, spiced walnuts, toasted baguette \$9.

Though reasonably priced for lunch, the prices for dinner put this restaurant in the "special occasion" category, at least in my opinion. The dinner menu is also extensive with main plates priced in the \$30-\$40 range with side dishes priced separately. If wine is your thing, you'll love their selection. It takes up the entire wall, ceiling to floor of a private room. This room is also available for small parties. Larger parties are accommodated in the Four Seasons Room.

If you're looking for a special holiday gift for someone, consider a gift certificate for the ChopHouse Grille.

Address: 301 N. Pottstown Pike, STE BB, Exton, PA 19341; 484-875-6700, chophousegrille.com



(Above) Impeccable, contemporary bar in the Grille.



(At right) Well-stocked wine collection provides wall in the private, party room.



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Vine Talk

Jurg Oppliger | Devonshire

Champagne and other Sparklers

Christmas and New Year's Eve are coming – time for some festive wine.

Champagne is probably the most fabled wine. Only sparkling wine made in the Champagne region in the north-east part of France can be called Champagne, so there is really nothing like “California Champagne”. Champagne and other sparkling wines come as brut, dry, demi-sec and doux (sweet). A “brut nature” has less than 0.1 ounce of sugar per quart, a “doux” has at least 1.8 ounces.

The French monk Dom Perignon who lived in the 17th century is considered the father of Champagne. Champagne is made from Pinot Noir, Pinot Meunier and Chardonnay grapes and most of it is a blend of different years. Only the very best is called a millesime and carries the production year.

The Champagne production method calls for a primary fermentation, then bottling and a second fermentation in the bottle after some yeast and sugar was added. It takes at least a year and a half until the Champagne is ready for “riddling”, a process that makes the lees settle in the neck of the bottle. The neck is then frozen, the bottle opened, the lee removed and the bottle corked finally. This complicated procedure is expensive, so Champagne runs from \$30 to \$800.

Some of the great names are Moët & Chandon, Laurent-Perrier, Taittinger, Heidsieck and Louis Roederer.

There are many other sparkling wines, some of them made by the same “methode traditionnelle”, others do the secondary fermentation before bottling the wine. Their prices range from \$10 to \$60.

France produces good sparkling wines outside of the Champagne region, Cremant and “vin mousseux”. Good names are J.J. Vincent & fils, Delmas, Cave de Saumur and Veuve Ambal.

Italy gives us a great number of the very popular Prosecco, most made from the Glera grapes, and Lambrusco. Prosecco is by far the most bought sparkling wine in this country.

Spain tries to catch up with their Cava, made mostly from local grape varieties. The most popular is the Freixenet Cordon Negro in his trademark black bottles. But there are many much better Cavas, such as Huguët, El Cep, Mont Marcal or P. Llopart.

The US also produces some very nice sparklers. Try the Roederer Estate, Argyle, Domaine St. Michelle, Mumm Napa or Gloria Ferrer.

But this is not all. Australia has Jansz, Shingleback and Lambert Estate; New Zealand gives us Quartz Reef and Alan Scott.

Confused because there is too much choice? If you can afford it, stay with Champagne. You cannot go wrong! If not, go to the Prosecco from Italy, or try the ones from this country.

My personal favorites are Champagne Dom Perignon from Moët & Chandon (\$150) and from this country the Brut Columbia Valley from Chateau St. Michelle (\$20).

Merry Christmas and a Happy New Year: Prost!

Joseph S. Kennedy | Princeton

General Anthony Wayne

In October 1777, a trial by court-martial took place at the house of James Morris along the Skippack Road in Whitpain Township. The soldier involved was the legendary Brig. Gen. Anthony Wayne, a field commander who had gained the respect of Gen. George Washington, commander of the Continental Army.

After the defeat of the Continental forces at Brandywine, Wayne himself was involved in another defeat that popular history has called the Paoli Massacre. There were whispers among fellow officers that Wayne had blundered in the deployment of his command, thus inviting another British victory.

In a daring move, Wayne demanded a general court-martial to clear his reputation. The outcome of that trial would determine his future use to the Patriot cause. Presiding over the three-day trial was Brig. Gen. John Sullivan. The charges against Wayne were “that he had timely notice of the enemy’s

intention...and he had neglected to make suitable disposition of his force.”

With his command of 1,500 men, Wayne found himself at Paoli under orders to shadow the British forces as they moved toward the Schuylkill. Wayne, a native of Chester County, had by this time fought with distinction at the Battle of Trois-Rivieres in 1776, in the expedition into Canada, and at Brandywine.

After the defeat at Brandywine, Washington moved his forces north toward the community of Chester. Sir William Howe, commander of the British Army, delayed. When he did move, it was west toward Turk’s Head, now known as West Chester. Upon hearing of Howe’s move, Washington also moved west toward the Schuylkill, with Wayne’s forces out front between the British and Continental armies. The maneuvers by both armies were directly connected to the capture of the city of Philadelphia, the capital.

Published reports by Howe stated that he was concerned about the terrain and enemy defenses south of the city. So he decided to take Philadelphia from the north by crossing the Schuylkill and entering Germantown. For his part, Washington wanted to keep Howe south of the river and away from his stores and supplies in Reading. In this plan, Wayne’s unit was to play a key role.

On September 16, units from Howe’s army and Wayne’s troops engaged in a short firefight known as the Battle of the Clouds, west of Turk’s Head in Goshen Township. A downpour forced Wayne’s men back to their

camp at Paoli and forced a stop to the British Advance.

After this encounter, Washington’s army moved west to Warwick Furnace for supplies and Howe decided to make a dash to the Schuylkill. He left a force of about 5,000 men, commanded by Maj. Gen. Charles Gray, to deal with Wayne.

On the evening of Sept. 20, Wayne and 1,500 of his troops were camped out at Paoli near the village of Malvern. He was in an area that he knew to be Tory in its sympathies, and he had word that the British, whom he knew were in close proximity to his camp, might attack. Pickets were posted, but campfires were lit, outlining the men in the camp.

About 1 AM, September 21st, Gray’s troops approached the continental camp with fixed bayonets and unloaded muskets. Gen. Gray wanted a surprise attack and did not want a discharged musket alerting the American pickets. According to published historical accounts, the British pushed through the pickets and charged the camp, catching the Americans by surprise and creating a great deal of confusion. In a close-quarters action, Continental soldiers were bayoneted as they rose from their bedrolls. Others were cut down after they fired their muskets and had no time to reload.

After a period of disarray, Wayne was able to organize his troops and retreat. In his book *Angel in the Whirlwind, the Triumph of the American Revolution*, Benson Bobrick estimates that 450 Continental soldiers were killed or wounded. British casualties were fewer than 20 killed.

Local historian Edward Hocker notes that in testimony before his court-martial, Wayne declared that he

had insufficient notice of an impending attack. The court-martial unanimously found Wayne not guilty.

There is no evidence that Washington did anything to interfere with the work of the court-martial. It was clear that he maintained trust in Wayne’s ability as a soldier, allowing Wayne to be part of a council of war just prior to the attack at Germantown and while he was facing trial.

