DECEMBER 2020

# GUIDE DIGEST









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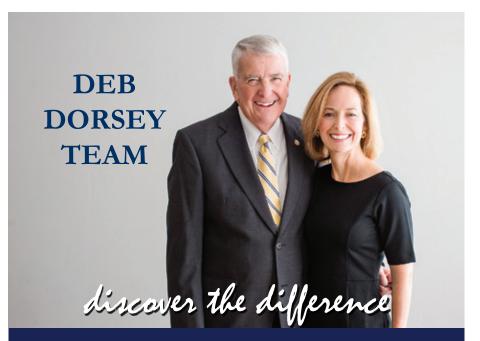
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### **Publisher**

#### Hershey's Mill Community TV

A fully self-supported nonprofit organization.

20 Hershey's Drive, West Chester, PA 19380

Telephone: 610-436-5922 E-mail: hmctv@comcast.net

#### **HMCTV Board of Directors**

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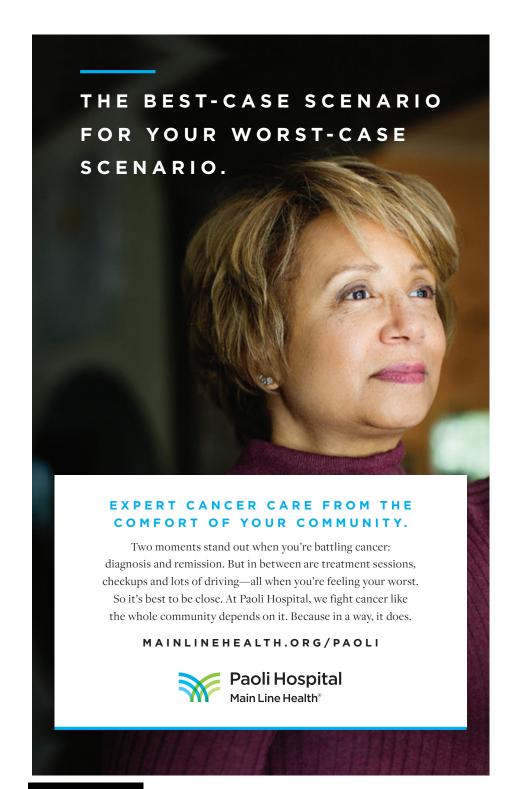






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The staff of the HM Guide and Digest want to wish you and your loved ones a healthy and happy Holiday Season.

This has been a difficult time for all of us but it has made clear that family and friends are very important. To those residents that lost a loved one due to the corona-virus, cherish your memories and know our thoughts and prayers are with you.

We appreciate your loyalty and contributions and be assured that we will continue to work hard in the coming year to make our little magazine part of your life.



### 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 to prevent an interruption in service to the residents of Hershey's Mill. For example, we heard concerns from residents about Election Day and made sure there was extra staff to help residents feel safe.

Security officers respond to incidents ranging from medical emergencies, vehicle accidents, fires, trespassing, searching for missing persons, and most importantly, when residents locks themselves out of their home. In 2020 alone, Security Department officers responded to over 1,850 alarms and over 415 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, funds 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".

The entire Hershey's Mill Security staff would like to wish you all an incredibly happy and safe holiday season, and we look forward to serving you in 2021!







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### **Residents Update**

Diaz, Cecile

1326 Robynwood Lane

Dolan, Richard & Margaret & Mary Catherine Curran

1263 Oakmont Court

Fine, Avrum & Linda (updated)

Linda Fine (updated) 58 Ashton Way

Hutchinson, Mark & Margaret

1564 Vassar Court

Keosayian, Carol

219 Chatham Way

McGreal, Pat & Debbie

1292 Robynwood Lane

Seastone, James

783 Inverness Drive

Shafer, Glenn & Dorothy

1258 Oakmont Court

Sheves, Patricia

186 Chandler Drive



Theresa M. Smith DDS Carlos E. Vila DDS





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> Bernice L. — Hershey's Mill West Chester, PA

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### **Community TV Programming**

Programs	December 1-15 (7 p.m. show on December 15 will not be shown)			
NASA Solar System Ambassador with Jerry Pizzola This is an interview with HM resident, Dennis O'Leary, to find out what he does as a NASA Solar System Ambassador. Dennis talks about how he got involved, the volunteer work he does, some of the missions that NASA has done, and what kind of training he gets. He has some good pictures.	10:00	4:00	7:00	12:00
	a.m.	p.m.	p.m.	a.m.
Green Hill Sewer Association (2014) with Lee McCarthy That's the official name of The Mill's sewer system. Jerred Golden and a previous resident explain how it came to be and how it works. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:30	4:30	7:30	12:30
	a.m.	p.m.	p.m.	a.m.

Movies Noon & 8:30 p.m.

### December 1 to December 8, noon

A Christmas Story (PG)

Melinda Dillon and Peter Billingsley

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 1h34m]

### December 8, 8:30 p.m. to December 16, noon

Nicholas Nickleby (PG)

Charlie Hunnam and Christopher Plummer Based on the Charles Dickens novel, a young man attempts to reunite his family and must contend with is ruthless uncle. [Run time 2h12m]

24 hours/day on channel 1971

12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 1970 **Times** 

**Bulletin Board** 

Programs	December 16 - December 31 (7 p.m. show on December 31 will not be shown)		ber 31	
Travels with Kay, Southeast Asia with Kay Ricker  What is Viet Nam like these days? Jack Keeley found out when he and his wife, Julie, visited there. Jack has a lot of interesting pictures he took on his trip. They visited Hanoi, Da Nang, and Saigon (Ho Chi Min City). Jack and Julie also visited Cambodia and Thailand. Jack has some interesting stories about these two countries.  Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:00	4:00	7:00	12:00
	a.m.	p.m.	p.m.	a.m.

Movies Noon 8 8:30 p.m.

### December 16, 8:30 p.m. to December 23, noon

Miracle on 34th Street (NR)

Edmund Gwenn and Maureen O'Hara When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him. [Run time 1h36m]

### December 23, 8:30 p.m. to December 31, noon A Christmas Carol (PG)

Alastair Sim and Jack Warner

Ebenezer Scrooge, a curmudgeonly, miserly businessman, has no time for sentimentality and largely views Christmas as a waste of time. [Run time 1h26m]

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. Call HMCTV at 610-436-5922 if you aren't able to receive our TV channels. To view Programs online, go to www.hersheysmill. org and navigate from TV & Digest to HMCTV to Original Programming.

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. ©2020 HMCTV

Page 12 • December 2020 HersheyMill.org • Page 13 Sharon Kope | Robynwood

### **Karl Grentz**

Let's meet the president of the Master Association, Karl Grentz, and his wife, Theresa. Both are natives of Delaware County, having been raised in Glenolden and attended Cardinal O'Hara High School in Springfield. Karl continued his education at Widener University; Theresa attended Immaculata University. In 1979, Karl became a Sales Rep for Xerox, where his career would span over 32 years. During that time, the couple raised two children, Karl and Kevin. Karl now resides in Central New Jersey, while Kevin and his wife Kelly, reside in Broomall with their three children Emily, Jack and Luke.

In the spring of 2008, after spending 19 years residing in New Jersey, and then moving to Illinois for 12 years, the opportunity to relocate to Philadelphia presented itself, and Karl and Theresa seized the moment knowing they could finally be closer to their families.

Karl's success at Xerox can be traced back to his upbringing, where he was always working and playing sports. It was during these years, his foundation for a strong work ethic, the importance of teamwork and the value of following through on commitments was developed. From paper routes, to stocking shelves at Acme, to refereeing CYO games, Karl was always hustling and constantly on the go. His experience as a referee has served him immensely as President of



the Master Association. This understanding has taught him the value of balanced and fair judgment in the face of adversity.

Karl's pursuit of getting involved with resident life within Hershey's Mill was a natural. Following in his uncle's footsteps, B. Albert Grentz, who was one of The Mill's original residents and a former president of Ashton, Karl started to make his presence felt the beginning of 2012. In May, he was elected to the Glenwood Village council where he was selected to be the Treasurer. In 2013, he became Landscaping Chair, and in May 2016, he was elected President. In July 2018, Karl was elected to the Board of Directors of the Master Association, serving as 2nd Vice President, and in July 2019, he was selected to be President of the Master Association. He is also Board Liaison to the Sports

Group, the Technology Committee and the Marketing Committee.

Karl has found life as president enjoyable and challenging. He enjoys seeing the updates and progress The Mill is making towards bringing smart technology and cost effectiveness into each of the 1720 homes. From the placement of fiber optic cable, to the installation of a community wide e-mail system, free energy assessments from PECO, and anything else to make life easier and to usher in automation and make life better and easier, is part of his aspiration. While it may not be the Jetson's lifestyle yet, we are gaining on this goal of making Hershey's Mill THE 'premier active adult community' in the Delaware Valley.

Another vision Karl has for the future of Hershey's Mill is to see an expansion of the Community Center that includes a café, a place to come sit and socialize, and a fitness center. He also dreams of the day he will be able to wake up and ask Alexa, "What's happening in The Mill today?"

