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HMCTV Guide and Digest

Volume XXI Number 4 – April 2020

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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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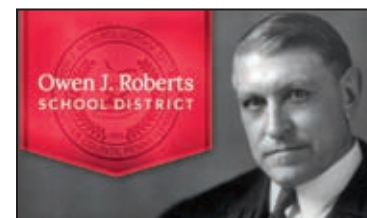
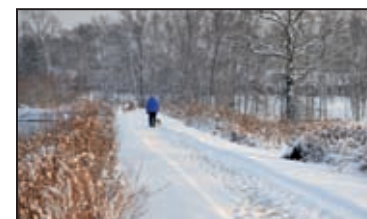
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Cover: The Mill's lovely Sullivan House "spring"ing back to life in this photo from April!



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What Residents Want To Know

Editor's Note: We wish to thank Karl Grentz of the HM Master Association for his helpful cooperation getting this new feature initiated. HM residents should appreciate the time and effort Karl expends on their behalf.

QUESTION: Why are the sidewalks not cleared along Chandler Dr. from Yardley toward Ulster? For those of us who enjoy a brisk walk, it presents complications.

ANSWER: *Expense and Liability* is the basic answer. The MA Board of Directors could not just do from Yardley to Ulster. We would have to do the whole Hershey's Mill common area. When Hershey's Mill Landscaping does the plowing in the villages they tend to clear the roads, Chandler & Mill, by piling up the snow along the walking trails and especially at the intersections of the village roads and the walking trails. That is over 5 miles of walking paths. The snow budget assessment for each home would probably have to at least double another \$3.50 per month, per year to **HOPEFULLY** cover the additional snow removal expense from the walking paths. That is a lot of salt.

Also, once cleared, you could have a refreezing problem. Which leads to the next issue, **Liability**. The decision to **NOT** clear the walking trails was made a few years back by the Master Association based on **EXPENSE** and **LIABILITY**. I would be more than happy to propose clearing the village paths to the current MA Board of Directors, but I believe that the request would be rejected because of the potential expense and liability.

QUESTION: What plans are in place for improving the lighting outside of the Community Center and Sullivan House?

ANSWER: The lighting at the Sullivan House and the Community Center was replaced and upgraded in 2019. This is the first mention of the lighting that has come to our attention since the upgrading and replacement was performed. If there have been complaints, the MA Board of Directors needs to be informed, so that the subject can be addressed.



Don't depend on rumors! Submit your questions by emailing them to hmcvtvguide@comcast.net, by calling us at 610-436-6429, or by delivering them to the mailbox outside the HMCTV building.

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From the Main Gate

Marc Fraser | Director of Security

Recently, dead animals have been seen on the roadways of Hershey's Mill. If you see this, please call, Landscaping Division of Hershey's Mill at 610-692-2649. If you do not get a response from your call, let us know and we can try to help you with this concern. When calling Security at 610-436-6403, please note the date, time and with which Security person you were talking with as this will enable us to assist you further.

An additional reminder to all residents: inform visitors, delivery service, and contractors to **use the 1500 Greenhill Road address** in their GPS. If they use your address, they may be directed to a Resident Only entrance and they will not be able to enter the community.

As the weather gets warmer, the Security Department begins to find an increasing number of instances of front doors, car windows, trash doors, basement windows etc. being left open (or ajar). While these actions may seem innocent enough, they actually invite potential burglars to take a closer look at your property

as well as your neighbor's, property to be possible targets. So make sure you protect yourself by not leaving these open areas unsupervised and maintain vigilance, especially at night.

Although the Security Department works year-round to deter any type of criminal or mischievous activity within Hershey's Mill, we are also aware that this type of activity usually increases within the township during the spring and summer months; and we need your help in assisting our prevention efforts.

Therefore, the Hershey's Mill Security Department would like to urge residents to be sure to secure their homes and vehicles each and every time you are not at home.



Residents Update

Johns, Jo Anne

184 Chandler Drive

"You'll never be completely at home again, because part of your heart will always be elsewhere. That's the price you pay for the richness of loving and knowing people in more than one place."

Kincade, Julie

702 Inverness Drive

Koester, Thomas & Anne

1424 Springton Lane

Paskalis, Lynne & Alexandre

871 Jefferson Way

Sanftleben, Elsie

270 Chatham Way

Sossman, Eileen

308 Devon Lane

Tordone, Linda

594 Franklin Way

Programs	April 1-15 (7 p.m. on show April 15 will not be shown)			
Water Leak Detection <i>with Edie Taylor and Don Thompson</i> Edie and Don discuss the newest, latest, and greatest smart water leak detection devices and how they are installed and managed. Don highlights Smart Water Control Valves and tells how some can be installed easily by a home owner.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
In Home PECO Visit <i>with Edie Taylor and Bill Kane</i> This program describes what our personal PECO In Home Assessments experience was like. You will know what to expect, what happened while the PECO Representative was in our Eaton Village home, and also what happened after the PECO Representative left.	10:15 a.m.	4:15 p.m.	7:15 p.m.	12:15 a.m.
Thorncroft Equestrian Center <i>with Kay Ricker and Mikaela Potrako</i> Learn about the Thorncroft Equestrian Center, located on Line Road, which is one of the oldest therapeutic equestrian centers in the United States. They specialize in riding instruction for children and adults with mental, emotional and physical disabilities. Ends at 11:00 a.m., 5:00 p.m., 8:00 p.m., and 1:00 a.m.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies <hr/> Noon & 8:30 p.m.	April 1 to April 8, noon Only The Lonely (PG 13) <i>John Candy and Ally Sheedy</i> A Chicago cop must balance loyalty to his overbearing mother and a relationship with a shy funeral home worker. <i>[Run time 1h 44m]</i>
	April 8, 8:30 p.m. to April 15, noon The Thing You Do (PG) <i>Tom Hanks and Liv Tyler</i> A local Pennsylvania band scores a one hit wonder and rides the star machine as long as they can. <i>[Run time 1h 48m]</i>

Programs	April 16-30 (7 p.m. show on April 30 will not be shown)			
"Stealing Wyeth" <i>with Lynn Mander and Bruce Mowday</i> Lynn and Bruce discuss his latest book about the Wyeth paintings that were stolen from the Wyeth studio in the early 80's by local colorful criminals, and the story of the investigation and their return. The book will be available in our library.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Smart Thermostats <i>with Edie Taylor and Don Thompson</i> This is an interesting and fun discussion of the evolution of Smart Thermostats. The most recent technically advanced thermostats for in home use are explained.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.
PECO Event Seat Reservation and Appointment Registration <i>with Edie Taylor and Sherry Kane</i> This quick overview discusses the steps needed for HM Residents to take advantage of the free PECO In Home Assessments for HM residents only. Hint: don't call PECO directly. Ends at 11:00 a.m., 5:00 p.m., 8:00 p.m., and 1:00 a.m.	10:45 a.m.	4:45 p.m.	7:45 p.m.	12:45 a.m.

Call HMCTV at 610-436-5922 if you **aren't able to receive** our TV channels **1970** and **1971**.

Movies <hr/> Noon & 8:30 p.m.	April 15, 8:30 p.m. to April 22, noon Larger Than Life (PG) <i>Bill Murray and Matthew McConaughey</i> A motivational speaker discovers that the inheritance his father left him is an elephant. <i>[Run time 1h 33m]</i>
	April 22, 8:30 p.m. to April 30, noon The Big Fix (PG) <i>Richard Dreyfuss and John Lithgow</i> An ex-60's radical, now working as a private eye, is hired by an old flame to investigate a political smear. <i>[Run time 1h 48m]</i>

Continued on bottom of page 13

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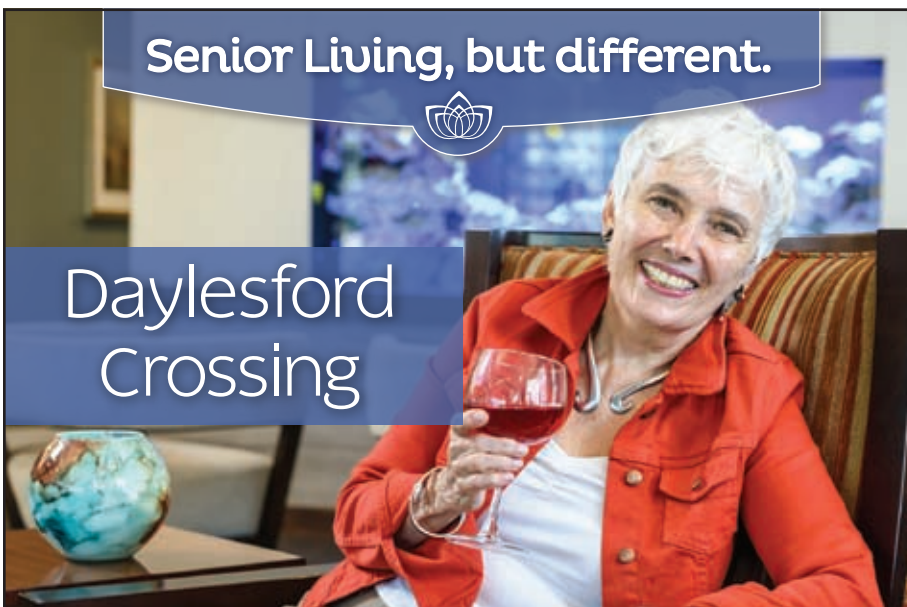
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Classifieds

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FOR SALE Lenox china dinnerware. Mt. Vernon pattern. Consists of 12 five-piece place settings, 12 rimmed soup dishes, gravy boat, S&P shaker, oval vegetable bowl, oval platter. Excellent condition. Call if interested.

FOR SALE New, never used complete service for 5, Mikasa Parisian scene black and white fine Chinaware set. Also includes sugar bowl, creamer, large platter and large serving bowl. \$100. Call

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FOR SALE Kayak. Lightly used, included are a paddle, life vest and seat, \$150. Call

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Hershey's Mill Community TV Programming (continued)

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.

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**Bulletin Board
Times**

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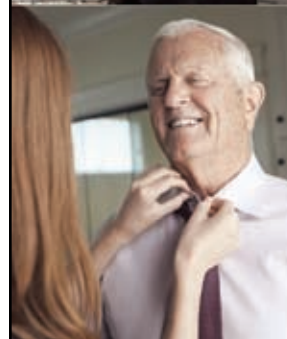
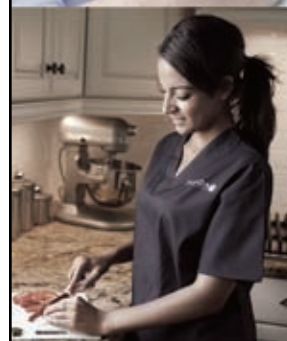
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Executive Chef Lenny Braxton – Hershey's Mill Country Club

During the winter chill, when HM residents with golf memberships are counting the days until their Club reopens, staff of the facility are not “chillin”. In the restaurant, this time is dedicated to tying up loose ends, reflecting on best practices, and planning for a successful season ahead. I chose this quiet time to meet with the newest member of the staff, Executive Chef Lenny Braxton.