Wayne’s military record after the court-martial was impeccable. He distinguished himself as a field commander at the Battles of Germantown, Monmouth and Stony Point. After the revolution, he campaigned successfully against the Northwest Indians from 1790 to 1794.

Wayne died in 1796 at the age of 51. His home, Waynesboro, is just a short distance from the Paoli battlefield.



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HM Library

“Overall the library held a hushed exultation as though the cherished volumes were all singing soundlessly within their covers.” Diana Gabaldon

We hope that you have had a chance to personally meet our new librarian, Kathleen Kroos. To further acquaint you, Kathleen has quite the varied experiences as a librarian. After completing her Masters in Library Science from Beaver College, now Arcadia University, she was employed in parochial and public schools at both the elementary and secondary levels. While in her home state, Ohio, Kathleen, shifted into higher education working at the University of Toledo Library. When she and her husband, Ken, moved to Memphis, she was hired by the Memphis State Library as well as the Public Library of Memphis Shelby County. When the couple's next move took them to Delaware County, she became librarian at Delaware County Community Library and Falvey Library at Villanova. Wow – sounds like she could write a book!

Kathleen and Ken made their new home in Franklin Village last March. Aren't we fortunate to have Kathleen as our new librarian?

We'd like to remind you that books can be renewed *only in the library*. Next trip to the library, check out our bulletin board for some interesting book reviews and the list of new books. New books are purchased monthly with the exception of July and December.

NEW BOOKS

Fiction

Coates, Ta-Nehisi-*Water Dancer*
Crombie, Deborah-*Bitter Feast*
Estes, Kelli-*Today We Go Home*
Feret-Fleury, Christine-*Girl Who Reads on the Metro*

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Grisham, John-*Guardians*
Hilderbrand, Elin-*What Happens in Paradise*
Hoffman, Alice-*World That We Knew*
Khoury, Raymond-*Empire of Lies*
Kiesling, Lydia-*Golden State*
Lefteri, Christy-*Beekeeper of Aleppo*
Morris, Heather-*Cilka's Journey*
Moyes, Jojo-*Giver of Stars*
Namey, Laura Taylor-*Library of Lost Things*
Patchett, Ann-*Dutch House*
Smith, Zadie-*Grand Union*
Strout, Elizabeth-*Olive, Again*
Thomson, Mike-*Syria's Secret Library*

Mystery

Colt, Peter-*Off-Islander*
Gerritsen, Tess-*Shape of Night*
Jance, J.A.-*Sins of the Fathers*
Johnson, Craig-*Land of Wolves*
Flynn, Vince & Kyle Mills-*Lethal Agent*
North, Alex-*Whisper Man*
Patterson, James & Paetro, Maxine-*19th Christmas*
Sandford, John-*Bloody Genius*
Woods, Stuart-*Stealth*

Nonfiction

Jensen, Billy-*Chase Darkness with Me*
Perkins, Anne Gardiner-*Yale Needs Women*

Biography

Andrews, Julie-*Home Work: a Memoir*
Fuller, Alexandra-*Travel Light, Move Fast*

Large Print -Biography

Westover, Tara-*Educated: A Memoir*



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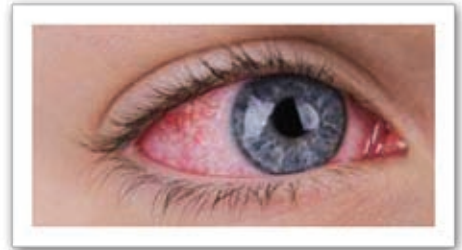
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Dry Eye

Editor's Note: Because of the importance of the subject of this article, dry eye, and the valuable information provided by Dr. Drew Chronister, M.D, Eye Doctors of Chester County, 610-384-9100, this article is divided into two parts. Part Two will appear in January's *Guide and Digest*.

PART ONE:

Do you ever suffer from burning, irritated eyes? Do you have blurry vision that gets better when you blink? Do you occasionally feel like there is something in your eye? If so, you may be experiencing dry eyes. Additional symptoms can include light sensitivity, eye redness, and tearing. Tearing is actually one of the most common symptoms of dry eye, which seems counterintuitive as patients often wonder why the eyes tear when they are dry. When the eyes are dry and



irritated, they stimulate the brain to produce reflex tears to counteract the dryness; however, these reflex tears are immature tears and do not sufficiently lubricate the eye. Instead of providing adequate lubrication, they simply well-up in the eye and cause tearing.

If a patient is experiencing any or all of these symptoms, an eye exam is warranted. During the eye exam, a drop is placed in the eye to temporarily stain it. The amount of staining allows the doctor to grade the level of dryness. Common causes of dry eye include decreased hormones (from aging), underlying autoimmune diseases (like Sjogren's, Lupus, Rheumatoid arthritis, or Thyroid disease), infrequent blinking (from prolonged reading, driving, or computer use), certain medications (like OTC anti-histamines, diuretics, sleeping pills, pain relievers, or beta-blockers), neurologic conditions (including stroke, Bell's palsy, and Parkinson's disease), environmental factors (like allergens, wind, or winter season), and eyelid inflammation (called blepharitis or ocular rosacea). Patients often have multiple underlying causes. All of these factors cause the eyes to become dry through one of three mechanisms: tear deficiency, evaporative dry eye, or mechanical eyelid problems.

Tear deficiency occurs when the tear glands are not making enough, and aging is a common cause. Replac-

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Continued on page 33



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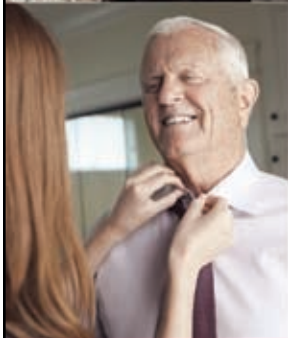
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Dry Eye (continued)

ing these tears with a good over-the-counter artificial tear is the first step in treating tear deficiency.

Some patients are making sufficient tears, but eyelid inflammation is causing those tears to evaporate too quickly. This condition is called evaporative dry eye and occurs when the meibomian glands (the oil glands that line the eyelid) become blocked. Meibomian oil mixes with tears to create a stable tear film that does not evaporate too quickly. If the oil glands are blocked and adequate oil is unable to reach the eye, the patient will experience dry eye. This blockage of the oil glands is called blepharitis. Blepharitis, infrequent blinking, and windy conditions are common causes of evaporative dry eye.

Finally, the eyes can become dry because of mechanical problems with

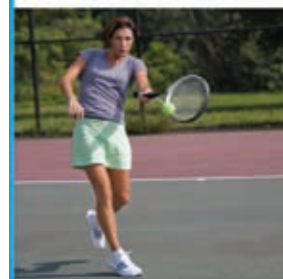
the eyelids. The eyelids are meant to cover the eyes and push the old tears down through the tear ducts to the nose during each blink. In some patients, there is an incomplete blink that leaves part of the eye exposed. In other patients, the eyelids are droopy and unable to push the old tears down to the nose to make room for new tears. These mechanical issues with the eyelids can cause the third type of dry eye syndrome.