Karl and Theresa love living in The Mill. Being avid golfers, you can usually find them on the links. Theresa is also highly active in WGAP (Women's Golf Association of Philadelphia). They like to visit and spend time with their children, grandchildren and family, but also make it a priority to get out and enjoy all the benefits their social activities provide them.



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### **Community News**

### **Christmas Concert**

Dear Residents, I would like to cordially invite you to our virtual Candlelight Christmas Concert. My name is Sandor Kadar, and I serve as Director of Music at First Presbyterian Church of West Chester. Our concert has been successful in years past with an attendance of 600+. Through the virtual streaming we expect to have over 1,000 viewers this year. Several ensembles will perform including the Chancel Choir, Miner Street Brass, the children's choirs, and handbell choirs. We will also feature exquisite soloists both vocal and instrumental. Since we cannot have a live concert this year, we are streaming the event on December 6, 2020 at 4 p.m. Please join us this holiday season for an evening of uplifting music and joy. I hope you will be able to add our Candlelight Christmas Concert to your activity schedule.

### **Paoli Hospital Auxiliary**

#### Eileen Rackover

What a year 2020 was! Despite the need to isolate, the HM Auxiliary grew in numbers and stayed connected with our monthly Zoom meetings. It was so good to see faces, to laugh, and to chat together prior to guest

lecturers speaking on varied topics: Jim Paradis on Paoli Hospital's latest life-saving equipment for stroke patients, Christine McCormick, Ashton, on the flora and fauna within the HM property, and Carolyn Farhy on kicking the sugar habit.

HM Auxiliary Members - You just can't keep these good women down!! We are all committed to coming together for "Fun and Fundraising." Although we had to accede to restrictions on group activities with the cancellation of Bingo Night and the Showcase of Homes, your purchases during the Poinsettia Sale and the Tree of Stars allowed HM Auxiliary to continue our contribution to Paoli Hospital's Neurointerventional Program & Lab.

2021 – For January & February there are no auxiliary activities, and at least through June we will not be meeting in-person. Showcase of Homes or any other significant fundraiser through spring will not be happening. We will re-start our Zoom meetings in March. Never fear, the HM Auxiliary Board has some ideas "up their sleeves" to create some fun and will be in touch.

Enjoy the Holidays and Merry Christmas! Happy Hanukkah!

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### Santa's Reindeer

### Rosie Taylor | Princeton

Not one, not two, but nine pets and their famous owner are featured this month. Our dedicated staff traveled to the North Pole to bring you this special interview with Santa Claus and his magical reindeer.

**G&D:** Santa, were reindeer always your animal of choice to make your special deliveries every year?

Santa: Oh no! Over the thousands of years I've been delivering special presents to good girls and boys, I've used many different animals. The dinosaurs were too big and didn't fit into the harness. The rabbits, cute as they were, tended to hop rather than fly, causing packages to fall out of the sleigh, and the moose were afraid of heights.

**G&D:** How did you find the reindeer?

**Santa:** I was visiting a friend in the Arctic and happened upon a herd of gifted and magical reindeer. When I told them our mission of bringing joy to children around the world, all eight asked to become part of the team, and we've been together ever since.

**G&D:** Eight? I thought there were nine reindeer?

**Santa:** For many years Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen made up the team. Rudolph joined us in 1939 and that was a very good thing. You see,

the worst fog in the history of fogs happened Christmas Eve 1939, and if it wasn't for Rudolph and that famous nose, Christmas might never have happened.

**G&D:** Do the reindeer ever get sick and can't fly?

**Santa:** Magical reindeer never get sick. However, from time to time they do suffer from 'singultus'.

**G&D**: Is that serious?

**Santa:** Oh no, it's only dangerous for me. You see 'singultus' are reindeer hiccups and it makes the ride a little bouncy when they're all hiccuping, especially at the same time.

**G&D:** What makes the reindeer fly?

**Santa:** You're really asking a lot of great questions! To give them strength and keep up their energy, the reindeer have a special diet of gooseberry seeds, oats, alfalfa, honey, corn and a sip of Mrs. Claus' secret hot chocolate. The only time we change this routine is two days before Christmas Eve. We cut out the gooseberry seeds because Dancer and Vixen always have a 'bodily reaction' to them making it a bit uncomfortable from where I'm sitting on the sleigh. And most important, we sprinkle them with a special formula of magical reindeer dust known only to the elves that helps them fly around the world on our special night.







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**G&D:** Are the reindeer male or female?

Santa: All of the reindeer are female. You see, antlers are very important for connecting with satellite links to keep our GPS working, and since male reindeer shed their antlers in early December, we use females; they don't shed their antlers until late January. Also, between you and me, I believe females have a better sense of direction, but don't tell anyone I said so.

#### **G&D's last question:**

"Do you have a favorite reindeer"? was answered with a wink, a smile and a "Merry Christmas to all."

I was visiting a friend in the
Arctic and happened upon a herd
of gifted and magical reindeer.
When I told them our mission of
bringing joy to children around the
world, all eight asked to become
part of the team, and we've been
together ever since.



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### **Club News**

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### To Members of All of the Hershey's Mill Clubs

It has been a difficult time these last few months and I know all of you miss being together. Have a Happy Holiday and New Year.

### **Book Club**

#### Carol Barkovsky | Eaton

We plan to hold a Zoom meeting for the month of December. As is customary, we meet the second Thursday from 2-3 p.m. Not typical is that instead of a single book topic in December, we ask each attendee to read their favorite poem and share what makes it so.

If you plan to attend our Poetry Day, December 10, and are new to The Mill, please provide your email to Carol so she can send you a Zoom invitation. We hope that you'll join us and also plan ahead for our first meeting of the New Year, January 14, when Carol leads a discussion about The Dutch House by Ann Patchett. As the story goes, two siblings, Danny and Maeve, become close after their mother flees the house and her life with her husband and children who are ten and three. Their home is a 1922 mansion outside Philadelphia. Their father remarries a woman who is in love with the house but not with Danny and Maeve. The novel revolves around their lives as they revisit and come to terms with what happens to them.

### **Caregiver Support Group**

### Sue Staas | Kennett

The group's next meeting will be on Thursday, December 3 at 10 a.m. in the Community Center Wooldridge Hall. Please remember to wear a mask and we will socially distance.

As a reminder, the Caregivers Support Group is for those of us who are caring for a loved one who is chronically ill or disabled. Our members are caring for children, spouses, and others. The Caregivers Support Group is a wonderful place to share your concerns and to receive suggestions and encouragement from others who are on the same journey. We meet on the first Thursday of each month, so mark your calendars for January 7 and February 4, 2021. If you have any questions, please call me at

### Fourth Saturday Newer Users Mac Help

### Rene McNally | Devonshire

Apple/Macintosh Owners: (iPads, iPhones, computers - all things Mac) The Fourth Saturday Newer Users Group will continue to meet on Zoom from 10 a.m. to Noon on the 4th Saturday of each month. Check the Macintosh User's Group website, www.mlmug. org, to find out if a Zoom meeting will be held on December 26.

The website will also provide information about the Macintosh User's Group main meeting on December 12. The speaker will be Doug Dixon, who created and developed the Hopewell Valley History Project (HopewellHistoryProject.org), which is assembling digital copies of local historical materials. Doug will explore the approaches used on the History Project site to present different types of materials using various web technologies. If you wish to be included for meeting reminders and information about connecting on Zoom, contact Carol Campanelli at

continued

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### Club News (continued)

### Hershey's Mill Knitting Circle

Ruth Schick | Chatham

The Hershey's Mill Knitting Circle is a group of handicrafters who enjoy each other's company while working on our projects. Currently, Liz and Eileen are crocheting blankets for Hospice, while Mary and Audrey are knitting sweaters. Kathy is crocheting masks and Ruth is knitting a baby hat. We are happy to help each other with projects and have been welcoming knitters, crocheters and embroiderers. We are happy to assist people with projects and techniques to the best of our abilities. We meet on Thursdays from 1 - 3 p.m. in The Cove. Masks are required during our meetings. For information about the Knitting Circle, contact Ruth Schick.

Pictured: Eileen Kneafsey, Liz Day, Kathy Kroos, Mary St.John



### **HM Nature Group (HMNG)**

### Christine McCormick | Ashton

The Nature Group's birdwatchers enjoyed the fantastic fall weather on October Big Weekend observing 800 birds of over 50 species as the Dark-eyed Juncos and Ruddy Ducks settled in for the winter. Remember to provide water along with seed/suet at your feeders. The Nature Group lecture series started with an excellent talk by Vince Smith on Hawk Identifi-

Pictures below top to bottom: Red Tail Hawk alert and on the hunt. Success - a tasty snake! Photos by Jerry Hopper, Quaker





cation for Beginners, and will continue with a discussion of the elusive Owls in January. Stop in the library to review the field guides and nature references donated by the Nature Group. All are invited to submit photos to our Nature Photo Contest by emailing HersheysMillNature@gmail.com. A contest prospectus is posted on our website (Hersheysmill.org; Activities: HMNG). Send questions and requests to join to HersheysMillNature@gmail.com, , or

### Photography Club

### Kate Lindsay | Brighton

We have not been able to get together this fall and I miss all of you. I hope you are taking pictures so when we can meet again, we will have a lot to discuss. Have a Happy Holiday and Happy New Year.