I followed the sound of voices leading me into the spacious commercial kitchen. Since I'd never met Lenny, and it was not obvious to me which one was a chef, I asked if either of the

two men in conversation was Lenny. Without hesitation, but continuing with his task at hand, the busy man identified himself as he. I could tell that this person was completely at home surrounded by large scale prep tables, grills, stoves, beverage stations, steamers, walk-in boxes and more.

We easily settled into our roles as interviewer and interviewee. I recognized that Lenny was fully engaged and happy to cooperate even though he admitted that, when asked on other occasions, he declined providing a personal bio for PR purposes. “It's not my thing to talk about myself”, he con-

fessed. But he quickly disclosed that his personality is laid back; he “always stays calm” and he doesn't “freak out”. I was happy to hear that.

Lenny began by describing the unintentional path that led him as a high school graduate from Roman Catholic to the University of North Carolina (UNC). His talent as a high school linebacker earned him a partial scholarship to UNC. Summers were spent in Pennsylvania taking odd jobs – often in restaurants doing whatever was asked of him. During his final semesters at UNC, he discovered that a career in business and accounting were not his destiny. After graduation, Lenny needed a job and an opportunity presented itself at Fearington

(At left) Our Executive Chef at home in his kitchen

(At far left) Lenny preparing his delicious onion soup

Village's luxury hotel as a sous chef. While it seemed that he had discovered satisfying work, in 2005, he agreed with his boss that it was time to learn and experience some new techniques and broaden his resume.

This decision coincided with Lenny's desire to help his grandparents back in East Falls. His grandmother needed assistance as she battled five reoccurring bouts of cancer; his grandfather needed support with rehab after falling off a fishing boat and tearing both of his knee

caps. To Lenny, going home was not a sacrifice. He found work in the area; one establishment being Kildare's in Manayunk. It was there that our chef-to-be met his future wife, Christine.

Lenny and Christine reside in East Goshen and have been together for 15 years. They have two daughters, Cora, age eight, and Amelia, almost two. Lenny enjoys cooking for all of his girls and often prepares dishes for the week during his Mondays off. The household also adores their adopted member, Chloe, a nine-year-old mixed Newfoundland and Golden Retriever.

In 2015, the opportunity to work at the Hershey's Mill Country Club attracted

Continued on page 19





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Getting To Know You (continued)

Lenny. He was especially drawn to this location as it would significantly reduce his commute, and hopefully his 80-hour work weeks. Fast forward to 2020, his four-year tenure as sous chef with Steve primed him to assume the position vacated by Steve's recent retirement.

Lenny is psyched for this challenge. Menus will be planned three weeks in advance after final negotiations with vendors along with determining what a single plate will cost figuring in raw ingredients, prep time, cooking and clean up. He loves using the big box steamer to poach eggs and cook pasta. Why not, he says? That method is quicker and safer! He told me that he definitely prefers cooking over baking. In his mind, "baking is a science and you must have patience".

On the other hand, he believes that "if you have a good taste pallet, you can cook". He buys "a ton of cookbooks", gleans ideas, and then experiments at first with the dishes without using only the ingredients as his guide. Sounds kind of like the popular cooking show "Chopped".

In training his staff, I believe he will interpret for them the meaning of one of his tattoos: "mise en place". Translated from French, it is a prudent reminder to make sure you have all of your ingredients prepared and ready to go before you start cooking. Lenny also emphasized the value of team work and considers the kitchen crew a tight knit group akin to a family.

As head chef, Lenny looks forward to implementing some new ideas. Most importantly, and he stressed this more than once, is his commitment to serving *fresh* foods – "nothing out of a box or leftovers". Monthly, he will provide new menus featuring seasonal ingredients. Another idea on his wish list is to develop a healthy heart menu and offer a variety of vegetarian alternatives.

Now, totally unrelated to cooking, Lenny thought you might find it interesting to know that, during college, he lived next door to Julius Peppers – the UNC defensive end who went on to the pros. This little known fact came to light when I asked Lenny about the Steelers plate on his car. I think you should ask him about the connection if you ever catch him. Off duty. He is likely be fishing.

Lenny didn't hesitate when I posed my final question. Is there anything you would like to share with the HM community? "Yes – give us another shot!"



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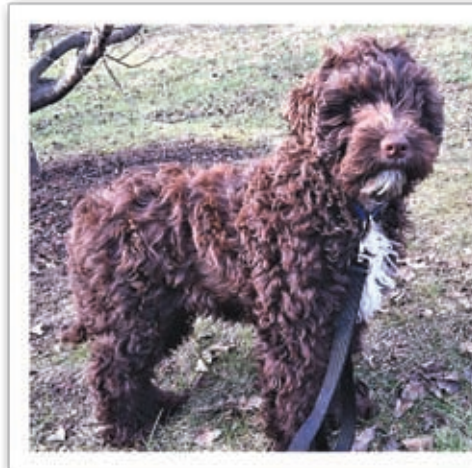
What a Difference a Dog Makes

I've lived in Hershey's Mill for 3½ years, and I love it. I love my home; I love my view; I love the facilities and the mature plantings. I love the Singers. And the Players. And my neighbors. But I'm seeing it now through different eyes, because I got a puppy.

His name is Guinness, an Australian Labradoodle. He's chocolate brown with faint reddish notes, just like Guinness stout, and he has a white blaze down his chin and throat, as though he'd spilled some foam down his chest. He's now five months old and becoming very athletic.

Through his eyes, we live in a huge wooded wilderness. In fact, Hershey's

(Below) There better be a Guinness at the end of the road!



Mill comprises 771 acres. "Passive open space" was designed to be 15%, so about 115 acres. Imagine that; 115 acres of woods, and streams, and meadows, and giant boulders, and fallen trees that allow us to cross wide creeks. We spend more than an hour each day in the woods – following the deer paths, wading through the creeks, mucking through the wetlands. Thank goodness for LL Bean's Duck Boots! Since Guinness is part Lab, he loves the water. There's nothing more fun than a puppy in a creek! It's worth the few minutes of clean-up when we get home.

One of the most unexpected aspects of the open space, is that much of it is connected. You can follow a single stream or a patch of forest, and it brings you out at a place you never really noticed before. It's a lot like exploring, and it reminds me of how much I loved Scouting. Plus, in the winter months, when the golf course is empty, our universe doubles. There's another 133 acres dedicated to the golf course. Combined, that's almost 250 acres. In comparison, the Morris Arboretum is only 175 acres. 250 acres of exercise. I've lost almost 10 pounds in the last month, and I feel 10 years younger.

I feel so fortunate to be here in Hershey's Mill. And so fortunate to be seeing it through fresh eyes.

Audubon Center at Mill Grove

Tuesday, April 28, 2020

Cost: \$29

Departs: 12:15 p.m.

Contact: Priscilla Burt

The Audubon Center at Mill Grove is situated on a historic 18th century site, the farm where 18-year-old John James Audubon lived when he first came to America from France. Here he developed a technique for drawing birds "from life" and became one of the world's best-known wildlife artists. The visit will include a guided tour of the original farmhouse and a self-guided tour of the museum to explore the artwork and legacy of the famed naturalist.

Philadelphia Museum of Art "19th Century European Masters"

Thursday, May 7, 2020

Cost: \$40 plus Lunch

Departs: 8:30 a.m.

Contact: Priscilla Burt

The Philadelphia Museum of Art has undergone extensive renovations in the last few years. Our visit will feature a self-guided tour of the new design of 19th century European masters. Other exhibits you can explore

include, "Off the Wall: American Art to Wear" as well as the permanent collections throughout the museum. Lunch is on your own at the Café in the main building, Perelman Café, or Stir Restaurant. Reduced fee available for Museum members.

Delaware Park

Monday, May 18, 2019

Cost: \$17 plus Lunch

Departs: 10:15 a.m.

Contact: Ann Seraphin

Join us at Delaware Park for an exciting day at the races! Watch the horse racing or try your luck at slots and table games. \$30.00 free slots play is given to everyone on the bus. Lunch is on your own.

Grounds For Sculpture

Wednesday, May 20, 2020

Cost: \$39 plus Lunch

Departs: 9 a.m.

Contact: Maria Edwards

Where nature and art are always at play! Grounds for Sculpture opened in 1992 on the grounds of the New Jersey State Fair. It was established by artist and philanthropist, Seward Johnson. Grounds for Sculpture is a premier cultural destination of 42

acres of sculpture gardens, an arboretum, and museum. You can explore rotating exhibitions in six galleries. The current featured exhibit is "That's Worth Celebrating: The Life and Work of the Johnson Family." Included in the day is a one hour guided tour that highlights the "must see" sculptures on the grounds. More than 270 sculptures by renowned and contemporary artists are carefully positioned among meticulous landscaping where you will see thousands of exotic trees and flowers. Grab a friend and join us! Lunch is on your own at three different eateries: Rats Restaurant (most formal, reservations can be made on Open Table), Van Gogh Café, or The Peacock Café.

NOTES:

Prior to making payment, you must 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.

Make trip payment checks payable to "HERSHEY'S MILL HOA," seal in an envelope (noting trip name and date), and place in the maroon "Customer Service" mailbox next to the Security Center (exit lane at the Main Gate).

Refunds are only granted if the trip is canceled or has a wait list from which another passenger can fill the spot.

Bus leaves promptly as scheduled. Please plan to arrive 10 minutes early.

The Hershey's Mill Bus Committee is always looking for more volunteers to share ideas and plan bus trips! If interested, call Marc Fraser at 610-431-4006.

Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at 610-431-4006

CURRENT SERIES TRIPS

2019-2020 Philadelphia Orchestra

Friday Matinee Series

Cost: \$18 (Single Date, Bus Only) + Performance Admission

Departs: Noon

Contact: Ann Seraphin

Please join us for our wonderful orchestra. Remaining programs are:

Friday, May 1, 2020: "Tchaikovsky & Shostakovich" – Tugan Sokhiev conducts both above as well as Firsova, 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.

UPCOMING SERIES TRIPS

2020-2021 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$51 per show

Departs: 12:30 p.m.

Contact: Jayne Lytle (Thurs.)

&

Karen Smith (Sat.)