Frequently, patients have a combination of these three factors causing their dry eye. An eye exam helps to elucidate which of these factors are causing the dryness, and treating the underlying cause can improve the symptoms of dry eye.

Part Two, appearing in the next issue of the *Digest*, will address improving the issues.

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Dec 1 9:00am Holiday Boutique Chester County Hospital Aux. 2:00pm Table Tennis-Open	2 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	3 1:00pm Canasta-Dooling 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 2:00pm Phoenix Tax Consulting 7:00pm Yardley Open	4 7:30am Men's Bible Study 9:00am Art Group 9:30am Bridge-Intermediate 12:30pm Bridge-Social Club 1:00pm Mah Jongg-Groff 7:00pm Hand & Foot 7:00pm Singers Reh	5 10:00am Caregiver Support Group 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 3:45pm Dance Class 6:30pm Poker 7:00pm Casual Singing Group 7:00pm Kennett Budget	6 8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Pocket Billiards 1:30pm Hand & Foot 2 2:30pm Scrabble	7 12:00pm Tree Lighting Paoli Hospital Aux 2:00pm Table Tennis-Open
8 2:00pm Table Tennis-Open 2:00pm HLN Christmas Party 2:30pm Living Through Grief at the Holidays	9 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 2:00pm Photography Club 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	10 1:00pm Canasta-Dooling 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 6:30pm Springton Open 7:00pm Great Books Club	11 7:30am Men's Bible Study 9:00am Art Group 1:00pm Mah Jongg-Groff 7:00pm Hand & Foot 7:00pm Inverness Open 7:00pm Singers Reh	12 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Book Discussion Group 2:00pm Table Tennis-Open 3:45pm Dance Class 6:30pm Poker	13 8:30am Aerobic Dancing/Exercise 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Pocket Billiards 1:30pm Hand & Foot 2 2:00pm Inverness Social Club Christmas Party 2:30pm Scrabble	14 2:00pm Table Tennis-Open
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29 2:00pm Table Tennis-Open	30 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	31 1:00pm Canasta-Dooling 1:00pm Canasta- Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling	<h1 style="text-align: center;">Activities Calendar December 2019</h1>			

Color Legend	
CC Main Hall	Malvern Room
Ardmore Room	Paoli Room
Billards Room	Sullivan House
Cove	



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Holiday Events

SULLIVAN HOUSE HOLIDAY OPEN HOUSE

Judy Molt | Yardley

It is the holiday season and as is the tradition at Hershey's Mill, the Sullivan House will be all dressed in holiday splendor. Start your holiday season at the Historic Sullivan House by coming to the Annual Open House being held on Sunday, **December 8** from 1-4 p.m.

Sullivan House will be aglow with sparkling and twinkling decorated trees, garlands, wreaths, bows and lovely poinsettias. This year some very special elves have been busily working to revive and restore the treasured third floor **train display**. Members of the East Goshen Historic Committee will be selling their holiday ornament commemorating the listing of Sullivan House to the township's Historical Inventory. Come one, come all, bring your children, grandchildren and friends to share the wonderment of the season as well as share holiday cheer with your neighbors, new and old.

In addition to the magic of the house, holiday cookies and punch will be served. The Friends of Sullivan House (FoSH) will be offering chances to win festive gift baskets, jewelry, artwork as well as a variety of other gifts.



THE HERSHEY'S MILL SINGERS

Peg Wolcken | Franklin

The Hershey's Mill Singers, under the direction of Ruthann Waldie, of Chatham, are hard at work preparing for our Winter Concert, Step into Christmas. We welcomed several new members in September and we think we are sounding pretty good!

We are hoping you will mark your calendars and come enjoy our concert on Saturday, **December 14**, at 7:30 p.m., or Sunday, **December 15**, at 3 p.m. Both concerts will be held at the Church of St. Peter and Paul on Boot Road, just past Wellington. There is ample free parking and the church is handicapped accessible. You will hear old and new music including selections from the Disney movie, *Frozen*, traditional Christmas Carols, with time for a sing a long, and some beautiful arrangements of old favorites. As always, our concerts are free but there will be baskets at the entrances, if you care to make a donation.



NEWS FROM THE COMMUNITY CENTER

Sharon Kope | Robynwood

We are getting closer to the installation of the elevator in the Community Center. A contract has been signed! Contrary to what you read in the November Digest, we will be relocating the Community Center office to the Guide and Digest by November 18. We decided to do this before the holiday season set in and the bad weather started. The Guide and Digest building is located on the right as you exit The Mill at the Main Gate. Signs will be posted to help you locate the office.

Once construction starts, the Community Center plans to be open for all activities, except for the Malvern Room, and select times when excessive noise would impact activities. We will keep you posted as we get closer to the anticipated time period the end of February, beginning of March. Please be patient as we try to keep things going as smoothly as possible.

CARESHARERS

Karen Porrini | Ulster

“After providing many years of complimentary transportation to the residents of Hershey’s Mill, Caresharers will end their service to our community on December 31, 2019. This voluntary organization, directed by Eileen Glinski, consisted of residents of HM who answered the Caresharers’ phone, scheduled rides, provided rides & completed handyman services to our community”.

Suggested transportation alternatives:

GOGOGrandparent, telephone # 1-855-464-6872. They provide reliable & affordable rides for older adults that can be requested & scheduled with just a phone call (a smartphone is not necessary as it is for Uber).

Surrey Services for Seniors, Inc., 60 Surrey Way, Devon, PA 19333, (610) 647-8047 Fax, <https://surreyservices.org/> info@surreyservices.org

Chester County Services Transportation (610) 647-6404 Service/Intake Driver Escort - Kit (610) 993-9493 Service/Intake Shared Ride

Rover Community Transportation, 1002 South Chestnut Street, Downingtown, PA 19335, (877) 873-8415 Toll Free All Paratransit Programs <http://www.riderover.com/> bkraidman@krapfbus.com

Rainbow Cab and Limousine, 539 South Bolmar Street, West Chester, PA 19380, (610) 696-6060, <http://www.rainbowcab.com/> info@rainbowcab.com

HERSHEY’S MILL SINGERS

Dolores Manion | Troon

Concert Dates:

Saturday, December 14 at 7:30 p.m.;
Sunday, December 15 at 3 p.m.

Now that December is here, we hope that your holiday plans will include attending one of our Singers Concerts as we “Step into Christmas”! We will be singing some old favorites and some newer pieces, as well as our popular Sing-a-Long. Our concerts are free of charge although we will happily accept your offering. We perform at the Church of St. Peter and Paul, on Boot Road next to Wellington. There is ample free parking and the church is fully handicapped accessible. Our Director, Ruthann Waldie, and our Accompanist, Sharon Kope, have been working hard to help us. Your neighbors and friends bring a most enjoyable time of good cheer to you. We look forward to seeing you in our audience. Merry Christmas!

“GRAND” IDEAS!