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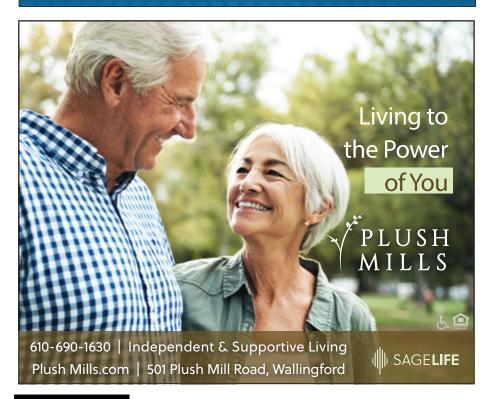
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### Recipes



Molded, dropped, rolled, pressed, bar, refrigerated, filled or no-bake – there's a cookie for all of us! As for their origin, cookies are thought to have been 'test cakes' bakers used to test the oven temperature.

TEST the following delicious recipes with a cup of your favorite java, tea or hot chocolate.

### **Buttery Spritz Cookies**

Prep: 20 minutes Cook: 10 minutes

Yield: About 7 1/2 dozen

#### **Ingredients**

- 1 cup butter, softened
- 2-1/4 cups confectioners' sugar, divided
- 1/2 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- Melted semisweet chocolate, optional
- 2 to 3 tablespoons water
- Colored sugar and sprinkles

#### Instructions

- Preheat oven to 375°. In a large bowl, cream butter, 1-1/4 cups confectioners' sugar and salt until light and fluffy. Beat in egg and extracts. Gradually beat flour into creamed mixture.
- Using a cookie press fitted with a disk of your choice, press dough 2 in. apart onto ungreased baking sheets. Bake until set, 6-8 minutes (do not brown). Remove to wire racks to cool completely.
- If desired, dip in melted chocolate and let stand until set or, in a small bowl, mix remaining 1 cup confectioners' sugar and enough water to reach desired consistency. Dip cookies in glaze; decorate as desired. Let stand until set.

continued

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### Recipes (continued)

### **Melt-in-Your-Mouth Cranberry Coconut Cookies**

Prep: 15 minutes Cook: 10 minutes Yield: About 5 dozen

### **Ingredients**

- 1 can (14 ounces) sweetened condensed milk
- 1 package (14 ounces) sweetened shredded coconut
- · 1 cup white baking chips
- 1/4 cup ground almonds
- 1 teaspoon almond extract
- 1 cup chopped fresh or frozen cranberries

#### **Instructions**

- In a large bowl, combine the first five ingredients; mix well. Stir in cranberries.
- Drop by tablespoonful 3 in. apart onto parchment-lined baking sheets; gently shape into mounds.
- Bake at 325° until edges are lightly browned, 10-12 minutes. Cool for 3 minutes before removing from pans to wire racks to cool completely.

### **Scottish Shortbread**

Prep: 15 minutes Cook: 20 minutes Yield: About 4 dozen

#### **Ingredients**

- 2 cups butter, softened
- 1 cup packed brown sugar
- 4 to 4-1/2 cups all-purpose flour

#### Instructions

- Preheat oven to 325°
- Cream butter and brown sugar until light and fluffy
- Add 3-3/4 cups flour; mix well
- Turn dough onto a floured surface; knead for 5 minutes, adding enough remaining flour to form a soft dough
- Roll to 1/2 in. thickness
- Cut into 3x1-in. strips
- Place 1 in. apart on ungreased baking sheets
- · Prick with fork
- Bake until cookies are lightly browned, 20-25 minutes
- Cool completely



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### Joe Kennedy | Princeton

Standing on the steps of the Lincoln Memorial in Washington on August 28, 1963, the Rev. Dr. Martin Luther King Jr. told an assembled crowd of thousands: "I have a dream that one day this nation will rise up and live out the true meaning of its creed ... that all men are created equal."

There are many who believe that this dream had its beginnings 15 years earlier, when King was a student at the former Crozer Theological Seminary in Upland, near Chester. In 1948, at age 19, King came to Crozer as an ordained Baptist minister with a degree from Atlanta's Morehouse College.

Chester and its environs represented a different world from King's home in Atlanta. Born in 1929 into a segregated society, King had the protection of a home and family that was Christian, loving and middle class. His father, the Rev. Martin Luther King Sr., was the renowned pastor of the Ebenezer Baptist Church. During his early years, young King was known to his friends by the nickname "Mike."

Mike King attended segregated schools in Atlanta. His school records indicate that he was able to skip both the ninth and 12th grades, yet he passed the entrance exam to Morehouse without a high school diploma. While at Morehouse, Mike King decided to follow his father into the Baptist ministry and was ordained just before he came to Crozer. In June 1948, he graduated from Morehouse College with a bachelor's degree in sociology.



PHOTO BY LLOYD BLUNK ON UNSPLASH

There are many who believe that this dream had its beginnings
15 years earlier, when King was a student at the former Crozer
Theological Seminary
in Upland, near Chester.

On his application to Crozer he wrote that he had "an inescapable urge to serve society" and that his background had "fostered within him a sense of responsibility" that he could not escape. In September 1948, at age 19, he began his studies at Crozer.

The man who helped King make the adjustment from a home in the South to a school in the North was the Rev. J. Pious Barbour, the pastor of the Calvary Baptist Church on West Second Street in Chester. Barbour was a friend of young King's father and promised to keep an eye on and mentor his son. Throughout King's years at Crozer, the Barbour home and the Calvary Baptist Church were places of relaxation, warmth, advice and spiritual growth.

Over the three years he studied at Crozer, King dated local girls. But at one point, he became serious about a white, German girl living in the area, and there was talk of marriage. Speaking to King like a father, Barbour warned him about the difficulties facing an interracial marriage and the impact it might have on his ministry. As a result, King ended the relationship on a friendly note.

As a student at Morehouse, King's grades were average. But at Crozer he was introduced to ideas that took him to a greater intellectual understanding. In this, he gave credit to his teachers at the seminary. Yet in the first year of his study at the school, he received two C's in public speaking. This represents a bit of irony for a man that later would be considered one of the great inspirational speakers of the 20th century.

It was while studying the works of the great philosophers and theologians that he was able to link his Christian faith with the idea of social justice. This became the underlying doctrine

of the Southern Christian Leadership Conference, which he founded in 1957. In addition, he discovered the life and work of Mohandas Gandhi, whose ideas about nonviolent, passive resistance he incorporated into a key tactic of the civil-rights movement.

While at Crozer, King experienced several racist incidents. In one incident, King and a friend waited nearly 30 minutes to be served at a Stouffers restaurant in Philadelphia. After demanding service they received sand on their vegetables. King took the outrage quietly. And with a friend and their dates, King was denied service at a Maple Shade restaurant by the gun-wielding owner. When King's party refused to leave, the owner went outside and discharged the gun in the air. King reacted quickly by getting in touch with the police and pressing charges against the owner.

King graduated at the head of his class in 1951 and also received both the Plafker Award as the school's most outstanding student, as well as a Crozer Fellowship of \$1,300.

In 1955, King received his Ph.D. in theology from Boston University and returned to Atlanta. By this time, he had married, started a family, and begun his leadership role in the civil-rights movement.

In 1964, he received the Nobel Peace Prize. But on April 4, 1968, King's life and work were cut short when he was assassinated in Memphis.

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### White Dog Café in Glen Mills

### Kate Lindsay | Brighton

I have been going to a White Dog Café since 1983. It started in Philadelphia on the University of Pennsylvania campus as one of the original restaurants focusing on locally sustainable food, which continues in all four locations. The newest location is in Glen Mills, it opened in early October 2020. So far, I have been there twice. During the

opening weekend, I was able to get a reservation for dinner. My sister-in-law and I had an incredibly good meal. She had Spicy Lamb Bolognese. She said it had the correct level of spice without being over powering and while she would have liked a little more lamb, (she loves lamb) it was tasty and more than enough to bring home for lunch the next day. I had the Short Rib with root vegetables. This is not on the menu every day, so I highly recommend you order it if you see it and are a short rib fan like me. It was fork tender and tasty. The root vegetables of parsnip puree and roasted carrots were done to perfection. The portion was just the right size and no doggy bag was required.

During a weekday lunch, my friend and I returned to this location because both of us have been long time fans of the restaurant. She ordered the Beet and Arugula salad with goat cheese and enjoyed every mouthful she also liked the herb crème fraiche dressing



which is arranged on the side of the salad instead of pre-mixed throughout the salad. She decided to order the Green Meadow Farm Double Cheddar Burger which was done exactly as she asked. It comes with Truffle Parmesan Fries, so it is truly all you need to order because it is more than filling. I had the Maryland Crab Cake Sandwich that had a good amount of crab. The remoulade sauce and shaved fennel was a great addition to this sandwich. As always, I ordered my favorite, the Kennett Square Mushroom Soup, which I love.

Both times I ordered the Fried Pickles. I have never had fried pickles before, and these pickles could have just come out of the barrel in your favorite deli. The pickles were fried well and had a good crunch. Along with the remoulade sauce, which gives you a cool balance to the tartness of the pickle and crunch. It is a novel side dish, I now think I am addicted to them.

continued

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### Dining Out (continued)



The indoor and outdoor dining experience is open, and you can see they are maintaining the physical distancing requirement. They will try to use the

outdoor section for as long as they can so they can offer more options to help customers feel safe. You must wear a mask while you are walking through the restaurant.