This season will include the following:

Thur. 9/24/20 & Sat. 10/3/20
"Rocky, The Musical"

Thur. 12/3/20 & Sat. 12/12/20
Disney's "The Little Mermaid"

Thur. 2/11/21 & Sat. 2/20/21
Noel Coward's "Blithe Spirit"

Thur. 4/8/21 & Sat. 4/17/21
Arthur Miller's "Death Of A Salesman"

Thur. 6/10/21 & Sat. 6/19/21
"On Your Feet: Story of Emilio & Gloria Estefan"

Seats are available; but, they usually sell out quickly, so call soon!

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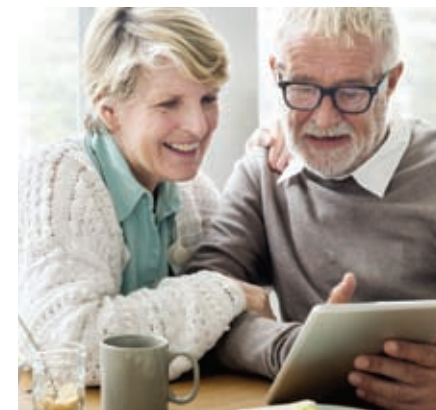
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Stove and Tap

Louise O'Brien | Springton

Another new restaurant with an emphasis on pub food and a large ever changing beer menu. Sharon and Bob Kope along with myself visited on a Wednesday evening and were surprised at how busy it was. Newly renovated, it provided a comfortable atmosphere with seating for couples, families and small groups. Surprisingly, there were quite a few booths for two. The bar area is impressive and large enough for a Super Bowl crowd. It has an open kitchen which provides entertainment but also adds to the noise level. The service was swift and friendly.

Bob ordered the chicken sandwich, and found it full of flavor, but a little short of chicken. Sharon had the stuffed trout and I had the best item on the menu, the brisket dip. My sandwich was tender and really tasteful. We observed hamburgers being delivered to other patrons and they looked impressive. They have several sides



(Above)
The big
bar area.

(At left)
A look at
the table
area.



of vegetables which appeared very appetizing. We choose two from the menu, the Brussel sprouts with apple and bacon which was different and tasty and the carrots in a honey glaze which were prepared well. Everything brought to the table was plated attractively and the portions were ample. There is a limited dessert menu.

The Stove and Tap restaurant is located in the Lincoln Court Shopping Center on Lancaster Avenue (245 Lancaster Ave.), Malvern, in the former Carrabba's location, which provides ample parking. Lunch and dinner are served Monday thru Saturday, with a brunch on Sunday. For reservations call 484-450-8890.

Dining In

Hello Fresh

Rosie Taylor | Princeton

First, a word of caution. When researching the many food box delivery companies, *Hello Fresh*, *Green Chef*, *Freshly*, *Sun Basket* and *Home Chef* to name a few, I made the mistake of thinking *Home Chef* and *Hello Fresh* were the same company - they're not! I ended up with two subscriptions and food boxes arriving every other day! In order to cancel both subscriptions, I needed to call because I couldn't find a **cancel subscription** button anywhere on either site. In all fairness though, that could have been me. In the end, I had a better experience with *Hello Fresh* than with *Home Chef* to cancel my subscriptions.

Now to the really important information – the food. Having tried and been totally delighted with *Home Chef* I was looking forward to comparing them to *Hello Fresh*. Again, I was delighted. Their selection of meals was varied enough that everyone can find something they like. The ingredients were fresh, the recipes extremely easy to follow and the completed meals looked and tasted like something that came out of Julia Child's kitchen. As for the portion size - more than enough for both my husband and me...and we like to eat!

Hello Fresh's pricing varied according to the meals chosen and was a little complicated. If you're a 'single' and like 'left overs' you may consider trying only one or 2 boxed meals a week but be aware that even one or two boxes may prove to be somewhat expensive.

If you enjoy good food, like to experiment with easy-to-follow new recipes and are looking for an alternative to grocery store shopping or dining out, give *Hello Fresh* a try. Bon appetito!





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Fortified Wines: Porto and others

Jurg Oppliger | Devonshire

Fortified wines are made by stopping the fermentation by adding alcohol (neutral grape spirit) so that more residual alcohol stays in the wine. The result is a sweeter, heavier wine with up to 22% alcohol and up to 22% sugar. Fortified wines can be made from white or red grapes.

Porto and Port

Port is by far the most popular fortified wine and is made in many countries, including the United States. Porto, on the other hand, is a protected name and can only be used for port made in Portugal. Portugal has more than 50,000 wineries, and half of them are in the northern Duoro region, but only about 40% of the wine made there is used to make Porto. In Portugal, more than 100 different grapes can be used to make Porto, and most Porto is a blend of different grapes. The best known and least expensive red Porto is the "Ruby".

Next in line is "Tawny" that is aged in wooden barrels. The best ones state on the label when they are best to drink: in 10; 20; 30; or 40 years. Pay attention – this is a recommendation for when to drink it, not its age! The top Porto's are labeled "Reserve"; a title given by the official Portuguese tasting panel, the "Camera de Provadores". The top 2% of the Portos are aged in steel barrels or steel drums for about two years, and should be kept for at least ten years before drinking. While sweet Porto is mostly consumed as a dessert wine, rosé and white Porto are often enjoyed as an aperitif.

Sherry

Sherry comes originally from Andalusia in southern Spain and is made from the white Palomino grapes. It is also made in many other countries, notably in South Africa and the US. Sherry is most often a dry white wine with 15-22% alcohol and less than 5% sugar. It is a perfect aperitif. There is also some sweet Sherry with up to 200

grams of sugar that is enjoyed as a dessert wine. The best known are Oloroso and Pedro Jimenez.

Madeira

Madeira is a small Portuguese island west of the Morocco coast where this fortified wine is produced. Madeira is also made in California and Texas. It is a white wine, either dry or sweet, that can last up to 50 years. It comes in four classes: up to three years old; as Reserve 5 years old; Special Reserve ten years old; and Extra Reserve at least 15 Years old. Madeira is slowly baked in ovens at a low temperature before bottling. This process simulates a sea voyage, because many years ago Madeira casks were used as ballast on big ships.

Marsala

Marsala comes from around the city of Marsala on the Island of Sic-

ily in the south of Italy. It is enjoyed as aperitif or dessert. It comes dry, semi-sweet or sweet, and mostly white. The quality is determined by how long the wine was barreled: Fine Marsala one year; Superiore two years; Superiore Reserva four years; and Virgine Stravecchio ten years.

Other fortified wines

Other fortified wines include Malaga, Commandaria and many Vermouths.



April is Alcohol Awareness Month

Kate Lindsay | Brighton

For many years, there have been organized monthly themes to increase awareness of health and wellness information that can enhance quality of life. One of the themes for April is

Alcohol Awareness. The dietary guidelines recommend that people drink in moderation which is defined as having no more than 1 drink per day for women and no more than 2 drinks per day for men. The following information will add to your knowledge to help you maintain a healthy lifestyle.

An issue for residents relates to a normal aging. As we age, alcohol breaks down more slowly and therefore remains in our system longer. Normal aging effects the functioning of our organs to filter and excrete alcohol from the body.

In addition, as we age, medication use becomes more routine. Alco-



Visit the National Institute on Alcohol Abuse and Alcoholism at www.niaaa.nih.gov/older-adults

Continued on page 33



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April is Alcohol Awareness Month (continued)

hol interacts with medications. The interaction can cause medication to work less effectively or increase their negative side effects. Make sure you review information about medication and alcohol interactions by reading the insert or talking to your Primary Care Physician and pharmacist.

The National Institute of Substance Use and Alcohol recognize that people have used alcohol to relieve pain since ancient times. They report laboratory studies confirm that alcohol does indeed reduce pain in humans and in animals. Moreover, recent research suggests that as many as 28 percent of people experiencing chronic pain turn to alcohol to alleviate their suffering. Despite this, using alcohol to alleviate pain places people at risk for several harmful health consequences.

Make sure you review information about your pain medication including Tylenol, aspirin, and alcohol with your PCP. Many chronic pain conditions can be managed effectively with lifestyle changes and non-medical interventions.

Gender has an impact on alcohol use. When a woman drinks, the alcohol in her bloodstream typically reaches a higher level than a man's even if both are drinking the same amount. One of the reasons for this is that women's bodies generally have less water than men's bodies. Because alcohol mixes with body water, a given amount of alcohol is more concentrated in a woman's body than in men. As a result, women are more susceptible to alcohol-related intoxication and damage to organs such as the liver.

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Joseph S. Kennedy | Princeton

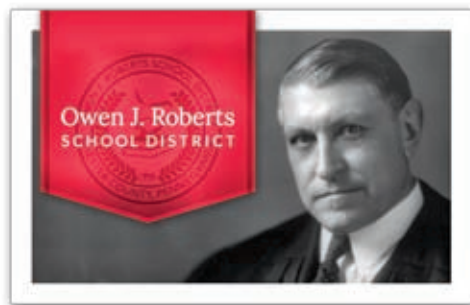
Owen J. Roberts

Owen J. Roberts may have been a justice of the US Supreme Court, but locally he's remembered mainly for his role in bringing together seven municipalities in 1955 to form a new county school district that bears his name. Yet on the Supreme Court, he played a pivotal role in the nation's history during the turbulent years of the Great Depression.

Since the Depression, the laws of Franklin Delano Roosevelt's New Deal have shaped public policy on economic and social issues. One of the key players who helped to create this history was Roberts. His swing vote on the Supreme Court validated many of FDR's laws and made the New Deal constitutional.

In 1930, a year after the stock market crash of 1929 ushered in the Depression; President Herbert Hoover nominated Roberts, a fellow Republican, to serve as a justice on the US. Supreme Court. Then in 1933, with the Depression deepening, Roosevelt took office as president and told a nervous nation "that the only thing we have to fear — is fear itself."

The Roosevelt administration and Congress approved a flurry of laws aimed at relief and recovery and sought reform in the country's social and economic systems. These laws were based on expanded powers of the federal government in a broader interpretation of the interstate commerce clause of the constitution. By 1935, these laws began to come before the Supreme Court for review.



The court was made up of four conservative justices (Pierce Butler, James McReynolds, George Sutherland and Willis Van Devanter) to whom increased federal power in the economy was anathema. The three liberal judges (Louis Brandeis, Benjamin Cardozo and Harlan Stone) could be counted on to support the New Deal laws. And there were two middle-of-the-roads, Chief Justice Charles Evans Hughes and Roberts, who represented swing votes.

In 1935 the court delivered a series of 6-3 and 5-4 decisions declaring some of these New Deal laws unconstitutional. Hughes and Roberts sometimes voted together or individually with the conservative justices. But in 1936, FDR won a landslide reelection victory and decided to remake the high court. He sent to Congress a proposal to increase the number of justices from nine to 15. That would give the president six new appointments, who presumably would support his programs. History calls this the "court-packing" plan. Congress took no action on the legislation, but it made Chief Justice Hughes anxious.