MaryBeth Semler | Yardley

Do you have one or more 8-12 year old “grands” who would enjoy showing off their detective talents or out-of-the-box thinking? How about one whose observational skills or teamwork could use some polishing? We dusted off some brain cells with a visit to the Expedition Escape in Montgomeryville, PA.

The Escape Room is an interactive, live-action venue. One adult (required), aged 18 years or older, and up to eight kids and may play the game simultaneously, but you’ll never be locked in with strangers. We were greeted by our Expedition guide who explained the rules of the game and some of the things we would be doing. The room held a series of clues we used to unlock the final key to our escape – and had only 30 minutes to complete the task! Our prescribed scenario: A favorite uncle is babysitting but he’s hidden your teddy bear. Can you find it before it’s past your bedtime?

Our game was continually monitored via audio and video so that our guide could help along the way with clues, if needed. We always knew how much time we had left by referring to the countdown clock.

If we hadn’t escaped, our guide would have explained the rest of the game and answered any questions. The staff worked hard to make sure we had an enjoyable experience.

Note: If you’re thinking of trying it, please be advised that King of Prussia’s rooms aren’t geared toward kids. Expedition Escape: 668 Bethlehem Pike (Route 309), Montgomeryville, PA, 18936; (267) 222-8186, expeditionescape.com.

MONDAY NIGHT AT THE MOVIES

Lynne Urian | Merrifield

Join us on Monday, **December 16** at 7 p.m. in the main room of the Community Center as we present the award winning film, “Little Voice” (2014, R) starring Michael Caine, Ewan McGregor, Brenda Blethyn and Jane Horrocks. Set in a backwater northern English town, the film centers on Laura, a very shy young woman called “Little Voice” because of her soft speaking voice and quiet ways. Great performances all around in this bittersweet comedy drama, but the standout is Jane Horrocks whose ability to mimic the great female singers of the past is nothing short of astounding. Come and be amazed! Come see this free film, open to everyone at HM. If you’d like more information, please call Lynne Urian at _____, or _____.

HANDLING GRIEF THROUGH THE HOLIDAYS

Bonalyne Mosteller | Inverness

You and anyone you know who is experiencing sadness through the holidays are invited to a free workshop on **December 8**, here at Hershey’s Mill. We will meet in the Cove, next to the swimming pool, from 3-5pm. The facilitator will be Natalia Volz, a certified grief counselor, founder of www.passingthroughgrief.com and former facilitator of the Grief Recovery Group here in The Mill. In this free workshop, we will: Identify and validate the special types of grief that may surface during the holidays, identify tools for coping and help each person leave with a tangible “next step” for handling grief during this challenging season. This will be an intentionally-crafted,

Continued on page 41

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Community News (continued)

safe space for all who join us. REGISTRATION IS REQUIRED by Sunday, December 1. Contact:
 or

HM residents will receive a 20-25% discount on all fine jewelry, watch and clock repairs. Free jewelry cleaning and inspection is also available. Some minor repairs and watch battery replacement can be done while you wait. Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. IGC wants to wish everyone a wonderful holiday season and a very happy and healthy New Year!



(Above) All creatures large and small often find their way to our gardens.

PHOENIX TAX CONSULTANT

Please join "The Tax Tacklers" on Tuesday, December 3rd from 2 p.m. to 4 p.m. in the Hall for an update on the options you have and actions you should

consider before the tax year ends to minimize your tax payments for 2019. The tax law changes in 2018 caught many people by surprise. Be prepared this year. We will share some tips and strategies that can help you while you still have time to take advantage of them. We will discuss topics such as:

- Overlooked Deductions
- Financial Mistakes to Avoid in Retirement
- Tax Strategies and Estate Planning
- Stock Market Moves That Can Help or Hurt You - Know the tax consequences before you sell!
- What Both Spouses Should Know About Their Finances and Why
- How Professional Tax Advice can save money and help avoid an audit

In addition, we will have staff who can answer questions you may have.

COMMUNITY GARDENS

Gail Habbersett | Eaton

Can anyone identify these mysterious crawlers so that we can look forward to the butterflies next spring? This group enjoyed gnawing on Eileen Stewart and Laurie Klein's veggies this past fall.

IGC CONCIERGE JEWELERS

Event Date: Tuesday, December 17

IGC Concierge Jewelers will be at the Community Center from 8 a.m. until 4 p.m., providing a wide range of jewelry services. IGC will purchase the following items: gold, silver and platinum jewelry, gemstones, sterling silver, fine timepieces and coins. All

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Medicare Shopping Season

Joe Murphy | Glenwood

October 15 To February 14 Is Here!

Note: The following points are almost verbatim from the October 6, 2019 *New York Times* article, "Medicare Shopping Season is Just About Here"!

It's a good idea to do a checkup on your Medicare coverage, even if you are happy with your current choices. The most basic Medicare enrollment decision is whether to use Original Medicare, Part A & Part B, with a Medicare Supplement Plan or to use an Advantage HMO/PPO plan.

Kaiser Family Foundation reports that 42.24 Million of the 64 million people enrolled in Medicare this year use the Original Medicare solution in conjunction with a Medicare Supplement Plan. Enrollees in Original Medicare have access to a much wider range of Medicare providers, estimated to be 624,000 across the USA, and they do not need to navigate the referral requirements and prior authorization steps used by many Advantage plans. This Original Medicare access to a much wider range of Medicare providers assures the individual the most favorable outcome be it the use of multiple diagnostic opinions from the top docs in the medical specialties or be it a timely procedure in a top ranked hospital.

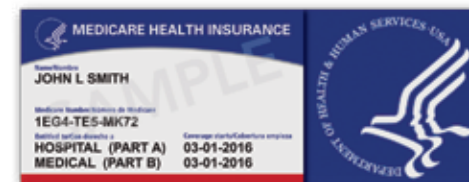
In contrast, Advantage enrollees must use providers within their locally defined networks or pay considerably more for out-of-network services. It's important that Advantage users confirm that their preferred doctors and hospitals are in an Advantage plan's network. Because Advantage plans directories are often outdated or contain errors, one should ask his/her doctors and other providers DIRECTLY as to their participation.

From a financial perspective, Original Medicare can be less expensive for enrollees who encounter a serious illness and use a lot of service. That is because the annual premiums for a Medicare Supplement plan, which covers nearly all cost-sharing requirements of Medicare Part A & Part B, are usually lower than the out-of-pocket limit found in Advantage plans.

The out-of-pocket co-pay limits of Advantage plans can be up to \$6,700 for an HMO plan and up to \$10,000 for a PPO plan. On an annualized basis, these co-pay limits can amount to \$558/month and \$833/month above the Advantage plan's monthly premium.

BOTTOM LINE

You need to look at a given plan's most important attributes, namely the quantity, quality and versatility of the plan's medical providers and the associated level of cost-sharing for health services. The window of time for making changes are from October 15, 2019 to December 7, 2019 and then again from January 1, 2020 to February 14, 2020.