It can be a bit pricey, but you can check the menu on the White Dog Cafe or OpenTable website. The restaurant is in the Brinton Lake Shopping Center at 981 Baltimore Pike, Glen Mills, PA 19342. You can call for reservations at 610-822-2100 or use OpenTable. The restaurant is open for lunch from 11:30 a.m. to 3 p.m., and dinner is from 3 p.m. to 9 p.m. during the week and 3 p.m. to 10 p.m. on Friday and Saturday. Brunch is 10 a.m. to 3 p.m. on Sunday, with dinner until 8 p.m.

I was not disappointed with my two visits and see many more return visits in my future.





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### **Traditions**

### Rosie Taylor | Princeton

When I hear the word tradition, I mentally picture a fiddler on the roof in the opening scene of, well, Fiddler on the Roof. In that show, every member of the family- the Papa, the Mama, the sons and daughters do specific things because they were their tradition. A tradition is a belief or behavior passed down within a group, a society or a family that is symbolic in meaning and has special ties with the past. Some go back farther than anyone can remember and some are started on a whim and continued for a sundry of reasons. Some begin out of necessity and continued out of habit, like the chicken's tail.

Years ago, I was preparing to roast a chicken using my grandmother's secret recipe. I was prepping the bird by cutting the tail off when my husband came in and asked me why I was doing that? I looked at him and said, "Because my mother always cut off the tail." He stored that nugget of information and when we visited my mom he asked her, "Mom, do you cut off the tail of the chicken before roasting". Her answer, "Of course" with a look that said doesn't everyone? He then asked her, "Why?"

Her answer, "Because my mother cut off the chicken's tail".

Obviously our answers didn't satisfy him, so after leaving Mom's home, we drove to my grandmother's for the rest of the story. First, a word about my grandmother. Annie was the oldest of 13 children, born in America, a voracious reader, a midwife, and an excellent and imaginative cook. She had a heart of gold and a temper that would flare if you crossed her the wrong way. She was able to make two pizzelles at a time using two cast iron pizzelle forms over her gas burner. A feat that elevated her in the eyes of my brother and me when we offered to help her and couldn't lift one of the irons...together! She wanted to be a nurse, however. being the oldest, the task of helping raise her brothers and sisters fell to her. Her kitchen was her domain and that's where we found her the day of our visit. After consuming some of her homemade and mouthwatering ricotta cookies, Jeff asked her the chicken tail question. She looked at him like he had sprouted another head and said, "I don't do that. I only did it years ago because the pan was too small to fit in the whole bird". Traditions.

It's sad when a tradition is broken or stopped. By heritage, I'm Italian raised

Catholic. There are more Italian traditions than one can count and that's only exceeded by the number of Catholic traditions. Combine the two and you can fill a 365 day calendar with a different tradition for each day! One of the traditions I remember with the warmest of memories was the Feast of the Seven Fish (Festa dei sette pesci), a celebration on Christmas Eve with dishes of fish and other seafood...no meat.

Why seven fish? No one really knows. Some insist it's a religious symbol to represent the seven sacraments or the seven virtues, or perhaps it represents when God rested after creating the world. It has also been said that the number was made up by some great marketing mind to get people to consume more fish. Regardless of how it came to be, it was a tradition in our home dating back to the early 1900. This tradition carried with it no hard and fast rules regarding what to serve. The dishes could include mussels in spaghetti, fried calamari, anchovies, sardines, whiting with lemon, scungilli, capellini with tuna sauce, sole, and shrimp scampi. Regardless of what fish dishes you served, in our home it wasn't Christmas Eve if, fried smelts, baccalà (dried, salted cod) and eel weren't on the table. Over the years, the Christmas Eve dinner moved from my grandmother's home to my Mother's, and finally to me. Try as I might to serve the traditional meal, the younger generations turned their nose up, pouted and threw tizzy-fits if anything other than mac and cheese, naked spaghetti and chicken fingers were served. I caved and the tradition faded away. In the sad memory of its demise, I use a can of tuna fish as the centerpiece. *Traditions*.

As some traditions, like the Seven Fish, fade and die others are born. My nephew, one of those who, as a child, turned his nose up at most of the fish, started a tradition with his family. Every New Year's morning, the family of five drives to a specific beach in southern California, writes the former year in the sand and watches as the tide takes it away with all its good and not so good events. They then share their hopes, dreams and promises with each other for the New Year. *Traditions*.

Are traditions important? Rita Barreto Craig, author of *Lessons About Tradition From a Little Brown Bag* said, "Traditions touch us, they connect us, and they expand us". And in the words of Tevye, the Papa in Fiddler on the Roof, "without our traditions, our lives would be as shaky as a fiddler on the roof". *Keep your traditions... pass them on...eat fish!* 





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	Dec 1 Christmas isn't a season. It's a feeling.	9:00am Art Group	3 10:00am Caregiver Support Group	10:00am Quilters	5 I just stole Santa's naughty list! Ironically, it's almost
		Edna Ferber	Faith is taking the first step even when you don't see the whole staircase.	1:00pm Knitting Circle  The true spirit of Christmas is	All that you touch, you change. All that you change, changes you.	identical to my friends list.
			Rev. Dr. M.L.King, Jr.	love.	Octavia E. Butler	
6	7	8	9	10	11	12
No two moments are any more alike than two	Like snowflakes, my Christmas memories gather and dance – each beautiful.	What is Christmas? It is tenderness for the past, courage for the present,	9:00am Art Group	1:00pm Knitting Circle	10:00am Quilters	Let us keep Christmas beautiful without a thought of greed.
snowflakes.	unique, and gone too soon.	hope for the future.	I have forgotten much, but still remember the poinsettia's	May the lights of Hanukkah usher in a better world for all	The darkness of the whole world cannot swallow the	Ann Garnett
Zora Neale Hurston	Deborah Whipp	Agnes M. Pahro	red Claude McKay	humankind. Anonymous	glowing of a candle.  Robert Altinger	
						40
13	14		16		1505	5.77
at Christmas, we	9:00am Chester County Hosp. Aux.	Unless we make Christmas an occasion to share our	9:00am Art Group	1:00pm Knitting Circle	10:00am Quilters	Christmas is a stocking stuffed with sugary goodness.
need to recognize that sharing our time and ourselves	I'm dreaming of a white	blessings, all the snow in Alaska won't make it white.	For it is in giving that we receive.  Francis of Assisi	Warmth of joy, glow of prosperity, sparkle of	It is Christmas in the heart that puts Christmas in the air.	Mo Rocca
is such an important part of giving.	Christmas, just like the ones I used to know	Bing Crosby 7:00pm Boomers Book Group	Fidilois Of Assist	happiness may you be blessed with all these and more!	W.T. Ellis	
Gordon B. Hinckley	Irving Berlin			********		
20	21	22	23	24	25	26
Love the giver more than the gift.	Winter comes to rule the varied year.	At Christmas, all roads lead home.	9:00am Art Group Love unlocks doors and opens	1:00pm Knitting Circle	MERRY CHRISTMAS!!	Ask for what you want and be prepared to get it.
Brigham Young	James Thomson	Marjorie Holmes	windows that weren't even there before.	It's not what's under the Christmas tree that matters it's	Christmas is not as much about opening our presents as	Maya Angelou
			Mignon McLaughlin	who is around it.	opening our hearts.	
99	1919	100	NG D	1572	Janice Maeditere	
Christmas is like candy; it slowly		Gifts of time and love are surely the basic ingredients of	9:00am Art Group The magic of Christmas never	1:00pm Knitting Circle		Calandar
melts in your mouth sweetening every taste bud, making you wish it could	store. Maybe Christmas, perhaps, means a little bit more! "How the Grinch Stole	a truly merry Christmas. Peg Bracken	ends, and its greatest of gifts are family and friends.	Christmas gives us the opportunity to pause and reflect on the important things around us.		
last forever.  Richelle E. Goodrich	Christmas"			David Cameron		

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### The Garden of Life

### John Groch | Chatham

Perhaps more than others, gardeners are particularly aware of the passage of the seasons. Weather conditions dictate when to prepare the soil, when to plant, when to water, when to harvest and when to put the garden to bed for the winter. The cycle of life and death is clear to tillers of the soil and nurturers of plants. Gardeners and farmers seem to have an affection for the earth and for the bounty that properly conditioned ground produces. There is a certain pride and gratification that comes with picking a bright red, juicy tomato or vibrantly red or yellow pepper, or a fragrant sprig of rosemary or thyme. Even falling leaves take on a new meaning. Not only do they warm the landscape with their budding pastel beauty in the spring, provide cooling shade through the

summer, and explode with brilliant color in the fall. In their dying and falling to the earth, they also provide the gardener with a rich source of organic material, full of nutrients and conditioners to replenish the soil for the next growing season.