As a result, there occurred what amounted to a revolution on the court during its 1937 session. By a 5-4 margin, with Roberts the key swing vote, the court in case after case pronounced New Deal laws constitutional. The change in Roberts' vote has never been fully explained, and he destroyed all his papers covering the court years (1930-45) before his death. However, a number of historians think that Hughes persuaded Roberts to side with the liberals, as he did himself, to protect the institution of the court in American government.

Owen Josephus Roberts was born in Philadelphia in 1875. His father was a partner in a hardware firm that gave the family wealth and social position. He attended Germantown Academy and entered the University of Pennsylvania at 16. After earning an undergraduate degree, in 1898 he graduated with highest honors from the university's law school.

After graduating, he taught law at Penn and later became a successful trial lawyer. From 1901 to 1904 he served as an Assistant District Attorney in Philadelphia. During World War I he was appointed a special deputy US. Attorney General and prosecuted espionage cases. In 1924,

President Calvin Coolidge appointed Roberts to investigate bribery and illegal land deals between government officials and oil companies during the Harding administration. This case became popularly known as the Teapot Dome Scandal, and it made Roberts a national figure.

Then followed the 15 years on the high court. In 1942, Roosevelt appointed Roberts to head a commission investigating the attack on Pearl Harbor on Dec. 7, 1941.

After Roberts' retirement from the court in 1945, President Harry S. Truman had him head a board of amnesty to review wartime draft violations and military Court Martials. After that, he returned to his 700-acre dairy farm, Bryn Coed in Birchrunville, where he also raised flowers and vegetables. From 1948 until 1951 he served as dean of Penn's Law School.

Roberts died in 1955 at age 80. He was quite modest about his role in public life. In 1945 he wrote, "I have no illusion about my judicial career. Who am I to revile the good God that he did not make me a Marshall, a Holmes, a Brandeis or a Cardozo."

Yet in the future, history may have a higher opinion of his life and work.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities Calendar April 2020			Apr 1 7:30am Men's Bible Study 9:00am Art Group 9:30am Dirty Marbles 12:30pm Bridge-Social Club 1:00pm Mah Jongg-Groff 1:00pm Dominoes-DiCroce	2 10:00am Caregiver Support Group 10:00am Yoga 1:00pm Knitting Circle 2:00pm Table Tennis-Open 6:30pm Poker	3 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Scrabble 1:00pm Pocket Billiards 1:30pm Hand & Foot 2	4 9:30am Dirty Marbles 2:00pm Table Tennis-Open
5 2:00pm Table Tennis-Open	6 12:00pm Mah Jongg - Mackleer 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Grief Recovery	7 12:30pm Canasta-Dooling 1:00pm Canasta-Carrone 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 4:00pm SOAR 7:00pm Casual Singing Group 7:00pm Tech. Committee	8 7:30am Men's Bible Study 9:00am Art Group 9:30am Dirty Marbles 10:00am Questers 1:00pm Mah Jongg-Groff 1:00pm Dominoes-DiCroce	9 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Knitting Circle 2:00pm Book Discussion Group 2:00pm Table Tennis-Open 6:30pm Poker	10 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Scrabble 1:00pm Pocket Billiards 1:30pm Hand & Foot 2	11 9:30am Dirty Marbles 2:00pm Table Tennis-Open
12 2:00pm Table Tennis-Open	13 9:00am Chester County Hosp. Aux. 12:00pm Mah Jongg - Mackleer 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 7:00pm Grief Recovery	14 10:30am Brooklands Audiology 12:00pm 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 3:30pm Healthwatch 4:00pm SOAR	15 7:30am Men's Bible Study 9:00am Art Group 9:30am Dirty Marbles 12:00pm Social Club Bridge 1:00pm Mah Jongg-Groff 1:00pm Dominoes-DiCroce	16 10:00am PECO Presentation 10:00am Yoga 1:00pm Knitting Circle 2:00pm Table Tennis-Open 6:30pm Poker 7:00pm Chatham Open	17 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Scrabble 1:00pm Pocket Billiards 1:30pm Hand & Foot 2	18 9:30am Dirty Marbles 2:00pm Table Tennis-Open
19 2:00pm Table Tennis-Open	20 10:00am Veterans Club 12:00pm Mah Jongg - Mackleer 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Grief Recovery 7:00pm Monday Movie Night	21 10:30am Brooklands Audiology 12:30pm 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 4:00pm SOAR 7:00pm Boomers Book Group 7:00pm PC Computer Club	22 7:30am Men's Bible Study 9:00am Art Group 9:30am Dirty Marbles 1:00pm CPR 1:00pm Mah Jongg-Groff 1:00pm Dominoes-DiCroce	23 8:30am IGC Jewelers 10:00am Yoga 1:00pm Knitting Circle 2:00pm Table Tennis-Open 6:30pm Poker 6:30pm Quaker Open	24 10:00am Quilters 10:00am Comm. Bible Study 1:00pm Mah Jongg-Ullman 1:00pm Scrabble 1:00pm Pocket Billiards 1:30pm Hand & Foot 2 3:00pm Bingo	25 9:30am Dirty Marbles 10:00am MacGroup Club 2:00pm Table Tennis-Open
26 2:00pm Table Tennis-Open 2:00pm National Affairs Forum 4:00pm Brighton Spring Fling	27 12:00pm Mah Jongg - Mackleer 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Grief Recovery	28 6:00am Primary Election 12:30pm 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 4:00pm SOAR	29 7:30am Men's Bible Study 9:00am Art Group 1:00pm Mah Jongg-Groff 1:00pm Dominoes-DiCroce 4:00pm SOAR 7:00pm Devonshire Open	30 10:00am PECO Presentation 10:00am Yoga 1:00pm Knitting Circle 2:00pm Table Tennis-Open 6:30pm Poker 6:30pm Yardley Open	<div> <div> Color Legend Ardmore Room Billiards Room Cove </div> <div> H - CC Main Hall Paoli Room Sullivan House Warming Room </div> </div>	



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Health and Well Being

Bonalyn Mosteller | Inverness

This month we return to the subject of improving our balance. There are few other health-related issues more important, and know that falls are often associated with a downhill slide into even more serious health events.

Previously, our Kinetic Physical Therapy guru, Gabe Kresge, introduced us to three bodily “systems” which work together to keep us balanced. This month we are taking a deeper dive



into one of those: the vestibular system. Below is more from Gabe.

The vestibular system is responsible for telling you where your head is in space and also is responsible for sending signals to the eyes, helping control eye movements. This helps to keep you upright and in control of your posture while you are moving. In order to challenge and improve your vestibular system, you must improve your “vestibulo-ocular reflex” (VOR), which allows your eyes to remain focused on a point in space, while your head is moving. For example, when focusing on a target and moving your head to the right, the eyes move to the left to keep focus on the target. Individuals with impaired VOR find it difficult to read due to this fact.

A simple exercise to address this issue entails focusing on a target (this can be a sticky note pasted on a wall) and turning your head side to side, while maintaining focus on the target. Try this first for 20-30 seconds while sitting so as not to lose balance and fall. When this becomes easy, increase the time to 40-60 seconds.

As we so often state, it takes a lot of tenacity to actually DO exercise and other practices. In other words, doing exercises regularly, such as the one described above, can be as challenging as something like mining for gold. Remember, if we don't keep at it, the “gold” of our “golden years” won't be so golden. Go forward with tenacity!

Next month, Gabe will focus on a second bodily system which is essential in helping maintain balance and avoid falls. Gabe is the Clinical Director of Kinetic Physical Therapy which is located in the lower floor of ACAC. He can be reached at 610-430-3545.



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Internet of Things Sub Committees

Voice Activated Response Systems

Voice activated response systems (VARS) provide simple and economical solutions for residents in need of assistance and make daily activities easier. Most residents are aware of voice activated assistants, such as Siri, Alexa, or Google Home. For the purpose of this article we will be highlighting the Amazon voice activated response system, 'Alexa'. The associated devices are compact, easy to handle, affordable and *best of all - no monthly charges*.

Safety

VARS provide an ability to communicate directly when we may need assistance. Specifically, Amazon's 'Alexa' and associated devices can

make phone calls using standard verbal commands, i.e. 'Alexa call Hershey's Mill Security' or 'Alexa call Marge'. Calls can be initiated; hands free, from anywhere the unit can hear the command and to any pre-programmed number. When a call is initiated through Alexa, you talk and hear through the Alexa device. Multiple units can be installed throughout the home.

Convenience and Comforts

Information and fun are readily available. Ask Alexa for the weather, time, date, news, a joke, play music, make shopping lists, set calendar dates, make notes, set reminders, or answer questions. The list is almost endless.

VARS, like Alexa, have the ability to control MANY other smart home devices. Through the use of Smart



Plugs, Smart Bulbs, Smart Wall Switches, Smart Door Locks, Smart Power Strips, Video Doorbells, Audio Speakers, Security Cameras, Smart Thermostats, Sprinklers, Outdoor Faucets, Robo Vacuums, and other add on devices, VARS can add convenience to our daily lives. VARS can control electrical appliances, such as your electric tea kettle, or turn Christmas tree lights on and off, regulate the temperature in your home, and much more. Available voice activated add on devices also include night

lights, smoke alarms with voice activation, shower heads, and many more.

Requirements

VARS, like Alexa, require voice activated devices, an app on a smart phone or tablet, and a person knowledgeable to assist with the initial implementation, if

needed. This is where our adult children, grandchildren or a knowledgeable nearby friend come in handy when setting up the devices. The only requirement inside our homes is an AC plug and Wi-Fi.



Fireplace Transformation is our Specialty



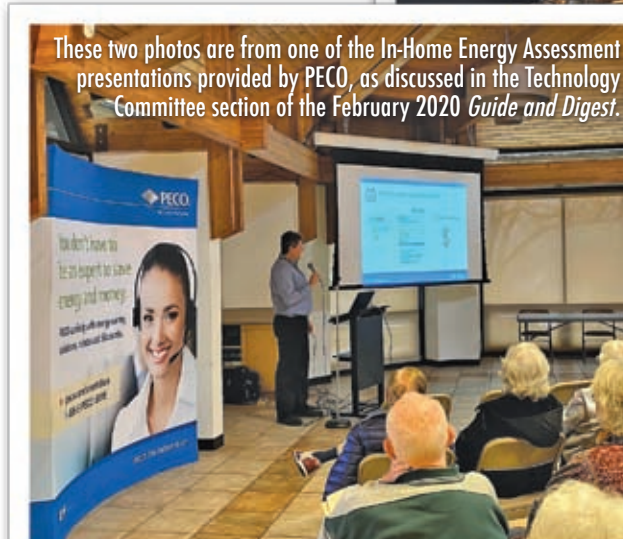
Update your existing wood burning, builder grade fireplace with a new gas fireplace, a gas insert, gas logs or a realistic electric log set. We also have a full line of replacement glass fireplace doors for a quick transformation. Call us today or stop in. Our family is a long time resident of the Mill, so we are happy to stop by and give you a free estimate!