December's Featured Club

HERSHEY'S MILL TRAIN CLUB

Chip Dascano | Quaker

The sound of a model train's whistle and clang of the wheels on the track can take us back to our childhood. Whether you had a two-car wooden train that circled the base of your Christmas tree or an elaborate layout, there is nothing more nostalgic than model trains.

Our featured club of the month is **Hershey's Mill Train Club (HMTC)**. The club has been a self-supporting organization since 1997. HMTC started in a single room and today the HO-scale layout has grown to four interconnect rooms on the third floor of the Sullivan House. HO-scale trains are the most popular scale of model

railroads in the world and the HMTC boasts of a total of 16.5 scale miles.

Plan on attending a showing or the Open House and help support HMTC with a donation on the **following dates** from 11 a.m. to 2 p.m.:

Saturday, November 30

Sunday, December 8 Open House

Sunday, December 15

Saturday, December 21

Confirm dates and times with Chip Dascano by contacting him at

or

Planning a holiday party in the Sullivan House? For a suggested \$30 donation your family, friends, kids and grandkids can enjoy a private showing. Just love trains?

HM VETERANS' SOCIAL CLUB

Robert Irwin | Quaker

The September meeting of the Hershey's Mill Veterans' Club included a presentation with Mike O'Dell about the Tomb of Unknown Soldier. It was attended by some 35 veterans and friends. There were 17 Veterans who received their Chester County Veteran ID cards at this event. During the October veterans' meeting there was



(Above) Veterans are invited to help place commemorative wreaths.

a presentation by Mark Gross who talked about his experience of eight years in the Air Force. He also flew 2500 hours and completed 65 combat missions in Vietnam.

In November, a Veterans' Appreciation Breakfast was held at the Community Center and many veterans received their Vietnam War Veterans Pins. These pins were presented by Colonel Robert De Sousa who is Senator Pat Toomey's State Director.

On Saturday **December 14** at the Freedom Foundation in Valley Forge, Christmas Wreaths will be placed in the Medal of Honor Grove at each of the 53 obelisks. It would be an honor if our Veterans' group would participate. Please let me know if you can join us.

BILLARDS

Joe Silio | Eaton

The renovation of the Billiard Room is complete. During October the Billiard Team had matches against Hill View Community, Maris Grove, and Folsom

Senior Center. We won all the games, which brings us to a season record of 4 and 1. Visiting teams are impressed with the renovated room and quality of the tables. The Billiard Room is located in the Community Center down the hall from the Library, and is available to all residents. Fridays at 1 p.m. is a great time to meet some of the gang and get tips. Contact Joe Silio at for club information.

YOGA AND STRETCHING

Rosie Taylor | Princeton

HM's Yoga and Stretching concentrates on every part of the body utilizing gentle movements, poses and deep breathing. Whether you work on the floor or are seated in a chair, the instructor, gently provides whole body stretches. Regardless of age and physical condition, Yoga and Stretching

Continued on next page

New billiards team members (L-R) Joe Reed, Dave Callaghan, Joe Gillian and Jerry McHugh



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provide essential training for a healthy lifestyle. Classes are held **Thursdays** from 10-11 a.m. in the Ardmore Room on the second floor of the Community Center. The fee is \$10/class or \$50 for 6 sessions. For additional information contact El Sybesma at 610-291-2871 or elsybesma@verizon.net.

HERSHEY'S MILL SINGERS

Dolores Manion | Troon

Concert Dates:

Saturday, **December 14 at 7:30 p.m.** and Sunday, **December 15 at 3 p.m.**

Now that December is here, we hope that your holiday plans will include attending one of our concerts as we "Step into Christmas"! We will be singing some old favorites and some newer pieces. Our popular Sing-a-Long is still included in the program.

Our concerts are free of charge although we will happily accept your

(Below) Let's hear it from the men!
(At right) Your turn altos.



offering. The concerts are held at the Church of St. Peter and Paul, on Boot Road next to Wellington. There is ample free parking and the church is fully handicapped accessible. Our Director, Ruthann Waldie, and our Accompanist, Sharon Kope, have been working hard to prepare us for this event. As your neighbors and friends, we bring a most enjoyable time of good cheer to you. We look forward to seeing you in our audience. Merry Christmas!

PC CLUB

Don Trauger | Kennett

We will discuss Windows 10 Version 1903 Disc Cleanup at the PC Club

meeting on Tuesday, **December 17** at 7 p.m. upstairs in the Community Center. We will also have time to answer your questions.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Here it is December and we have been having delightful weekly gatherings in the Paoli Room at the Community Center. If you are a knitter or crocheter, why not bring along your project and join our group. We meet on **Thursdays** from 1-3 p.m. In addition to knitting and crocheting, when we are able to help, we are happy to assist people with their knitting and crocheting projects. For information about the Knitting Circle, contact Ruth Schick at

PHOTOGRAPHY CLUB

Carol Poling | Oakmont

On the second Monday of every month, from 2-4 p.m., the HMPC meets in the Paoli Room of the Community Center. On **December 9** we'll view our photographs exhibiting the monthly theme of "Working Hands". During our September meeting we discussed how to provide an experience for photographers at Hershey's Mill. We talked about helping those who are new to photography as well

as providing a relevant experience for photographers who are not new to this wonderful activity. We agreed that we need more feedback in order to create an experience for all photographers. Our January theme will be "Funny pictures of friends and family".

MAC CONNECTION

Carol Campanelli

For iPad, iPhone, and Mac users. Check www.mlmg.org for information about the Fourth Saturday Newer Users' **December 28** Group Meeting. It will be up to Bob and Nick as to whether they will be available on that date to answer our questions.

HM CAREGIVER SUPPORT GROUP

Sue Staas | Kennett

Are you caring for a loved one with chronic illness or disability? If so, we invite you to attend our monthly HM Caregiver Support Group. We offer a soft place to land for those seeking practical solutions and emotional support. We meet on the first Thursday of each month in the Community Center, Paoli Room from 10 a.m.-noon. The topic of our **December 5** meeting will be "Sundowning". For additional information contact Aimee Gustitis at 610-724-8950 or aimeegustitis@outlook.com.

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Don Trauger | Kennett

Windows 10 Version 1903 Disk Cleanup

In my June 2019 Tech Tips, I wrote about how Microsoft may remove their built-in Disk Cleanup program in Windows 10. I've written over the years about using it along with CCleaner to clean your PC. In the June article I also included information about a program that can replace Disk Cleanup called Cleanmgr+. You can review it here: <http://hersheysmill.org/?s=cleanmgr>.

Disk Cleanup doesn't always run well on Windows 10 so Microsoft has reinvented it and placed an updated version in Settings under System > Storage category.