As we age, we can add another layer of meaning to the seasons of the year. Each of us is born into a life full of hope and possibility. We are nourished and nurtured by loving parents as we continue our journey into adolescence and young adulthood. It is in the earliest stages of our lives that we need the most attention, just like a newly-sprouted plant. As we mature, we develop our own strength and independence, just as mature plants require less attention and no longer need daily watering. Then in adulthood we bear fruit in a number of ways. We develop work skills and

learn to earn a living and make a contribution to the community. And most give birth to children who will further the cycle of life for another generation. Finally, we approach our golden years when we can look back over our lives in contemplative retirement and feel gratitude for the earth's miraculous beauty and bounty.

Of course life also entails trials and tragedies. Pests devour young sprouts, fungus retards plant growth and the searing sun makes young growth shrivel up and die. But we must maintain perspective and balance failure with success, famine with bounty. The next time you take a walk and kick up a leaf, brilliant red or crispy brown, remember "that's life," and rejoice.





Photos by John Groch





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### Different, & Yet the Same

### Rosanne Taylor | Princeton

Did you know that there is a holiday/ celebration for every day in the month of December? From little known celebrations like National Mutt Day (December 2), National Gazpacho Day (December 6) and National Llama Day (December 9), to the major holidays of Chanukah (December 10-December 18), Christmas (December 25) and Kwanzaa (December 26- January 1) to fill our calendars!

Some are fun and silly, some focus on awareness, and some we celebrate because we always have. But what do we really know about these special days - the ones we celebrate and those celebrated by others?

## Chanukah (begins the evening of December 10 and ends the evening of December 18)

Chanukah is a Jewish religious festival commemorating the re-dedication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire. Also known as the Festival of Lights, Chanukah is celebrated with family and friends, singing special songs, playing the Dreidel game, opening presents and indulging in wonderful foods. A solemn tradition is the daily lighting of the eight candles of the Menorah. The Menorah is a traditional symbol of Judaism. On each night of Chanukah, a new candle is lit. Eight candles symbolize the number of days that the Temple lantern blazed and the ninth candle, the Shamash, is a helper candle used to light the others.

#### **Christmas (December 25)**

Christmas is a religious holiday commemorating the birth of Christ. Although the month and date of Christ's birth are unknown, the church in the early fourth century fixed December 25 as the day to be celebrated. Millions of Christians around the world gather with family and friends, decorate their homes, sing songs, play games, open presents and feast on both traditional and non-traditional meals. There is also the lighting of the Advent wreath. This tradition is practiced by many with variations of the number of candles on the wreath. The candles on the five-candle Advent wreath symbolize hope, love, joy and peace. The fifth and center candle is the Christ candle. It is lit on Christmas Day to remind all Christians of the light Jesus brings to the world.

### Kwanzaa (begins December 26 and ends January 1)

Kwanzaa is a non-religious holiday created by scholar Maulana Karenga in 1966. It is a cultural and ethnic celebration of unity, faith and creativity. Families decorate their homes with objects of art and colorful African cloth, enjoy family and friends, indulge in a feast of food and give gifts. Traditionally, gifts are given from parents to children on the last day, however, gifts may also be given to anyone at any time during the celebration. Lighting of the seven candles of the Kinara is a ceremonial tradition. The center black candle is lit on the first day and represents the



concept of unity of family, community, nation and race. The three red candles, placed to the left of the black candle, are lit on days 2, 3 and 4.

They represent self-determination, collective work/responsibility, and cooperative economics. The three green candles, placed to the right of the black candle, are lit over the last three days and represent the principles of purpose, creativity and faith.

Celebrated on different days... celebrated in different ways...these three holidays, in their own way, celebrate love, family, community and peace. One could say they celebrate the sameness of all of us. "Hanukkah Sameach", "Merry Christmas", "Joyous Kwanzaa."

Peace, Joy, Love and Health to All.



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## **Stand Back**

### Scott Burkhart | Inverness

One thing this pandemic has taught us, is a new phrase, 'social distancing'. I was thinking about how useful this would have been before Covid-19. There was a colleague in my teaching days that was a close talker. We all referred to him as a 'space invader' as he was almost nose to nose with you when talking. If only I could have pulled out the social distance card to back him up.

STADIUM OR CONCERT VENUE URINALS - Ladies, I don't know if there are problems like this in your public restrooms. In the men's, there are crowded lines of men anxious to empty their beer filled bladders, a real problem at sporting events. This causes those with the condition known as shy bladder to slow the proceedings down even more. So, stand back and we will all get relief quicker.

DISTANCING - 6 FT APART - SOCIAL DISTANCING - 6 FT APART
R DISTANCE - 6 FT APART - KEEP YOUR DISTANCE - 6 FT APART

Other situations come to mind when thinking about appropriate social distancing. Here are a few:

ATM or CREDIT CARD READERS-Stand far enough away so that you are not looking at the screen or counting the money being deposited in my hand. It is not that I don't trust you... actually it is, so stand back.

IN LINE AT STARBUCKS OR PANERA- There are lots of choices on the wall mounted menus and I need time to make a final decision. Especially at Starbucks since their coffee selections are in Italian. Since I am paying five dollars or more for a cup of coffee, I would like to know what it is so don't rush me.

BAGGAGE CLAIM- Stand far enough away from the luggage so that I can see when mine comes around, plus if you try to steal it, I have a fighting chance to run you down.

**DRIVERS**- I'm already doing at least ten MPH over the speed limit. If you are not racing to preform emergency heart or brain surgery, back off.

ANIMALS- Squirrels: distance yourselves from my bird feeders and tell your chipmunk friends to do the same. Deer: keep your distance from my moving car.

I'm going to distance myself from this story now. I have to go get some coffee.

### Library

We would like to thank our dedicated volunteers who helped us navigate the re-opening of the library. Their services are invaluable.

In the month of December, we will be continuing with our in-house fundraising. The Mystery Book Baskets are on our table and chances to win those baskets for holiday giving are available. The book baskets will consist of fiction, non-fiction, history, mystery and children's books. Chances to win each basket are available at the library for \$2 each, or 3 for \$5. Winners will be chosen December 12, 2020.

We were able to keep up with our purchasing of new books. All of our new books are purchased with funds provided by the Master Association. We select our purchases carefully, looking at New York Times Review, Amazon, Publisher's Weekly, Barnes and Noble and other sites. Our main



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source for purchasing is Barnes and Noble. They have worked very hard getting the books we have requested at their stores as inventory. Once again our wonderful volunteers catalog the books, enter them in a database and cover them.

All other Library purchases are primarily done through our annual book sale and contributions to Friends of the Library. For example: new chairs, new book-drop, shelving, *Wall Street Journal Book List Pages*, periodicals, wipes and computer fees. We continue to need your help and thank you for your support.

### **NEW BOOKS**

#### **FICTION**

Backman, Fredrik - Anxious People Baker-Kline, Christina - The Exiles Brown, Sandra - Thick as Thieves Cooney, Caroline - Before She Was Helen

Dugoni, Robert - The Last Agent Ferrante, Elena - The Lying Life of Adults

Fields, Jennie - *Atomic Love* Ken Follett - *The Evening and the Morning* 

Gaynor, Hazel - When We Were Young and Brave

Gyasi, Yoa - Transcendent Kingdom

Holden, Wendy - The Royal Governess
Johansen, Iris - Chaos
Lyons, Annie - The Brilliant Life of
Eudora Honeysett
Miller, Sue - Monogamy
Nunez, Sigrid - What are you Going
Through
Perrin, Valerie - Fresh Water for
Flowers

Pike, Signe - *The Forgotten Kingdom* Riordan, Kate - *The Heatwave* Rooney, Kathleen - *Cher Ami and Major Whittlesey* Steel, Danielle - *Royal* 

#### **MYSTERY**

Cleves, Ann - The Darkest Evening Devereaux, Jude - Chance of a Lifetime Fleet, Rebecca - The Second Wife Flynn, Vince - Total Power Galbraith, Robert - Troubled Blood Hannah, Sophie - Agatha Christie the Kilings at Kingfisher Hill Penny, Louise - All the Devils Are Here Perry, Anne - A Question of Betrayal Robb, J.D. - Shadow id Death Ware, Ruth - One By One

#### NONFICTION

Wilkerson, Isabel - *Caste* Virts, Terry - *How to Astronaut* 

#### **BIOGRAPHY**

Alter, Jonathan - His Very Best Jimmy Carter a Life Longeval, Fredrik - JFK Meacham, Jon - His Truth is Marching On Blom, Onno - Young Rembrandt MacIntyre, Ben - Agent Sonya



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### **Atrial Fibrillation aka AFib**

### Kate Lindsay | Brighton

Have you had that strange feeling in your chest which is not quite painful but just a strange feeling? You may have felt dizzy with room spinning or weak when it never happened to you before. If you share this with your PCP, you may get a referral to a cardiologist. And this can be frightening.

Atrial Fibrillation causes the atria which are the 2 upper chambers of the heart to beat irregularly and out of coordination with the 2 lower chambers known as the ventricles. Blood flow moves through the atria to the ventricle and then to the rest of the body.

As with any medical condition, you increase your risk for AFib as you age. The risk increases if you have high blood pressure, diabetes, chronic kidney disease, or other heart disorders. If you are obese, continue to smoke and engage in moderate to heavy alcohol use, you increase your risk.