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QUADRA-FIRE
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These two photos are from one of the In-Home Energy Assessment presentations provided by PECO, as discussed in the Technology Committee section of the February 2020 *Guide and Digest*.



Privacy

VARS now record only when the 'activation word' is spoken. 'Alexa' has a verbal command that allows deleting of everything recorded that day.

For more information, articles and videos visit hersheysmill.org, Resources, Technology Committee.

A new dedicated line and answering machine for the *Guide and Digest* is 610-436-6429.

CORRECTION: Please note that in the February issue of the *Guide and Digest*, in the Woodshop Section, it stated that the cost of the wood boring bee traps was \$15 including installation. That is incorrect. It should have stated that the cost is \$15 per trap and installation is additional.

SHOWCASE OF HOMES

May 7, 10 a.m. to 3 p.m.

Are you ready for a fun-filled day? Showcase of Homes 2020 includes six unique homes in The Mill. You will see stunning creative remodels, awe-inspiring artwork by accomplished HM artists, as well as treasured family and history collections. The self-guided tour begins at 10 a.m. Mid-day, stop by the HM Golf Club for lunch and do a bit of shopping at the vendor boutiques. (Boutique hours are extended to 3:30 p.m.) Consider purchasing a raffle ticket; you definitely will when you see the contents of the raffle baskets! Tour Tickets: \$25 Lunch Tickets (optional): \$25 FYI, this year's lunch features a hot buffet menu.

The proceeds from this annual event benefit Paoli Hospital and is sponsored by the Hershey's Mill Auxiliary. Pre-purchase your tickets outside the HM Library beginning April 21 or you may contact Loretta Bevilacqua at

PET REGULATIONS

There have been several instances reported of dog business not being picked up and residents walking their

dogs unleashed. The Council takes these community concerns seriously and would like to remind everyone that the Rule & Regulations allow these types of violations to be fined on a per violation occurrence.

IT'S EASY TO REPORT: Should you witness violations all you need do is give the management company, via e-mail (serney@pencomanagement.com), the date and time, type of offense, such as off leash, not curbed or both, and address of unit owner and we do the rest. **NOTE:** This is technically 2 occurrences which allows for 2 violation notices and 2 fines.

In this day and age with all the *smart phones*, please feel free to forward a picture of the offending pet as it is proof positive of the violation. But we still need the unit owner's address, date and time. The Council and Management Company will hold all reports in the strictest of confidence.

We have a very dog friendly community and cleaning up after your dog is simply common courtesy to your neighbors and goes with the responsibility of owning a dog. Responsible pet owners don't let Fido run loose.

PAOLI HOSPITAL AUXILIARY FASHION SHOW

The Conestoga Branch of the Paoli Hospital Auxiliary invites you to their annual "Taste of Spring Fashion Show". The event takes place on Wednesday, **April 29**, at the Desmond Hotel in Malvern. beginning at 11 a.m. This annual affair includes boutique shopping, a silent auction, over 50 raffle prizes and a luncheon prepared by the hotel's award winning executive chef Chris Calhoun. Fashions are provided by Chico's, Giny's and Jane Chalfant Kiki, and will be modeled by Paoli

Hospital employees and members of our sister auxiliary branches. Proceeds from the event go to one of Paoli Hospital's newest clinical offerings, the Neurointerventional Lab and Program. Please join us! Call the hospital's auxiliary office at 484-565-1380 and an invitation will be sent to you.

SPRING CLEANING: DISPOSAL OF BULK ITEMS

Kate Lindsay | Brighton

As spring starts, we all think of refreshing our surroundings. As you do the Spring Cleaning, you may want to dispose of bulk items. Bulk items are any items that cannot fit in your routine refuse container. So when you think about disposal of furniture, chairs, sofas, large appliances, construction debris, or mattresses, remember this is not part of routine trash pick-up. You will need to call the trash company that services your village, which for most of us is Republic Services, and schedule a bulk pickup. **Remember**, you get one bulk item per month **FREE**. Pick up for additional items will range from \$17.25 to \$57.50 per item after the initial free item. Also, if you put anything out that contains Freon, the cost for this pick-up is \$92. If you need more information, please call Republic at 610-265-6337.

YOUR SAFETY IS IMPORTANT: USING YOUR RED ALARM BUTTON

Kate Lindsay | Brighton

Since the change to Fios, alarm system communication to security has **not** been functioning properly. While security and the Master Association work to correct this issue, we want to make sure you know the way to manage emergency situations.

Do not push your red button. If you push the red button, it may not com-

municate with security correctly. It will also interfere with your ability to call Security on your land line for several minutes. If you experience an emergency, the first step is to call 911 directly from either your landline or cell phone. The second step should be to call security.

If your smoke detector sounds. Do not count on the alert being received by security. If you do not receive a call from security immediately, that means security did not get the alert and the fire department is not on the way. If you have a fire, call 911 immediately from your cell phone as your **landline may not be working while the smoke detector is sounding** and get out of your home. If you do not have access to a cell phone, use the phone at a neighbor's house.

HERSHEY'S MILL NATURE GROUP

Sue Staas | Kennett

This new group stems from the group of volunteers who have been monitoring bluebird boxes in our villages for several years. Now sanctioned by the Masters Association, our vision is to help maintain and enrich the natural open environments of HM and in so doing ensure desirable habitat of a diverse population of native wildlife and plants for the enjoyment of our residents.

Here are just a few of the events we have planned for you:

Celebrate Earth Day with a lecture about "The Ecology and Management of the Eastern Bluebird" by Dr. Dean Rusk, President of the Bluebird Society of Pennsylvania on Wednesday, **April 22**, at 7 p.m. in the Community Center's Main Room.

Continued on next page

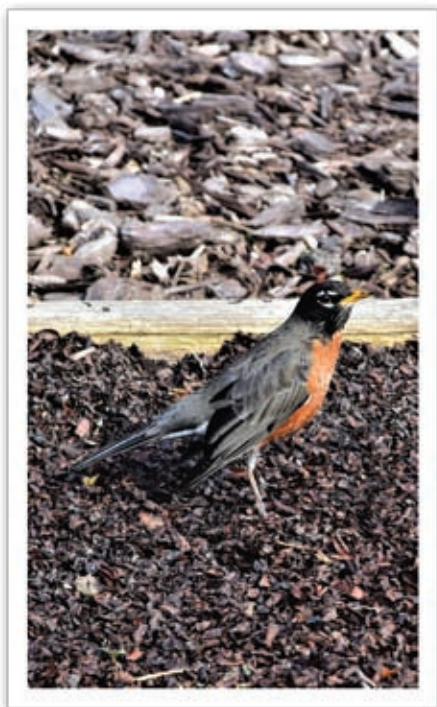
Take a guided Spring Bird/Wildflower Walk in **late April or early May**. Firm date to be determined, watch your emails.

Join us on Tuesday, **April 28** for the bus trip to the **John James Audubon Museum**. Please contact Priscilla Burt to make your reservation. For more information on this excursion, please see "Bus Advertising".

If you have any questions about this new Nature Group, please contact Wilbur Amand at

COMMUNITY GARDENS

Ed Sweeney | Yardley



(Above) No doubt about it – spring is here!

Those who have already begun planting are already seeing the green sprouts of spring. Please inform Jim

(At right) "I was in Giant today and noticed these free packages of coffee grounds available for gardening in front of the Starbucks stand." Tip and photo submitted by Jeff Sebastian, Ulster.

DiCarlo if you intend to give up your garden as we have a waiting list. Also, under the direction of Bill Reynolds, we will make a second attempt for a butterfly garden. We are confident of success this time. All of us are excited with this new gardening season and we are planning for great times such as seed exchanges and gazebo socials.

MONDAY NIGHT AT THE MOVIES

Lynne Urian | Merrifield

We're digging deep into the Hollywood film vaults for our April film selection, so please join us at 7 p.m. on **April 20** as we present the Preston Sturges classic, "Sullivan's Travels." Joel McCrea stars as John L. Sullivan, a successful Hollywood film director well known for his lighthearted comedies. He decides that his next film will have social relevance, focusing on the difficulties of being poor. Hoping to gain authenticity and insight into the plight of the poor, he dons ragged clothes and hops a freight train, anxious to experience poverty first hand. Although the film is genuinely funny, Sturges does deliver some really thought provoking social commentary about the hardships of living in poverty. Come see a terrific film, and if you desire afterwards, stay for a brief discussion. It's free and open to everyone at Hershey's Mill. For more info, call Lynne Urian at

IGC CONCIERGE JEWELERS

IGC Jewelers will be at the Community Center on Thursday, **April 23** from 8 a.m. to 4 p.m., providing a wide range of jewelry services including the



purchase of gold, silver and platinum jewelry, sterling silver and fine timepieces. IGC is interested in purchasing larger diamonds of all shapes and sizes, as well as brand name designer jewelry. Repair services are also available. Please call them at 610-876-6611. See you there at the event! Complimentary coffee and doughnuts will be served.

HEALTHWATCH

A brief seminar on today's most up to date personal emergency alert system will be presented. Join us for wine and cheese and see the future of senior safety on **April 14, 2020** at 4 p.m..

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Take Every Chance To Vote

Kate Lindsay | Brighton

The Pennsylvania primary is scheduled for **April 28**. This will be the time when citizens of the Commonwealth of Pennsylvania will vote for the candidates to represent the Republican and Democrat representatives running for office on November 3, 2020.

Voting is one of the most important activities for citizens. But sometimes people do not believe they have the knowledge to make informed decisions or do not believe their vote makes a difference. More recently, partisan politics have created an adversarial environment. Sharing opinions that have an impact on our quality of life as well as listening to others that are



sharing their opinion, is somewhat difficult during good times but has been growing more antagonistic.

While we sometimes do not see the direct impact of our individual vote on national politics, we can see the impact of our vote on the local level. For us, it can mean the village HOA and the county level. This can give you a sense of satisfaction to support your participation in all voting activities.

Dealing with conflict is difficult and the antagonistic partisanship has made

it uncomfortable for many people. Taking opportunities to discuss issues can be helpful. Here at Hershey's Mill we have a group of residents who want to provide an opportunity to discuss issues in a manner that respects all viewpoints. The club is known as S.O.A.R. which stands for Support Our American Republic. The next scheduled meeting is April 14, 4-6 p.m. in the Cove.