Directions: Click "Start" click Settings (gear icon above Power icon), click "System" and click "Storage". At the top click the "Storage Sense" switch to turn it on. Just below click "Storage Sense or run it now". In first field click the little down arrow at the right and choose to run "Every week". Under Temporary files put a check mark next to "Delete temporary files that my apps aren't using". Next, choose when to delete discarded files from the Recycle bin. One day is a good choice or 14 days if you aren't sure. The last configuration is to choose when to delete files from the Downloads folder. The Downloads folder will contain apps that you have downloaded and installed. Be cautious with this as you may want reinstall an app that no longer is running correctly. Otherwise, it's safe to delete files from this folder. Lastly, click the

"Clean now" button under "Free up space now" to clean your computer's disk drive based on the previous settings. Wait for the "Done" message and the check mark next to the "Clean now" button. Click the back arrow at the top left corner to return to the previous page.

For a deeper customized cleaning click "Temporary files". If you don't see it click "Show more categories". When you click "Temporary files" it will scan your disk drive looking for other areas to clean. Put a check mark in the

categories you want to clean. It's safe to check everything. However, read the notes under each category. Two areas to be cautious are items that contain the word update or upgrade. If it's been more than 10 days since you upgraded to version 1903 then it's safe to delete anything leftover as Windows automatically deletes version upgrade installations after 10 days. Windows updates are a little different. Should a bad update be installed then keeping these files will allow an update to be uninstalled. The alternative is to wait for Microsoft to fix the bad update. Other items in the list are safe to check. After you have made your selections click the "Remove files" button near the top of the page.

The best time to clean up your Windows 10 PC is just after the first Tuesday of the month. This allows

time for Microsoft to fix bad updates and get ready for the major updates on the second Tuesday of the month. You can still use CCleaner and Cleanmgr+ as these two programs dig even deeper into your system to effect a more thorough cleaning. Remember to optimize/defrag your disk drive after cleaning to speed up your computer. Just type "defrag" (no quotes) in the "Type here to search field" and press the Enter key.

You can use either Cleanmgr+ or Storage Sense to remove junk files from your PC. In addition you can still run CCleaner (free version) as it will clean the remote areas of the disk drive the others miss.

We will discuss this topic at the PC Club meeting on Tuesday, December 17 at 7 p.m. upstairs in the Community Center.



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Mining for Gold in Your Golden Years

Bonalyn Mosteller | Inverness

Definitely be careful putting up those holiday decorations! Falling is the biggest health hazard we can control as we age. Most of us notice our balance worsening. I noticed a definite difference a couple of years after I had knee issues. I learned that's often a precursor to balance deterioration. That's why this column and the next one will be devoted to simple exercises we can do to help build our muscles for improved balance.

Stand on One Foot

- When starting, stand next to and hold onto a support. Raise one knee as far as you can and stand solely on the other foot. Increase the time in this pose, up to 30 seconds.
- Change legs. Repeat. Practice tightening your butt muscles as you do this. As you get steadier, practice without a support. Take no chances! You are not 20 years old!
- If this is too simple, stand on a folded towel or couch pillow and do the same exercises. This will require more muscle work in your ankle.

You can practice standing on one foot almost anywhere: at the gas pump, waiting for the tea kettle to boil, talking on the phone, waiting in the line at Giant. You don't even need to raise

your knee---just get that foot off the ground.

No doubt about it: our balance will deteriorate UNLESS WE ACTIVELY FIGHT AGAINST it! I am remembering a talk I had with a former HM resident who is in his 80's. He said he was so amazed how hard he had to work just to "stay even". But that is the way it is. It might even be as hard as "mining for gold" but retaining our balance definitely increases the odds of the "golden years" being more golden.

Here's a challenge. Practice this every day until you read the next "Mining for Gold" column. Are you in?

PS: If you have ideas for columns in this series, please email me:



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For the Love of ...

Christmas Traditions

Rosanne Taylor | Princeton

Jeff and I had been dating for about a year and I thought it was time for him to meet my family and experience a traditional Italian Christmas Eve. I didn't warn him about the Twilight Zone he was about to enter. However, I did give strict instructions to my family. No interrogation, no Rosanne stories and please don't mention Uncle Guido or the cash hidden behind the wall at Grandmom's. We'll save those for his second visit.

Upon entering the house, Jeff asked "What is that"? "It's our aluminum Christmas tree" I answered. That's right, we had an aluminum tree proudly adorned with bubble lights and tinsel. My Dad called it the tree of the future - no fuss, no muss, saves time and money. Put it up, take it down and store it. He was right except for the year he jammed the branches in upside down making the tree look like an arrow spearing the carpet. It took Mom and me hours to reassemble. Our celebration consisted of dinner, singing carols, and reading *The Night Before Christmas*. Jeff was amazed by the eight types of seafood served. I was grateful he liked fish otherwise it could have been a long

night for him and a short relationship for me. Fried smelts were his favorite. Smelts are small fish eaten whole - eyes and tails included. They're delicious especially if they're floured and fried so you don't see the eyes.

After dessert, Mom put Perry Como on the turntable and handed out the sheet music. Everyone was singing off key and loud when disaster struck. Uncle Tony's false teeth flew out of his mouth and landed on Uncle Fred's knee. We all laughed as Fred chased Tony screaming "You bit me". These two were the best pair for such a happening. Uncle Tony was a shrewd self-made contractor. Once, to insure payment, he placed a sheet of glass halfway down a client's chimney. When the home owner called raging that his house was filled with smoke, Tony ask for the payment, got it and then dropped a brick down the chimney to break the glass. Uncle Fred was also successful having worked his way from the mail room to the C Suite at the largest bank in Philadelphia. As down to earth as Tony was, Fred was the opposite and the perfect person to be bitten by a set of false choppers. As a grand finale, one of my nine uncles - usually the one who could still stand and read by the end of the night, read the classic poem.

Jeff survived my family. He also learned how to use a spoon to twirl his spaghetti, and came away with an appreciation for an aluminum tree and the importance of Italian Christmas Eve traditions. Do you have holiday traditions? Continue them, pass them on and hold them in your heart. This is the best present you can give or receive.





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Hershey's Mill Golf Club



It's the holidays, so come join in the season's celebrations at the Club. Starting Sunday, December 1, your Club will be brilliantly decorated for the season and, the always-delicious, member **Sunday brunches** will be offered. These brunches feature traditional breakfast foods along with carving stations and holiday desserts. Brunch will be available Sunday **December 1, 8, and 15** at \$23.95 for adults and \$13.95 for children. Be sure to get your reservation in early as some Villages make this a holiday gathering and seating is limited.

Saturday, **December 7** is the HMGC very special **Brunch with Santa**. This is an annual event and a special treat for the children in your family. Every year Santa knows exactly who will be there and he has been known to bring in some surprises from his workshop. This event fills up quickly so make your reservation now. Cost is \$23.95 for adults and \$13.95 for children.

Get out your party shoes because it's time to think about welcoming in 2020! The Club will do so with a **New Year's Gala** evening of dining and dancing led by a special DJ

on **December 31**. Now is the time to make your plans *and* your reservation for this annual, sell-out event.

Note the Club will be *closed December 23, 24, 25 and 26*. It will re-open Friday, December 27 for business as usual.

When you dine at the Club, comment cards are always included with your tab. Please be sure to tell us how you enjoyed your meal and if you have any suggestions to share. Each month we draw a card from the signed comments received and the winner receives a free drink. Last month's winner was Terry Cosgrove.