Once you know your risk, you need to understand the symptoms. Some additional symptoms that you may experience are: weakness, shortness of breath, palpitations (which could be described as a racing heartbeat, flip-flopping feeling in chest, irregular heartbeat), fatigue lightheadedness, dizziness, and inability to complete your usual exercise routine. But you may not have experienced any of these symptoms and during your routine electrocardiogram the AFib may be discovered. Most importantly, talk with your PCP even if you have vague symptoms because



some people do not know how being lightheaded or dizzy is a heart problem not a head problem.

The CDC wants us to know that AFib is the most common treated heart irregularity. You may not understand why they start treating AFib with the medications known as blood thinners. There is a higher risk for stroke when vou have AFib and this medication helps prevent clot formation which is one cause of strokes. Another group of medication that can control the heart's rate and rhythm can also be prescribed. You should talk to your cardiologist about all the treatment options for your AFib. And along with treatment options from your physician, there are things you can do on your own. You can stop smoking, monitor your alcohol consumption, and manage your other medical conditions. While AFib is not generally seen as life threatening, it is still a dangerous disorder if you do not treat it.

IF YOU EXPERIENCE CHEST PAIN, CALL 911 IMMEDIATELY

### **Another Side to Covid-19**

### Bonalyn Mosteller | Inverness Village

Ah, yes: the blessed holiday season. Really? Instead, this year, you might be experiencing sadness as long-time holiday traditions evaporate. Is this your situation?

This article, however, dares to offer a view through a different lens: I hear a surprising number of people talk about unexpected "positives" or "openings" which have become apparent – against all odds – as byproducts of the Covid-19 pandemic.

One example relates to some people noting that this challenging time has actually become a catalyst for re-evaluating which activities are most important. I personally would have predicted 'missing restaurant dinners' but have been surprised to find this not true. I have discovered new satisfaction in cooking at home and, more recently, sharing "take out" dinner (socially distanced) with one neighbor at a time. I find that the conversation seems more intimate. I hear some people noting how satisfied and less stressed they feel because they aren't running around as much; they are finding new levels of peace and relaxation through more time at home.

Secondly, some people are using this time to discover new ways of being close to those they care about. Maybe a handmade card and personal letter to a grandchild, detailing his or her most outstanding attributes, could be even more valued than traditional

holiday rituals or gifts. Recently, I unearthed such a letter sent to me when I was a child; it meant the world to me at the time – and still does. I don't remember what that person gave me for Christmas that year, but the sentiment in the card still deeply touches me. Or, if you have the talent, write a poem honoring an adult, child or grandchild, print it on special paper and/or frame it.

A friend of mine now reads a nighttime story to a West Coast grandchild via Zoom since she isn't comfortable flying. She claims that this creative idea never would have been born if the virus hadn't forced her and her family to identify new, creative ways to stay connected.

Thirdly, instead of being glum about being "stuck at home", you might use this new amount of free time to "gift" your neighbors. You might make a pot of chili and give a "chili gift" to five neighbors who don't get out much or choose to take a poinsettia to five new neighbors.

Hanukkah and Christmas are intended as times to appreciate loved ones, but sometimes holiday rituals hamper our being present with and demonstrating clear appreciation for friends or loved ones. What new tradition might you create this year which could be even more heartful and meaningful than old, perhaps stale, traditions? Go forth courageously—and creatively!

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A Baker's Dozen of Holiday Trivia

There are two possible answers for each question, but only one answer is correct. Enjoy.

- 1. How many ghosts show up in *A Christmas Carol*?
- 2. The movie *Miracle on 34th Street* is based on what department store?
- 3. What are the two other most popular names for Santa Claus?
- 4. In *How The Grinch Stole Christmas*, how was the Grinch described?
- 5. In which modern-day country was St. Nicholas born?
- 6. In *It's A Wonderful Life*, what happened every time a bell rang?
- 7. What snack is traditionally left for Santa Claus?
- 8. What holiday takes place on March 26?
- 9. What is the best-selling Christmas single of all time?
- 10. During what ancient festival did masters temporally serve their slaves?
- 11. What holiday was established in California in 1966 by scholar Dr. Maulana Karenga?
- 12. What holiday became popular after it was featured on a *Seinfeld* episode?
- 13. What British holiday is named after a man who tried to blow up a government building?

Answers on page 66



- a) St. Nick & Kringle
- b) Cookies
- c) Gimbels
- d) Your Own Holiday Day
- e) Persia
- f) Silent Night
- g) 4
- h) Neptulia
- i) Turkey
- j) Macy's
- k) Stink, stank, stunk
- ) Sadie Hawkins Day
- m) Kris Kringle & Saint Nick
- n) March Madness
- ) Stink, stunk, foul
- o) White Christmas
- a) Brownies
- r) An angel got his wings
- s) Jerrelanius
- Saturnalia
- u) An angel was crowned
- v) Kwanzaa
- w) Festivus
- () Guy Fawkes Day
- y) Okonjima
- z) 3

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# Vaccine Information Hints for Making Decisions

### Kate Lindsay | Brighton

Recent talk about vaccine development has created some anxiety about the safety and effectiveness of vaccines that are being developed against COVID-19. Vaccine development in the United States dates to the early 20th Century. At that time, any infectious disease was thought to be caused by bacteria, and bacterial infections are usually treated with antibiotics. After the 1918-19 pandemic and coinciding influenza epidemic, scientists started thinking differently and viruses started to be recognized. In developing the knowledge of virus biology, they also realized that antibiotics could not be the treatment of choice. This emerging scientific specialty worked diligently to define and develop treatments for viruses.

S. J. Stranger Land

The first Flu Vaccine was developed in the 1930's by a scientist whose name would be synonymous with the polio vaccine, Jonas Salk. It would not be released for public use until about 1946. The soldiers during WWII got the flu vaccine before the public. While there were three identified strains of influenza, only one strain was covered by the early vaccine. Also, since the vaccine was not as pure as the ones today, side effects were prevalent, but it did help decrease the intensity of the disease when you had a temperature above 99 degrees. Since that time, development of vaccines has been a regular endeavor by scientists.

I think we can all remember the children lining up to get the polio vaccine, which was the first mass vaccination activity. When the Swine Flu started in the United States in 1976, there was increasing panic from some of the citizens that another pandemic was starting. At this time, there was a recommendation for a mass vaccination program, which did not become a reality. This experience coincides with the development of yearly seasonal flu vaccines.

The history of vaccines has not been without controversy. The biggest controversies center around medical disorders associated with vaccination. The most publicized of these is the increase in the rate of autism.

Most studies do not support this, and you need to verify your source of information as coming from credible medical and scientific research. One concern had associated the additive of thimerosal as a cause for autism, but incidence of autism continues to rise. and thimerosal has not been added to vaccinations as a preservative since 2003. Another identified issue concerns the incidence of Guillain-Barré syndrome (GBS) after flu vaccines. While medical professionals and scientists acknowledge this information, they also acknowledge the risk of getting GBS is smaller than the risk of getting the flu itself.

Unlike the historical controversies, the concern today has more to do with the development of the vaccine. During our lifetime, we know it has taken a long time to develop the vaccines with which we are familiar. But we are witnessing the development of the COVID – 19 vaccine on a fast timeline. So can they be safe, and just as important, effective? Do we trust the process? Are the pharmaceutical companies looking out for peoples' safety or for their profits? These are just some of the concerns that have been raised since March.

The vaccine developmental process has become public. During September and October, the vaccine trials involving three pharmaceutical companies has been halted due to reported side effects. This is a normal response and it gives the researchers time to evaluate the person and the vaccine. While there have been competing narratives from our political leaders, scientists, medical professionals and researchers

have maintained that they are following the protocol that is well established by their professional standards and federal regulatory agencies. These standards have been able to keep all of us safe and ensure the effectiveness of the vaccine. There is no expectation that this will not continue.

Due to the public nature of this process, we will be able to see the data in a manner unlike previously. You need to discuss all the concerns and information with your Primary Care Provider (PCP). You and your PCP will discuss the risks as well as the benefits of the vaccination. This will help you to make decisions for yourself. There are no clear answers, but there may be more information by the time you are reading this article.



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### HMSG PRESIDENT'S MESSAGE

#### John DeVol | Princeton

The Sports' Group was recently able to present a check for \$2,642.80 to the Master Association as our contribution to the \$13,214 cost of the conversion of pickleball courts 5 and 6, to 5, 6, 7 and 8. This fulfills our objective of participation in capital investments that the Master Association makes in our sports facilities. Pickleball players have been enjoying this expansion and several times this late summer and early fall, all eight courts were in use. With all courts having permanent nets, we now have the best pickleball facilities in Chester County.

At our fall meeting, the HMSG authorized a new "Ambassador" program. We now have one HMSG member acting as an ambassador for their village. Their role is to share with their village president the HMSG goals, and to be the one to welcome and introduce new residents to our sports group programs.



As winter closes in, we welcome Jane Hagy's support of Don Evons' efforts to rejuvenate paddle tennis and thank the MA for the new lights and maintenance efforts for those courts. Thanks also to Bob Gottschall for his donation of a refrigerator to the Warming Room. Hopefully we will be back to 'normal' with ping pong and billiards.

HMSG's President, John DeVol presenting the check to Karl Grentz, President of HM Master Association.