Hershey's Mill Residents can vote within our community. The polls are open for voting on April 28th from 7 a.m. to 8 p.m. The residents of Precinct 250 are the villages of Ashton, Brighton, Chatham, Devonshire, Inverness, Jefferson, Merrifield, and Oakmont can vote at the Hershey's Mill Community Center. All other villages plus Wellington comprise Precinct 247 and vote at HM Golf Club. If you need information about the candidates and issues, voter registration and most importantly, new mail-in absentee ballots, or voting forms, contact your committee rep-



representative. The Republican committee representatives are Donna Faunce at or Eileen Pickett at . The Democratic committee representatives are Marie Knox at and Pat Schultz at .

"Between the pages of a book is a wonderful place to be." Anonymous

April is volunteer month and we would like to thank all our volunteers. You may see them at the desk, but there is a lot behind the scenes, including selection of new acquisitions, processing new books, ordering supplies and culling.

Our Ambassador Program is available throughout the year. If you are unable to come to the library we will arrange door to door delivery. Please use our friendly website to view all our inventory. Our suggestion box is always there and we welcome your suggestions.

Spring cleaning is upon us and the library continues to collect gently used books, complete puzzles and DVDs for our annual *Book Sale* on Saturday, September 12, and Sunday, September 13, 2020. Please consider donating religious books to a church.



**Mon. to Fri. 10 a.m. – 2 p.m.
Saturday 10 a.m. – Noon**

**HM Library contact:
Angela Linden 610-696-5374
www.hmlibrary.com**

The library continues to need your support. We hope you would consider supporting us by becoming a *Friend of the Library*. A yearly donation of \$10 or more would greatly help us. Please see a volunteer during library hours to become a member.

BOOK REVIEW

The Queen's Fortune is Allison Pataki's latest novel. The story is set during the turbulent rise and fall of Napoleon Bonaparte. Desiree Clary is a strikingly beautiful daughter of a wealthy merchant who catches the heart of Napoleon Bonaparte and becomes his fiancé. As history knows, Napoleon marries Josephine de Beauharnais, his first wife. Desiree later marries Napoleon's star general, his rival and foe, and eventually becomes Queen of Sweden. The story will enlighten the reader as to how she created a dynasty and changed the course of history.

NEW BOOKS

FICTION

Abi, Dare - *Girl with the Louding Voice*
Allende, Isabel - *Long Petal of the Sea*
Anappara, Deepa - *Djinn Patrol on the Purple Line*
Bowen, Rhys - *Above the Bay of Angels*
Cummings, Jeanine - *American Dirt*
Dundas, Chad - *Blaze*
Finder, Joseph - *House on Fire*
Greaney, Mark - *One Minute Out*
Green, Molly - *Sister's Courage*

Hannah, Sophie - *Perfect Little Children*
Hauck, Rachel - *Fifth Avenue Story Society*
Kiley, Reid - *Such a Fun Age*
Kubica, Mary - *Other Mrs.*
Mallery, Susan - *Sisters by Choice*
McDonald, Christina - *Behind Every Lie*
Moore, Graham - *Holdout*
Noblin, Annie England - *St. Francis Society for Wayward Pets*
Pataki, Allison - *Queen's Fortune*
Peterson, Tracie - *Forever Hidden*
Pooley, Clare - *Authenticity Project*
Rice, Luanne - *Last Day*
Schaitkin, Alexis - *Saint X*
Stradal, J. Ryan - *Kitchens of the Great Midwest*
Taylor, Andrew - *Second Midnight*
White, Randy Wayne - *Salt River*
Yu, Charles - *Interior Chinatown*

MYSTERY

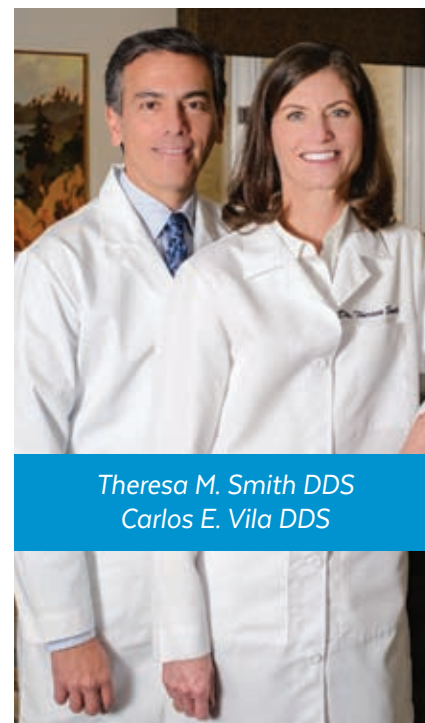
Finch, Charles - *Last Passenger*
French, Nicci - *Losing You*
Gardner, Lisa - *When You See Me*
Kellerman, Jonathan - *Museum of Desire*
Kent, Minka - *When I Was You*
Preston - *Crooked River*
Robb, J. D. - *Golden in Death*
Todd, Charles - *Divided Loyalty*
Weinberg, Kate - *Truants*
Wright, Jaime Jo - *Echoes among the Stones*

NONFICTION

Moorehead, Caroline - *House in the Mountains*
Campbell, R. Thomas - *Confederate Ironclads at War*

BIOGRAPHY

Broom, Sarah M. - *Yellow House*



Theresa M. Smith DDS
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Featured Club

PHOTOGRAPHY CLUB

Kate Lindsay | Brighton

Can you remember getting your first camera? Did you get a Brownie and have to wait for the pictures to be developed? When waiting became inconvenient, did you get a Polaroid so you could see what you shot immediately? Do you have a DSLR or the iPhone? Or, have you been thinking about starting photography and want an experience that will help you learn? From novice to expert, the Hershey's Mill Photography Club is for you. Under the stewardship of Mike Rackover, aka Rocky, from Franklin

and Carol Poling from Oakmont, the club has been meeting for about five years. As a novice, I take advantage of the monthly assignments to structure my time and help me focus on specific subjects so I could improve. The more expert members are able to share



(At left) Directly out of the camera

(Below left) What a little bit of post-processing can do

(Above) You can still do black and white

their library of photographs and most importantly, their wisdom to enhance our experiences. We have a specific educational topic each meeting and can learn new things about taking pictures.

As we review our past and plan for our future, we recognize the many things that could improve our club. We welcome photographers with all types of cameras, including the iPhone, and all levels of knowledge. We recently have asked members to present on various topics. These past few months, including April, the topic has been on post processing software which means enhancing or fixing the photograph after you have taken it. Join us on the 2nd Monday of the month from September through June in the Paoli

Room in the Community Center from 2 p.m. to 4 p.m. You will meet very talented photographers who live in our own backyard and who can help you get started or support you as you grow in this artistic activity.

We want to thank Rocky for getting us started and will miss him as he moves on.

BOOK CLUB

Carol Barkovsky | Eaton

Our **April 9** meeting at the Sullivan House will help us relive history as we discuss *America's First Daughter* by Stephanie Dray and Laura Kamoie. Jackie Prior will lead the discussion in this compelling, richly-researched novel that draws from thousands of letters and original sources. These best-selling authors tell the fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph, a woman who kept

Continued on page 53



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Club News (continued)

the secrets of our most enigmatic founding father. The book to read during April is *Unsheltered* by Barbara Kingsolver.

CASUAL SINGING GROUP

Paul Day | Ashton

What could be more fun than singing along with our casual group accompanied by great guitarists, even a double base and a ukulele or two? Well, hardly anything, that's what!

We sit in our circle in the room and pick from our collection of 250 songs. You can choose from a variety of musical genres which include, Spirituals, Folk, Rock N Roll, Old Time, Celtic, etc. Bring in your own favorites and we will give them a whirl. No experience needed. No ability to read music notation required. No rehearsals. No performances.

ONLY ONE RULE—HAVE FUN!

When we aren't singing, we are laughing. Sometimes we laugh so hard, we can hardly sing!

We have a new meeting time and place: **1st Tuesday** of the month from 7 p.m. to 8:30 p.m. in the Cove.

EXERCISE WITH DVDS

Barbara Scott

As you may know the contact person for this club has changed. But the goals of the group remain the same and we encourage others to join us **every Monday** evening in the Ardmore Room of the Community Center from 5:15 p.m. to 6:15 p.m.

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Spring is around the corner and winter is behind us. Some members of the knitting circle have spent these



past months knitting or crocheting warm winter hats, laptop blankets, and baby sweaters. Most of the items are donated to the needy in our community. As we look forward to spring and summer, we invite knitters and crocheters to join us **every Thursday** afternoon from 1-3 p.m. in the Community Center's Paoli Room. Until then, enjoy the warm sunshine.

APPLE MAC CONNECTION

Rene McNally | Devon

Fourth Saturday Mac Help: The regular Macintosh Newer User's Group will meet in the Paoli Room of the Community Center from 10 a.m. to 12 noon on **April 25**. Refreshments will be available. Expert advice about your iPhone, iPad and computer is free and available to all. Contact Carol Campanelli at carcamp1@comcast.net to receive email meeting reminders. Rene McNally, is the contact in Hershey's Mill.

PC CLUB

Don Trauger | Kennett

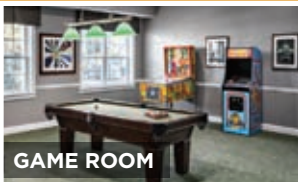
We will discuss 5G and its impact at our next meeting. We will meet on Tuesday, **April 21**, at 7 p.m. in the Ardmore Room of the Community Center. There will also be time to discuss any topics of interest.

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Tech Tips

What is 5G?

Don Trauger | Kennett

You have seen the TV ads proclaiming that the latest cell phone technology, 5G, is here and ready for you to use. If you live in certain areas of the country that may be true. Of course you will need to purchase a compatible 5G cell phone to take advantage of the claims for higher speed and apps that may only run on 5G.

What exactly is 5G? It's the latest "Generation" of cell phone technology that started with 1G back in 1979. It presently incorporates higher speeds, up to 2.5Giga bytes per seconds. It also consists of new encoding technology with higher frequencies to accomplish the higher speed. However, there are problems with this new technology that have required companies like AT&T, Verizon and T-Mobile to engineer major compromises so users can experience reliable connections. The problem stems from the fact higher frequency signals used in 5G don't travel as far as our present 4G. All telecom companies involved in 5G are working to overcome the pitfalls arising with this new technology. For instance they are using the 5G encoding format and piggybacking it on 4G. This results in slower speeds but makes for a more reliable connection.

It will be 2-3 years, at a minimum, before 5G becomes a widespread cell phone technology. Another concern will be how cell phone hardware and software evolves to take advantage of the faster 5G technology. Remember that you are only as fast as the slowest link in the equipment you are using.