Mark your New Year calendars: the Club will be closed from January 1 through February 6. It reopens February 7 & 8. Through the remainder of February the Club will be open on Fridays and Saturdays for lunch and dinner.



(Both photographs)
 The "Olde Towne Carolers" in song at the Hershey's Mill Golf Club

HMSG PRESIDENT'S MESSAGE

John DeVol | Princeton

For those who have not flown off to Florida or other warmer parts, there are still things to do at The Mill. So get off your couch. We have a hardy group of pickleball players that play every day from 1-3 p.m. except when the Eagles fly; then we play at 11 a.m. When it is too windy, pick up a platform paddle and get a group to play on the paddle courts. If it gets too cold, have some wine in the warming room.

If you prefer indoor sports, there is activity with ping pong every Thursday, except the first Thursday of the month, and Saturday and Sunday at 2 p.m. You say that is too active for you. How about billiards? There is open play on Friday from 1-2:30 p.m. The team practices Monday through Thursday from 3-6 p.m., and Saturday from 9:30 a.m. to noon.

Your new HMSG management team has been actively at work with issues and ideas. The By Laws are in process of being rewritten to clarify "membership"; the HMSG part of the Hershey's Mill website has been reorganized; regular maintenance of the tennis, bocce, and pickleball courts is being evaluated; and the bocce program has been restored to the 2018 style and village play has been added.

We are always open to new ideas.

BIKERS

Seth French | Yardley

The bikers just completed their most successful season introducing new rides and welcoming new bikers to our ranks. Have you seen our new signs, posted a week before each ride, at the outbound gates to Hershey's Mill? During the winter, Jeff may hold some "Flash Rides" weather permitting. Email



to be on the Flash Ride email list. Seth is taking his wheels to Florida where he rides with the Venice Easy Riders. Look for our 2020 schedule in the first quarter.

BOCCE

Joe Carrone | Inverness

The Bocce league is returning for 2020 in conjunction with the village and open play established in 2019, coordinated by Carroll Thompson. Teams will consist of two players and divided into multiple groups based on the number of entries. At the end of the year, there will be playoffs, and a championship team established at a

social gathering. Signup dates for the league will be announced by way of the *Digest*. Two clinics for new folks will be held in April, and the popular hot dog nights will be held monthly. For any questions, email Joe Carrone at _____ or call _____

BOCCE/SOCIAL

Carroll Thompson | Princeton

In addition to the return of competitive bocce, the Hershey's Mill Sports Group will provide several opportunities for all residents to enjoy a more casual, social game of bocce. Every Wednesday from 4-6 p.m., and Saturday from 9 a.m. to noon, we will offer "open" bocce. Any resident may join the group, whether you are completely new to the sport or just want to play. On Saturday, there will be more of a Lawn Party with shuffleboard, horseshoes, bocce and croquet available. HMSG encourages each village to set aside a regular time each week to join with your neighbors for a lively hour

or two of outdoor relaxation. For any questions, email Carroll Thompson at _____

TABLE TENNIS

Allan Shaffer | Yardley

The table tennis club held their fall inter club doubles tournament on Saturday, October 27. Eighteen members participated. The group meets every Thursday, except the first Thursday of each month, Saturdays and Sundays at 2 p.m. on the second floor of the Community Center. New members are welcome and all skill levels are encouraged to participate. Paddles and balls are provided. For more information, contact Allan Shaffer at _____

BOWLING

Eileen & Ed Isselmann | Inverness

It is hard to believe we are finishing up the first half of our season. Everyone is looking forward to the holiday gathering on **December 17** when we will

Continued on next page

(At right) *Front row, from left: Mary Lou Perry, Diane Feldsher, Barbara Rea, Jack Hamilton, Pat Meehan, Karen Stahl, Marsha Marshalek and Denis Raihall. Back row, from left: April Wang, Mark Udren, Bob Roland, Glenn Chelliah, Jerry Pizzola, Lynn Mander, Hiroshi Mitsuka and Bob Schullery. Not pictured: John Cunningham and Allan Shaffer.*



celebrate the first half of our season. We all have a few weeks off during the holidays. After that, some bowlers will be heading south for weeks or months. This is when substitutes are really needed. It's a great way to ease into the league. If you are interested, contact Ed or Eileen Isselmann at _____, or by email at _____ or _____

PICKLEBALL

Tom Fant | Yardley

The frost will soon be on the pumpkin, but the good news is the cold doesn't bother the pickleball players. That's because our winters have recently been mild, and our surface is amazingly

(At right) Bob Bove of Vassar

quick to dry. Last year we played over half the days between December and May. Throw in a couple of days at the Airport Road YMCA and ACAC, and you'll stay in shape for the 2020 pickleball season with no trouble.



Of course, you also hear about our half year Sun Belt folks like Seth & Betty French and Howard & Lucy Buzzard, who leave for six months or more for a Florida residence. They have more playable days there, but they tend to have bigger crowds. Then there's Bob Bove, one of the most seasoned pickleball players at The Mill. Bob is taking his wife Adele to the Florida Atlantic Coast for good. God speed partner.

Pickleball's terrific growth and popularity has given it a place in 55+ real estate marketing. "Are there PICKLEBALL COURTS in the area?" is asked by senior prospects more and more. With 1700+ home sales potentially, we want to make sure people know: How to get balls and paddles? *They are free at the courts.*

What time we play? *1-3 p.m. in the winter, reserved times.*

Where do we play? *Between the tennis courts and pool, across from bocce.*

Do we have socials? *Picnics on summer holidays at nominal cost, plus three or more pickleball and pizza evenings.*

At The Mill, we want to accommodate new pickleball enthusiasts on our six recently resurfaced courts. We usually have at least one court, number 4, available for "walk-on practice", plus someone to help with instruction.

PADDLE TENNIS

Don Evons | Princeton

Since the weather has changed, paddle is the sport of the season. Paddle, for those who are not familiar with it, is played outdoors in the winter. *The colder the better!* There is nothing more invigorating than a cold winter evening, where you can see your breath, the snowflakes falling, and you are breaking a sweat playing paddle. For those who have played pickleball, racquetball, squash, or tennis, this is your "sport of the season". Our courts are located behind the swimming pool with a lit walkway. There is a warming room with a full kitchen and a microwave to heat your hot toddy. When learning the game, it plays much like pickleball, keeping the ball in front of you, hitting over the net and between lines, but no kitchen to contend with.

As you learn the game, the screens are used. For those familiar with squash or racquetball, this is not a stranger. For those unfamiliar with using the side walls, it is a new challenge. Come join us! Stay tuned for our schedule.

SHUFFLEBOARD

Roseanne Havird | Devonshire

Shuffleboard players are improving their scores as we play twice a week from 9:30-10:30 a.m. on Wednesday and Saturday. John Nagle is pictured because he achieved three 10's for a score of 30, which we hope will be repeated someday. We decided to play all year just to see how far into the cold weather we could get. It's fun to feel the crisp morning air and a great way to start the day. Come join us when you can.