### **BOCCE**Bob Walsh | Troon

With the stressful times we have been going through, the bocce leaders wanted to bring a little fun back into our daily lives. We wanted the playoffs to be special. Each of the seven bocce playoff matches that were played, brought out enthusiastic supporters to root for their favorite team. The September weather was gorgeous and many folks even stayed afterwards to play a few pickup games.

We are hoping that next year we can return to our full bocce program of clinics, village play, hot dog nights, open play, and holiday gatherings, as well as league play. Visit hersheysmill.org Sports Group pages under Bocce https://hersheysmill.

org/hmsg-organization/hmsg-bocce/. or check the Guide and Digest in early spring for signup information.

### PICKLEBALL Tom Fant | Yardley

Sorry...I promised this topic for last month and forgot. We need to discuss the non-volley zone on the pickleball court known as 'The Kitchen' or NVZ.

The dimensions are 7 feet by 20 feet on both sides against the net. The three lines involved are all poison – two vertical and one horizontal – or fault causing on taking the ball out of the air before it bounces or 'volleying'. Simply speaking, once the ball bounces it is 'fair game' and can be struck from any stance. This includes the dreaded net chord or shot that barely trickles over the net and always surprises.









Bocce pictures from left to right, clockwise:

Angelo DiCandilo and Jim DiCarlo in a first round match.

Joanne O'Connor concentrating on her throw.

Championship Winners: Angelo and Marie DiCandilo Runners Up:

Runners Up: Bob Bevan and George Groff



What is the purpose of the kitchen? Simply, it is to control the pickleball smash. The pickleball has a fairly hard surface, which can give a bruise or a welt to skin if struck with much velocity. To learn about the NVZ from some experts in detail, do a search on YouTube of "All About The Pickleball Kitchen Rule and How to Stop Breaking It". Next month, we'll discuss pickleball line calls. Happy Days!

### **PLATFORM TENNIS**

### Jane Hagy | Kennett Village

Thanksgiving is over and Christmas is just around the corner. Have you

experienced platform tennis yet? Many of you have discovered paddle is the perfect cold-weather activity to provide us a healthy alternative. We welcome the opportunity to share our love of this sport and would be thrilled to play with you; making you comfortable playing off the wires. Paddles and balls are available in warming room. Restrooms available in the nearby Cove. Visit our webpage for fun-filled paddle facts and instructional information. Come out and play!

Tip: It may be 25 degrees, but after 10 minutes of play, we guarantee you be shedding a layer of clothes, one layer at a time. That is a promise.



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# Behind the Scenes of the Hershey's Mill Players

### Barbara Trimble | Ashton

The Players have been operating since 1989 and during that period of time, we have performed 17 productions. Behind the scenes of the Players are many valuable members that contribute to the Players success.

The Steering Committee is the policy and decision making body of the Players and consists of a President, Vice President, Secretary, Treasurer and three player liaison members. So who are these people?

Barbara Trimble, President, has had a long career in the healthcare field. She had her first stage experience as a ten year old singing "Too Young." She was coached by her musician father, which lead to many years of performing in choirs and choruses, her high school Thespian group and local theatre groups. Barb performed in the 2016 and 2018 HM productions.

Bron Yokum, Vice President, had her first appearance on stage as a four year old in a dance recital. After the performance, the teacher suggested Bron take up piano lessons instead! This episode did not curtail Bron's interest in the theatre and she directed plays throughout her school years. Bron is Director of our 2022 production.

Terese Judkins, Secretary, has taught Speech and English, and also worked with the Federal Government in the Secret Service! Other than teaching speech, these experiences didn't necessarily train Terese for her acting and creative writing with the Players, but she says it has provided her with ideas. She has been a script writer in the past and for the upcoming production.

Jim Dickerson, Treasurer, has a background in Finance and Operations in the Telecommunications and Healthcare Industry. He learned to play the piano and organ as a six year old, which has led him to a career in various variety shows and musicals. He has performed in national compe-



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titions, as well as at the 1964 World's Fair. Jim has been Musical Director for the Players for five years.

Janet Emanual, technology liaison, has forty years' experience working as a legal secretary with the East Goshen Township government. She has also been past president of the Players. Janet has performed in numerous plays as a comical character and is quite funny. Because of Janet's long years with the Players, we consider her our Historian.

Barb Matheson, backstage and set design liaison, has owned her own insurance company and spent ten years as a Prison Counselor. For 35 years, Barb volunteered in Community Theatre in various behind the scenes roles, except for one on-stage performance when she was an oven mitt! Barb was Back Stage Director in the 2018 play and is working backstage for our 2022 production.

Wally Hart, script writing and casting liaison, has a long history as a musician and vocalist, beginning as a child with training by his school nun. In college, he and his six fraternity brothers formed a band and has performed locally and in Hershey's Mill. Wally has performed in the 2016 and 2018 productions, and was instrumental in script writing and song lyrics.

As you can see, our behind the scenes crew has a diverse background which assists them in ensuring the Players continue to have successful productions. We hope to see you all for our 2022 production, "Murder at the Hotel DeMille".

All pictures are from shows that were presented years ago and may contain some faces you know and miss.







Photo credits from top:

Working together to make sure the set is done correctly.

Keep discussing the set design until you get it right.

All hands on deck for the last dress rehearsal.



### Living with Wild Mammals Around Us

### Wilbur B. Amand, VMD | Inverness

Pennsylvania has recorded 72 native wild mammal species. Regrettably, 11 of these native mammals are no longer found in the state, including the lynx, gray wolf, mountain lion, marten, bison, moose and wolverine. Of the 21 different species recorded in HM, let's look at a few of the more visible ones.

#### White-Tailed Deer

White-tailed deer are the most widely distributed large animals in North America and is the 'official' Pennsylvania state mammal. This deer is so named because the underside of its tail is covered with white hair that is very visible when it runs. They are classified as ruminants - four-chambered stomach - and chew a "cud". Adult male whitetails grow and shed a set of antlers, not horns, each year. Many of us have observed these beautiful deer in HM and find joy in spotting their fawns. Despite their beauty, these mammals can be problematic and damage many of our shrubs, some bulb flowers such as daffodils and tulips, and especially hosta.

#### **Red Fox**

This spectacular canid is about the size of a small to medium size dog, has large prominent ears, a pointed nose, vertically elliptical pupils, and a long luxurious, white-tipped, bushy

tail. The coat is most often red or yellowish red mixed although many color variations occur. The face and neck is dusky and black "stockings" provide an interesting contrast.

Excavation of very early Pennsylvania Indian villages has yielded no remains of the red fox leaving most scientists to believe that our present-day red fox is descended from the European one introduced into the eastern seaboard for sport hunting by colonials.

We commonly see red fox in HM. They are a valuable component of our natural ecosystem; praying upon small mammals such as rabbits, voles, squirrels, and white-footed mice along with the occasional bird, frog and snake.

Red foxes pair for life and mate early in the year. Up to six young are born in early spring. Experiencing fox kits exploring and playing about is incredibly heartwarming.

### Gray Squirrel/Red Squirrel/Chipmunk

The genus name Sciurus is Greek for "shadow/shade tail" which refers to the habit of the gray squirrel sitting in the shade of its tail. While the coat of this common squirrel is predominantly gray, some may be black, white or blond in color. Gray squirrels may use natural tree cavities as dens or build large nests composed of leaves and twigs. The Eastern gray squirrel

litter size ranges from 2-6 young and they typically have two litters per year. The spring litter is often born in a tree cavity, while the second, late summer litter is often born in a leaf nest.

Gray squirrels are frequent visitors to bird feeders. They are accomplished acrobats and can jump, leap, and climb to devour sunflower seed and cracked corn. While there is no single answer to discouraging squirrels at your feeder, persistence will often yield results.

continued



The vision and mission of Hershey's Mill Nature Group is to help the residents appreciate and support nature and understand the relationship of nature to our wellbeing.





Photo credits from top, clockwise: RED FOX KITS by Irene Gallagher - Ashton, WHITE-TAIL DEER by Nancy Muirhead - Ashton GRAY SQUIRREL by Lanita Kemezis - Ashton

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### Nature Group (continued)

The smaller red squirrels' most noticeable characteristics are the dark red tail and the thick, white eye ring around the squirrel's black eyes.

The chipmunk is a small, agile rodent found throughout Pennsylvania and often called a "chippie" or rock squirrel. Prominent field marks are five dark brown to blackish stripes on the back and sides. They are graceful and spry, quick to dart for underground burrows when startled. Chipmunks plug their den entrances when they go underground.

#### **Meadow Vole**

Pennsylvania is the state where the meadow vole was first described and is one of the most abundant and widespread mammals in Pennsylvania. This vole is also referred to as a field mouse, meadow mouse or ground mouse. It is a shaggy rodent with beady black eyes, short, rounded ears and a chestnut brown to dark brown fur. Perhaps its best distinguishing feature is its long tail. The meadow vole feeds primarily on grasses, sedges, legumes, tubers, and roots. In HM, voles may often be observed in areas of ground cover such as ivy and pachysandra – and are regular pests in the HM community gardens.

Voles are often mistaken for moles, which are adapted for burrowing. The three species of moles found locally are often regarded as pests by farmers, gardeners, and golf course groundskeepers. Moles are tillers of soil and consumers of soil insects, and as such they are highly beneficial mammals. Efforts at widespread extermination of moles often results in

a resurgence of harmful insect pests that reside in the soil.