On another note, we've become used to Wi-Fi Internet speeds as being a big factor particularly for multiple users in a home streaming video at the same time. This environment puts maximum pressure on the Wi-Fi system to deliver a smooth jitter free picture. There is 5G built into the Verizon routers we use. However, don't confuse Verizon's router 5G with cellular 5G. Verizon's 5G is a Wi-Fi service that does not offer any of the cellular 5G advantages. It does have nine 5G Wi-Fi channels, compared to 11 on the 2.4GHz band. The 5G band allows for a more reliable connection without interference from your neighbors that may be on the same 2.4 GHz Wi-Fi channel as you. Comparing Wi-Fi 5G with cellular 5G is the one fact that the higher the frequency the shorter the distance the signal travels and that includes penetrating the walls of your home.

We will discuss this subject and others at our PC Club meeting on Tuesday **April 21** at 7 p.m. Check our channel 1971 for a possible meeting cancellation due to elevator construction in the Community Center.



Rosie Taylor | Princeton

WD-40®

My Dad had two go-to tools when it came to doing handy work around the house, WD-40® and Duct Tape. He once read “if it moves and shouldn’t, use Duct Tape, if it doesn’t move and should, use WD-40.” He took this to heart.

He used Duct Tape so often, for years we thought it was wallpaper. This miracle of the tape world could be found anywhere in the house – on chairs to support a wobbly leg, on pants to hold up a ripped hem, shoes, gloves, sports gear and even on the dog! Sheba, our Scotch terrier, had a loose nail and Dad duct taped it until we could take her to the vet. It worked. She did how-

ever, get a little grumpy when the tape was pulled off. We use to make fun of this until Duct Tape was validated years later when the TV show MacGyver hit the air. MacGyver could fix anything with Duct Tape, a paper clip and some old fashion ingenuity.

Dad’s use of Duct Tape was only exceeded by his fascination with WD-40®. He used it to clean, repair, unsqueak, lubricate, untangle and fix anything, anywhere in the house. I understand WD-40® has many uses but Dad took it to an extreme. Why? Because he wasn’t a handyman. He was good at many things, but handyman wasn’t one of them. His red toolbox contained 10 screwdrivers, all the same size; 3 hammers, one without a head and a sundry of other tools still in their original wrappers. The one power tool he had was more a lethal weapon than a helpful tool. WD-40® always made him look like a hero whether he was unjamming a zipper, opening a rusty lock, cleaning a stain off the carpet or crayon marks off the wallpaper.

In his pursuit of home repair, a simple turn of a screw could result in a 3 hour disaster. Try as she might, Mom could not convince him to call a repair man until the day the eighth wonder of the world happened. The washing machine in the basement of their small row home was out of alignment. It shook, rattled and banged like a 50’s song. Dad, armed with his WD-40®, went into action. He sprayed everywhere he could reach but the ‘song’ continued. As the last resort, he took out the red toolbox. We all shuddered and ran



for cover. In a half hour he called us to see his accomplishment. The washer sounded more like Silent Night than Shake, Rattle and Roll. Dad gloated with an ear-to-ear smile until we heard my brother shout from the third floor, “The sink in the bathroom is leaking.” Yes, Dad accomplished the impossible, he caused an upward leak! Mom called the repairman. An hour later, the washer ran smoothly, the bathroom sink was fixed and Dad relinquished his red toolbox.

For the most part, our beliefs are formed by our experiences and, based on this, I thought all Dads were hammer and nail klutzes. I was so wrong. Jeff comes from a family of do-it-yourselfers, handymen and handywomen. I’ve never met so many people who could make something out of noth-

ing, transform a solid wall into a book shelf or move a kitchen from one side of the house to the other. Even more amazing, nothing collapsed, leaked or forced you to walk on an angle. All of these abilities stemmed from one person, Al Taylor, Jeff’s Dad. Al has never met a tool he couldn’t master, or a project he couldn’t handle either inside the home or outside. He’s the first person Jeff and I call when a motor needs fixing, a blade sharpened or a downspout replaced. Jeff happily follows him around making the repairs under Dad’s watchful eye and supervision. Jeff can probably make these repairs on his own. His talents aren’t as bad as my Dad’s but not as masterful as his Dad’s. Anyway, can you think of a better way to spend time and make memories than working side-by-side with your 96 year old Dad?

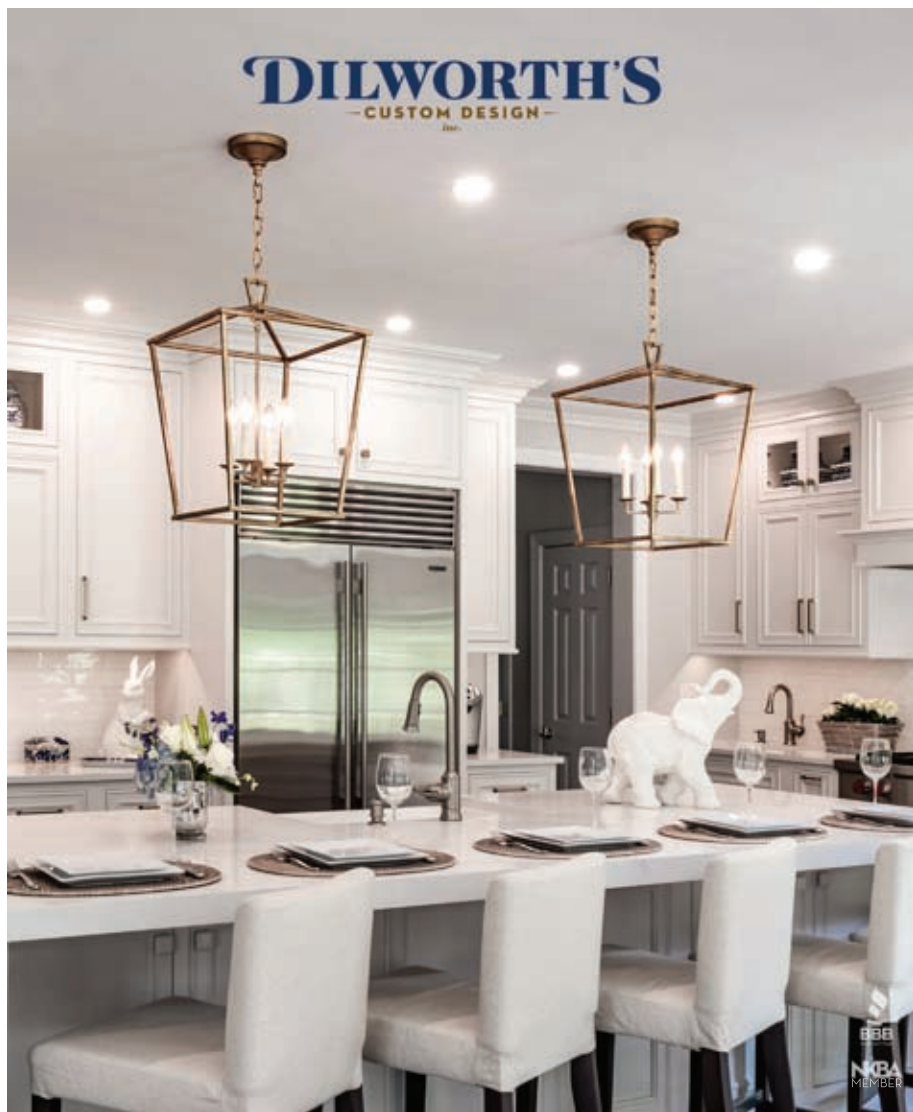
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From a HM Boomer

Scott Burkhart | Inverness

Epidemic

There is an epidemic taking over America. The latest count shows that there are three million people infected, with yearly projections of a ten percent increase. Florida, Arizona and California have been hit the hardest so far, but more states are feeling the impact. Is this another virus from China? No, this culprit is home grown and the point of origin: Bainbridge Island, Washington.

We at The Mill are not immune. Hundreds of men and women are already infected. What is this epidemic? In a word, Pickleball Fever (PBF). Some symptoms to look for are: salivating when you hear the clicking of paddles striking balls, googling pickleball paddle comparisons and pickleball strategies. And one sure sign of infection is constantly telling household guests to stay out of the kitchen. How is PBF transmitted? I know firsthand and here is my story.

As a tennis player for over fifty years I thought I was immune to PBF. One day I was on the tennis courts awaiting my partner, who didn't show up. I was practicing some serves when *Jack* called to me and said they needed a fourth, would I fill in? I explained that I never played, and he told me not to worry, "If you can play tennis, you will quickly pick up this game." Little did I know that *Jack* was a PBF carrier. His infectious love for this sport infected me almost instantly. He is a carrier of PBF and if you spend any amount of time around him you will catch it too. There is no vaccine or cure for PBF. If you catch it, just resign yourself to having fun with your other infected brothers and sisters. I know I did and I will see you on the courts as soon as I chase my cat out of the kitchen.



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Featured Sport

BOCCE

Joe Carrone | Inverness

It is finally spring and we are ready to kick off the 2020 bocce season. After a year's absence, the very popular summer bocce league will return. In 2018, more than 120 residents participated (60 two-person teams). We hope to even increase that number in 2020. Teams will be divided into groups of eight and each team will play the other teams in their group once so that your commitment is roughly seven hours over the course of three months. The season will start right after Memorial Day and last until September. There are no fixed times to play. You simply contact your opponents, arrange a suitable time and reserve a court.

Signups for the league begin on April 1 and end on May 15. The bocce committee will then set up the groups, so make sure you enroll in time. Don't be late or you might miss out. To register a team for the league, e-mail Joe Carrone at . You must include names of both players as well as their email addresses and phone numbers. Please note that if you played in 2018, you will still need to re-register.

At the end of the regular season, eight teams will compete in the playoffs culminating in a championship match combined with a fun social gathering.

For those of you new to the sport, we will be having two, hands-on bocce



clinics: Tuesday, April 14 and Thursday, April 16 starting at 3 p.m. both days. These clinics will introduce you to the sport and help you decide if you want to join the league. There are no signups for the clinic. Just show up for one or both.

For those of you who might not want to play in a league, there will be scheduled weekly open bocce. Again there are no signups. Just show up at the day and time (to be announced) and play with others there.

We also plan to bring back the ever popular hot dog nights. There will probably be three or four over the course of the summer. These are sign-up events and limited to the first 20 players.

Last, but not least are the village bocce social nights, usually involving food and drinks. Several villages have regularly scheduled these in the past years. Typically villages will pre-reserve the courts in late spring

for several nights during the summer season. Contact Carrol Thompson at for further details.

The updated bocce mailing list is being created. If you sign up as a league team, you will automatically be added. If you are not joining the league, but want to get all the updated information, email Joe and let him know.