(Below) John Nagle/Jefferson



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Recipes

It's Cookie Exchange time, our favorite time of year! This year's recipes make a delicious and lovely "tree", without the fuss of hand-cut and individually-decorated cookies; save those to make with the grandkids. Simply stack cut bars in alternating layers into a tall tree shape, then sprinkle with extra sweetened coconut flakes and powdered sugar for a "first snow" effect.

Magic Cookie Bars

- ½ cup salted butter, melted
- 1½ cups graham cracker crumbs
- 14-oz. can sweetened condensed milk
- 6-oz. bag semi-sweet chocolate chips
- 1½ cups sweetened flaked coconut
- 1 cup chopped pecans

Preheat oven to 350°F. Pour butter on bottom of a 13" x 9" baking dish, then sprinkle on a layer of crumbs. Pour milk evenly over crumbs, then layer remaining ingredients in order listed.

Butterscotch Cookie Bars

- ½ cup salted butter
- 2 cups packed dark brown sugar
- 1½ teaspoons vanilla extract

- 2 large eggs
- 2 cups all-purpose flour
- 2½ teaspoons baking powder
- 1 cup sweetened flaked coconut
- 1 cup chopped walnuts

In a bowl, melt butter until hot, stir in sugar well, then stir in vanilla and eggs very well. Whisk flour and baking powder together, then mix into liquids; will be stiff. Mix in coconut and walnuts. Spread evenly in a well-oiled 13" x 9" baking dish. Bake both on middle rack about 25 minutes until lightly browned. Remove, and let cool completely (in dish) before cutting.

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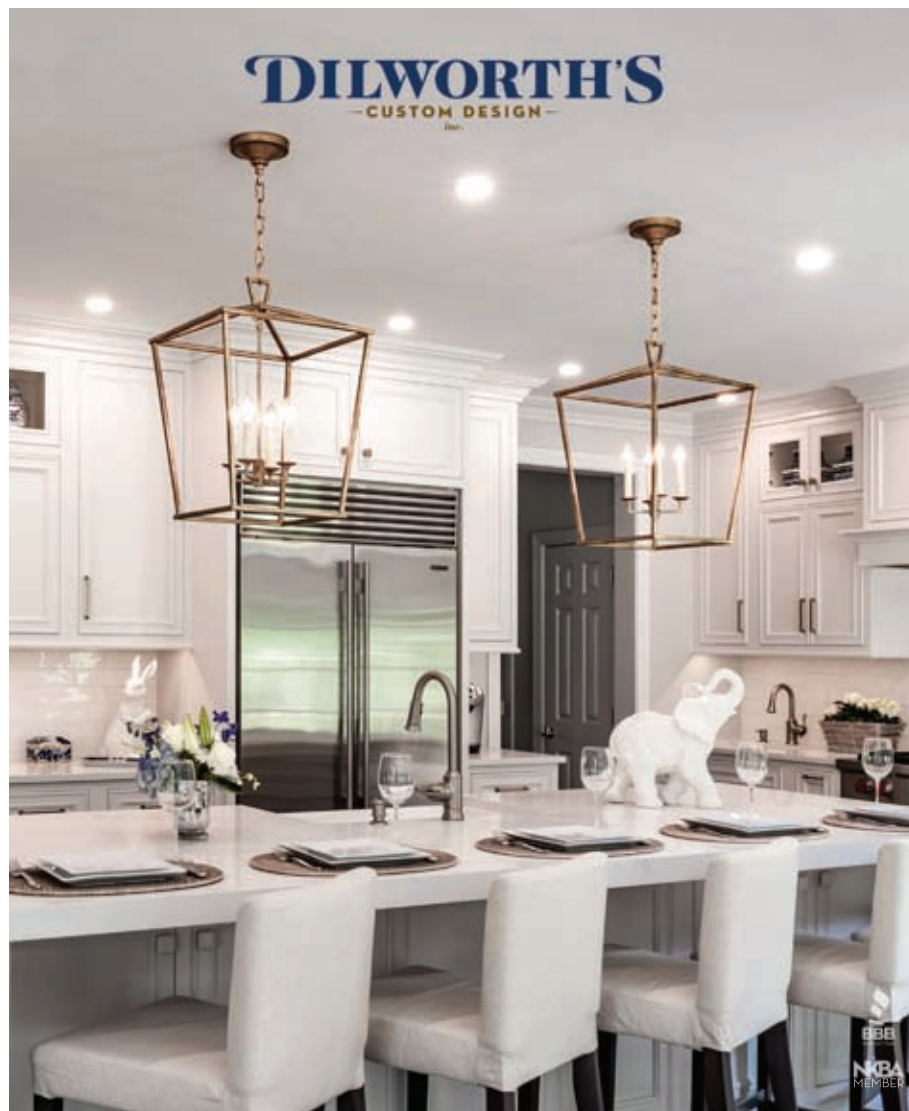
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Table Tennis.....	Allan Shaffer.....
The Players.....	Shawna Flynn.....
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Advertisers' Index

55 Plus Essential Services.....	62	J.E. Maranella Electrical Contracting	7
Advocare Pulmonary & Sleep Specialists.....	28	John Clarke - EXP Realty	64
AireServ Heating & Air Conditioning	64	Kendal~Crosslands Communities.....	54
Amada Senior Care	32	Kevin Free.....	19
Angel Companions	4	Kristen R. Matthews - Attorney	50
Arbour Square at West Chester	8	Louis Romano Services	23
AUM Physical Therapy	58	Made Easy Inc.....	62
Barclay Friends	28	Menninger & Associates.....	9
Beardsley Agency	40	Oliver Heating and Air Conditioning.....	36
Blinds 4 U	31	Oriental Pearl Restaurant	24
Body-Borneman Insurance.....	42	Paoli Hospital.....	6
Boyle's Floor & Window Designs.....	27	Plush Mills	36
Brandywine Valley Heating & Air Conditioning.....	51	Podiatry, Ronald Melincoff, DPM	33
Brewer Heating & Air Conditioning	11	Podiatry Care Specialists, PC.....	17
Brooklands Audiology, Inc.	67	RE/MAX Main Line	10
Buckley, Brion, McGuire & Morris LLP	24	Richard J. Egan Painting Co.....	66
Daylesford Crossing	40	Riddle Village.....	16
Dilworth's Custom Design.....	63	Sarah Care of Malvern	47
Dorsey Team	3	Second Source Computer Center	44
E.W. Brown, Inc.	62	Seniors Helping Seniors.....	18
Echo Lake.....	52	ShelfGenie	50
Excel Physical Therapy	12	Smile Solutions	30
Eye Doctors of Chester County	22	SV Dental	10
Freedom Village Brandywine.....	49	The Desmond	40
General Warren.....	48	The Stove Shop Fireplace Center	61
Gerhard's Appliances.....	60	Toninos Pizza & Pasta Co.....	18
HM Homeowners Landscape Division	42	Wagner Real Estate	68
		Wellington at Hershey's Mill	2

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