#### Little Brown Bat

In Pennsylvania, all 11 species of bats belong to the plain-nosed bats group. They are mainly nocturnal and feed upon flying insects captured in the air. When their food supply is not available year-round, bats of Pennsylvania either hibernate during winter or migrate to warmer climates.

The little brown bat is the most common bat in Pennsylvania. It can be found roosting in a variety of places: barns, attics, caves, mine tunnels, hollow trees, or behind house shutters and eves. Like other Pennsylvania bats, the little brown bat feeds mainly on flying insects such as beetles, mosquitoes, moths, bugs, and flies. For the most part, they are free from natural predators although raccoons, hawks, owls, snakes and house cats occasionally prey on them. High mortality is more often attributed to natural causes.

HM residents are fortunate to live in an open, natural campus. The vision and mission of Hershey's Mill Nature Group (HMNG) is to help the residents appreciate and support nature and understand the relationship of nature to our wellbeing. If you are a member of the HM Nature Group, thank you. If you are not a member, we invite you to join. Please see the HM website for additional information about our group. If you have questions, send them to hersheysmill-nature@gmail.com



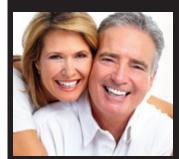
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### **PC Ad Blockers**

### Don Trauger | Kennett

I wrote about ad blockers in 2017. and now is the time to revisit the subject to see which ones are best. You may have heard of the term, but you may be unsure as to everything they actually do. Ad blockers are small apps that only work when they are added to your web browser such as Chrome or Edge. They are referred to as extensions or add-ons. Their main purpose is to block ads that can slow the loading speed of web pages. Of course the benefit is that you see few or no ads on the web page you entered in your browser. However, there's more to an ad blocker than just blocking ads.

Having an ad blocker installed can also give you an unseen benefit. Ads can carry malware, so if you block ads, you gain added protection over and above what your anti-virus program offers. So, which one is best? Using my personal testing its still **Adblock Plus** by a small margin.

One thing I found during my testing is Microsoft's Edge has better native security characteristics than either Google's Chrome or Firefox. When Edge is configured to "Strict" mode, Edge made less work for the extensions tested. You can read my previous article about Edge here at https://hersheysmill.org/?s=Edge.

Although **Adblock Plus** is my #1 recommendation, **Adblocker Ultimate** also does a good job. In testing, I have

run up to five ad blockers and two other anti-tracking extensions at the same time and there were no problems. The only thing I noticed was a very slight increase in page loading time of about 1 second.

To improve your security when using a browser, install Adblock Plus and Adblocker Ultimate. To increase your privacy, also add Disconnect. It prevents web sites from planting trackers that can follow you from site to site adding more potential unwanted ads and who knows what else. One other extension that I like is TrafficLight. Every time you do a Google search, it places a green check next to each individual result. That means it's safe to click the result.

Installing an ad blocker is quite easy. For Chrome, open the program, click the three vertical dots in the upper right corner and navigate to "More tools" then click "Extensions". On the upper left side, click the three horizontal bars. At the bottom, click "Open Chrome Web Store". In the "Search the store" field type, type "Adblock plus" (no quotes) and press the keyboard's Enter key. You should see the Adblock Plus icon. Click it to add to Chrome and follow any screen prompts. For the Microsoft Edge browser, open Edge then click the three horizontal dots in the upper right of the window, then click "Extensions". Scroll down to the bottom and under "Find new extensions", click "Get extensions



for Microsoft Edge". Enter "Adblock plus" (no quotes) in the "Search all extensions" field and press the Enter key. Follow any screen prompts. Install Adblocker Ultimate using the same basic procedure. Notice that you can also add extensions to Edge from the Chrome Web Store. That's because Edge was developed using the same platform as Chrome. Note: Disconnect and TrafficLight have to be added to Edge using the Chrome Web Store. Just follow the previous procedure for adding Adblock Plus to Chrome. After you click the selected icon, you will see a prompt for adding to Chrome, even though you are using Edge, just follow the prompts.

After installation, check to make sure the extensions are configured for maximum protection. For all extensions, right click the newly added icon at the top right of the browser's window and click "Options" (Chrome)

or "Extension options" (Edge). For Adblock Plus, choose to "Block additional tracking" and "Block social media icons tracking". Also, uncheck "Allow Acceptable Ads". For Adblocker Ultimate all options should be on or green. TrafficLight options should be on or blue. Disconnect has no configurable options.

That's it for ad blockers but there are thousands of extensions you can add to browsers to enhance their usefulness. Just don't add too many!



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Cameras for Inside & **Outside the Home** 

### Bill & Sherry Kane | Co-Chairpersons

Given that there are as many objectives in wanting to install cameras as there are options in camera selection, if your objective is on the less elaborate side, like just wanting to know what's happening around your home, you might want to take a look at the Blink system, owned by Amazon. The advantages of this system are: A battery powered wireless system, like Blink, relies solely on having Wi-Fi connectivity. So like any other wireless system, it would not be a great choice for commercial properties. Please note, that at the time of this writing, there are four other "wireless" camera offerings (Arlo, Ring, Relink and Eufycam-E) with Blink winning in many of the comparisons.

Part 1 of Setup: A Blink system can be purchased with one to five cameras and comes with a Blink Hub. The hub is a small device that connects to an ethernet port on your modem. The hub communicates with any Blink camera you setup. You control your Blink system using the app on your Smartphone. The app is very simple to use if you are at all familiar with other Smartphone apps.

Part 2 of Setup: This is as simple as installing the two provided AA Lithium batteries, placing the cameras facing the area to be monitored, and then using the app to set any options you might want.

The System can be enabled to send video clips to your phone when movement is observed and/or view live stream.



from cameras. Sensitivity, clip length (seconds) and 2-way voice are just some of the tweaks that can be set for each camera. Batteries last anywhere from one to two years, depending on settings you apply, and can be replaced for approximately \$1.50.

Blink is compatible with the Alexa voice system and may be used to enable/disable the system, show what the camera sees, and even interact with other smart devices in your home. For example, in my home, if someone or something moves on my deck between certain hours, Alexa announces "movement on deck" on my Alexa devices and turns the deck light on.

This is only the bare minimum information. Please go to hersheysmill.org, Resources tab, Technology Committee. Scroll down on the Technology Committee page to Articles for the full article containing more detailed information. If you have questions, please remember to use the Dear Technology Abby email address, hmtcdearta@ gmail.com, for information on this topic or any other technical subject.



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### Hershey's Mill Golf Club

### Maria Edwards | Ulster

Hello December! This month brings a chill in the air, possible snow and ice, and the start of the holiday season. It's time for looking ahead to our holiday plans with family, friends, neighbors and co-workers. At the time of this writing, we have no idea how COVID will be effecting our gatherings, but the golf club staff looks forward to being a part of this season's best of times for you and your family.

Our club will look different this year as gatherings of large groups are unlikely. Unfortunately, **Breakfast with Santa** and our traditional **New Year's Eve party** will be postponed until 2021.

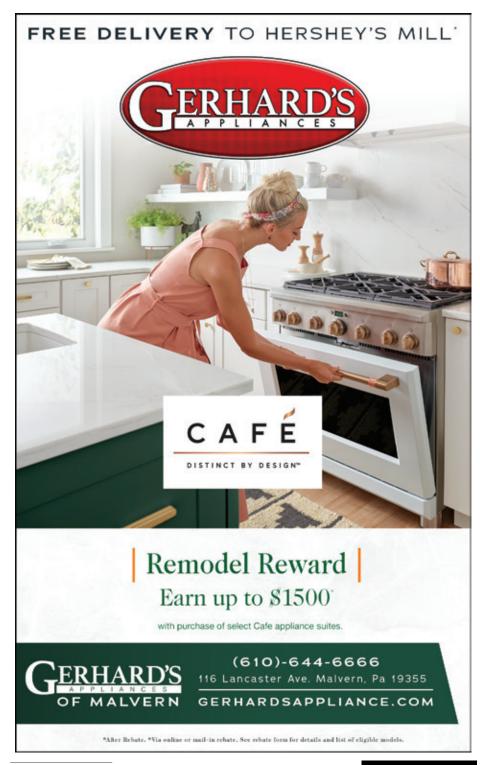
We wish you memorable moments filled with family & friends, visiting safely of course, as we send Hanukkah and Christmas blessings to all!

### A Baker's Dozen of Holiday Trivia Answers

(Questions on page 51)

1: g 2: j 3: m 4: k 5: l 6: r 7: b 8: d 9: p 10: t 11: v 12: w 13: x





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### **Activities Contacts**

Art Group		Sara Hamilton	
Baby Boomers			hmboomers@gmail.com
Billiards Club		Joe Silio	
Bingo		Hal Deal	•••••
	Group		
Bowling (Oct-Ap	r)	Ed Isselmann	
Bridge Groups:	Golf Club Tuesday Bridge	J.B. Smink	
	Golf Club Friday Bridge	John Marks	
	HM Duplicate Bridge, Mondays	Bray LeBrocq	•••••
	Social Club Party Bridge	Susan Hackstaff	•••••
	Talking Bridge		
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	Hospital Auxiliary		
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