There are only two rules for the great sport of bocce at Hershey's Mill – meet your neighbors and have fun!



PRESIDENT'S MESSAGE

John DeVol | Princeton

"When Just OK is not OK"

I love the humor and message from AT&T's commercial "When Just OK is not OK". Our HMSG sports group is working with the HM Master Association on upgrades to our sports facilities. To our average resident whose only experience with our sports facilities is a drive by on Chandler Drive, their reaction would easily be

Continued on next page



they are "OK". We have tennis, pickleball, bocce, shuffle board, and platform tennis courts. To our participants, "Just OK is not OK". A ball thrown down the center of the bocce courts can often wind up on the edge. Shuffle board players can use only two of the four courts with the other two lost in sink holes. Tennis courts had a major investment six years ago. They are now suffering from dangerous matting. Whether we upgrade where these courts are now or move bocce and shuffle board to the East Lawn, the standard for Hershey's Mill should be "Excellence" not "Just OK".

Other needs are for dedicated space for ping pong. We have 65 active ping pong players. On the three allocated days for ping pong, there are 15 to 20 participants using the three tables. When the elevator is completed at the Community Center, there will be more demand for the Malvern and Ardmore rooms. Ping pong needs dedicated space like Hill View — but where? HMSG has proposed a multi-purpose activity building near the outdoor

activities. Can we afford it? Can we afford not to have excellence?

Active adult facilities attract active adults. Will Hershey's Mill's facilities stand for **Excellence** or **Just OK**?

BOWLING

Ed and Eileen Isselmann | Inverness

By the time you read this, the 2019-2020 Bowling Season will have ended. Although we cannot post final results yet, we can guarantee everyone had a good time. Additionally, we look forward to meeting new potential bowlers at the Sports Expo in May. Keep an eye out for this exciting event that showcases all of the active sporting groups at Hershey's Mill. At the Expo, we will be giving out information and taking registrations for both fulltime and substitute positions for the 2020-2021 season. Thanks to everyone who helped to make this the successful season that it was!

HORSESHOES

April is here and horseshoes needs a leader. The horseshoe courts are



(At left) Jack Keeley of Franklin and Chuck Zech of Heatherton defending during winter pickleball. Photo by Tom Fant.

SENIOR MEN'S LEAGUE

Sergei Yurchak | Springton

Fairly soon the weather will be improving to allow for playing outdoor tennis. This will give you an

in great shape, and with a couple of interested participants, we should see shoes flying. Don Evons will be returning in May to assist anyone who steps forward to restart a program. See our website for details beyond the 1 p.m. Saturday play. It is spectacular! The Memorial Day Celebration will feature a rejuvenated horseshoe program. Feel free to email John DeVol, or Don Evons at _____, with your interest.

opportunity to participate with other Hershey's Mill players in the interclub Senior Men's League. An objective of the League is to provide competitive doubles matches for the players; typically five teams per match and ten matches per season. If you are interested in playing in this venue come May, please contact me at _____.

TENNIS

Dave Clewell | Robynwood

Happy Spring to all! It's good tennis weather and time to start thinking about playing. We have several tennis programs this year like Round Robin at 3 p.m. on Monday, Tuesday, Thursday, and Friday. Also Round Robin in the morning at 9:30 a.m. Monday through Saturday. All are welcome – both men and women. The ladies have Round Robin Monday and Friday at 9 a.m. You can sign up for your own court through the ROCO reservation system, hersheysmill.onlinecourtreservations.com. We have the sports **EXPO** coming on **May 22** at the Community Center. Call me with questions at _____.

PICKLEBALL

Tom Fant | Yardley

Opening Day is Saturday, **April 25**, at 9:30 a.m. Refreshments will be served, and paddles and balls provided. This is a great opportunity to discover what pickleball is all about and why we love it so much! There will be five pickleball pizza parties held this season on the second Thursday of each month from May through September. The Cove has been reserved as a backup so there will be no rainouts this year. Clinics will be held periodically once the season begins. New this year is a ball machine which will be fun to use and a huge help in improving our games.



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Hershey's Mill Golf Club

John Hagerty | House Committee

April will be an eventful month at the Club. The golf season begins with opening days and lunches for all groups. Ladies Sundowners on Wednesday, **April 1**; Ladies 18 Holvers on Tuesday, **April 14**; Senior Men on Thursday, **April 16**; Ladies 9 Holvers on Wednesday, **April 22** and All Men on Saturday, **April 25**.

Thursday, **April 2**, is Steak Night. For Easter Brunch on Sunday, **April 12**, there will be two seatings: 11:30 a.m. and 2 p.m. Please check the website for menus on both these events and make your reservations early.

Ladies' Night Out will be Wednesday, **April 22**, at the bar from 5 p.m. to 7 p.m.

The featured special is *Mushroom Flat Bread*. If you plan to stay for dinner, please make a reservation.

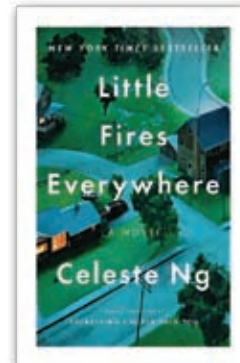
The Book Club will meet on Thursday, **April 16** and review *Little Fires Everywhere* by Celeste Ng. Make a reservation for dinner to join in the discussion.

Just a reminder: The Club is a voting site, and primary elections are on **April 28**. There will be no liquor served at the Club on that day.

Looking ahead to May, there will be a speaker luncheon on Thursday, **May 28**. The speaker is Deborah Firth, and

the program will be *The Cultural History of Tea*.

We will travel through the history of tea through the eyes of women. This is a special celebration of the 19th amendment which was passed on August 18, 2020. And yes, tea will be served.



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We know that being a bit more cautious about public health issues is important at our age, and have decided to spend more time with good friends and less time at stadiums for awhile. With today's giant TVs and a close group of fans we still feel plenty near to the games, but what about that ballpark food? Since there's almost no better way to cheer for our teams than while peeking over a chicken wing, we've put together some finger-licking versions! These put the boring vendor versions to shame, and are easily done in the oven. They all use plenty of garlic, since April is national garlic month, and all go great with a beer, since April 7 is national beer day. Any leftovers, great hot or cold, would make a dandy treat on April 23 for national picnic day. Although a typical wing is split at the joint (tip removed), don't feel limited. We also love moist small thighs and meaty drumettes; so choose what you like and adjust cooking time as needed. So win or lose, our tastebuds win!

Chicken Wings

Hot Garlic/Ginger Wings

1 teaspoon each salt and pepper
4 tablespoons sriracha hot sauce
2 tablespoons vegetable oil
4 lbs. chicken wings, split & trimmed
1 cup flour and 1½ tablespoons rice flour, whisked together
Vegetable oil spray
3 garlic cloves, crushed
2 tablespoons finely grated fresh ginger, including liquid from grating
½ cup unsweetened rice-wine vinegar
½ cup packed dark brown sugar
1¼ tablespoons soy sauce

Preheat oven to 400°F. Line a large sheet pan with nonstick foil. In a bowl, mix salt, pepper, 3 tablespoons of the hot sauce, and oil, then add chicken and toss to coat. Sprinkle in flours while tossing to evenly coat chicken; or shake together in a bag. Arrange chicken on sheet pan so it is not touching, and lightly spray chicken with oil spray. Bake for 30 minutes, turning chicken once, until crispy and cooked through. While baking, whisk remaining hot sauce and remaining ingredients in a sauce pan while bringing to a boil, then remove from heat. In a clean

bowl, working in two batches, toss chicken hot from the oven with sauce to coat. Let chicken rest for 5 minutes before serving warm.

Greek Wings with Feta

½ cup Greek olives, finely diced
1½ tablespoons each olive oil and lemon juice and honey
1 teaspoon dried oregano
2 garlic cloves, finely diced
½ teaspoon salt
4 lbs. chicken wings, split & trimmed
¾ cup finely crumbled feta cheese
2½ cups panko breadcrumbs

Preheat oven to 400°F. Line a large sheet pan with nonstick foil. In a bowl, whisk together all but chicken, cheese, and panko, then toss chicken to coat. Mix ¼ cup cheese with panko, then use as breading for the chicken. Arrange chicken on sheet pan so it is not touching, drizzle on extra sauce, and bake for 35 minutes until golden and cooked through. Garnish hot chicken with remaining feta and serve warm.

Asian Plum-Sauce Wings

2 pounds very ripe plums, pitted and chopped; include all liquid

¼ cup sugar
4 tablespoons hoisin sauce
3 tablespoons orange zest
1½ tablespoons orange juice
2 tablespoons soy sauce
2 cloves garlic, crushed
2 teaspoons grated fresh ginger
½ teaspoon each salt and pepper
4 lbs. chicken wings, split & trimmed

Process everything, except chicken, in a blender until smooth; then bring this to a boil in a saucepan. Preheat oven to 400°F. Line a large sheet pan with nonstick foil. Simmer sauce, stirring occasionally, about 25 minutes until thickened. Divide sauce, toss chicken with half, and arrange on sheet pan so it is not touching. Bake for 30 minutes, turning once, until cooked through. Toss chicken hot from the oven with remaining sauce, let drain, and serve hot with any drained sauce for dipping.

Birch Beer BBQ Wings

2 cups dark brown sugar
2 12-oz. cans birch beer
3 sweet onions and 2 shallots, diced
4 garlic cloves, diced
3½ tablespoons soy sauce
½ teaspoon each salt and pepper
4 lbs. chicken wings, split & trimmed
2 teaspoons cornstarch

Preheat oven to 350°F. In a deep stovetop-safe roasting dish, whisk

together everything but chicken and cornstarch. Add chicken, mixing to coat all chicken, and bake for 1¾ hours until cooked through; mixing occasionally so chicken stays coated and doesn't brown too much. Remove chicken from liquid, whisk cornstarch into liquid, and cook on stovetop until thickened. Remove from heat, return chicken to dish and toss with thickened sauce. Serve warm.

Sweet Thai Peanut Wings

1 tablespoon chopped fresh parsley
½ cup lemon juice and 1 tablespoon lime juice and 1 cup water
1 tablespoon sugar
4 garlic cloves, diced
1 cup smooth peanut butter
1 tablespoon hot pepper flakes
½ teaspoon salt
1½ tablespoons ground cumin
½ teaspoon ground ginger
4 lbs. chicken wings, split & trimmed

Whisk half the parsley with all other ingredients, except chicken, in a saucepan and simmer for 5 minutes. Toss chicken with 1 cup of this sauce, arrange on large broiler pan, and broil, turning occasionally, about 20 minutes until lightly charred and cooked through. Scatter remaining parsley over chicken, and serve warm with remaining warm sauce.



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