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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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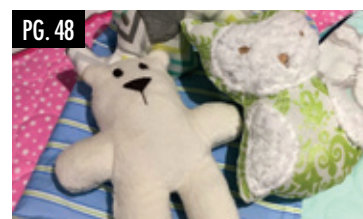
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Cover Photo by Jim Davis - Yardley
3rd Place HMNG Photo Contest Winner
(Birds Category)



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From the Main Gate

Marc Fraser | Director of Security

From time to time, usually during inclement weather, Hershey's Mill villages and the surrounding community may lose electricity. While most outages last two or three hours, a few have lasted for more than 24 hours. During power outages lasting any length of time, the Security Department receives dozens of phone calls from residents who find themselves in inconvenient, or even emergency, situations that could be prevented with some advance planning. Listed below are a few suggestions that can better prepare people for a power outage:

1. When the power is out, your automatic garage door opener will not operate. For those residents with detached garages, be sure you know how to operate your emergency door release.

NOTE: Always take your house keys with you when you leave home, as you cannot rely on entering your home through your garage during a power outage.

2. Keep plenty of flashlights around the house, and have extra batteries handy.

3. Keep a charged **cell phone** somewhere in your house, as your home phone will no longer have dial tone, unless you have a backup battery for your FiOS equipment.

4. If you are dependent on any life-saving electrical devices (oxygen pumps, medical monitors, etc.),

please contact your medical supply company to discuss options for a backup power supply.

5. Turn off any appliances that you were using when the power went off. When the power goes out unexpectedly, a person may have been using their stove, heating pad, or other device that requires monitoring. A person might leave the house and forget that these items were left running. If the person is not home when the power is restored, then the stove, heating pad, etc. may begin operating again without any supervision, causing a **fire hazard**.

Please call PECO at 1-800-494-4000 to report that your power is out, and for all outage-related questions, as PECO requires account holders to report their problem directly and does not provide the Security Department with any more information than they give to residents.

Please do not call Security for information regarding a power outage, as this ties up our phone line; and people with security-related issues or emergencies cannot get through.





Tending to your health is always essential.

There's no denying the new realities brought on by COVID-19. And while much has changed, one thing has not: our commitment to human care. Which is why our hospitals, health centers and practices have put measures in place to safeguard your health. Learn more at mainlinehealth.org/patientsafety

Stay safe. Be seen.



Lankenau Medical Center | Bryn Mawr Hospital | Paoli Hospital | Riddle Hospital
Bryn Mawr Rehab Hospital | Mirmont Treatment Center
HomeCare & Hospice | Lankenau Institute for Medical Research

Residents Update

Please pull out this page and place it in your yearly directory so you have up-to-date information.

**Barbacane, Richard
& Alice**

475 Eaton Way

Buzbee, Larry

169 Chandler Drive

Davidson, Louise

723 Inverness Drive

Galczenski, Joanne

525 Franklin Way

Muhly, Earle

187 Chandler Drive

**Schuster, Michael
& Michele**

334 Devon Way

**Wick, Ralph
& Patricia**

831 Jefferson Way

CALL FOR ARTICLES!

For many of us, the 'travel bug' is in our DNA however, another 'bug' in 2020 kept us homebound and staring at travel posters with a sigh. Even with our traveling curtailed, we still have wonderful memories and photos of the places we've been and we'd love to hear about them. A new series of articles is being planned for upcoming Digest & Guides. It's called *"On the Road Again"* after the Country and Western song made popular by Willie Nelson.

There are two ways to share your adventures. 1) Write your own story and send it to us or 2) Contact us, we'll arrange for an interview and write your story for you. This series can only happen and be successful with your stories so contact us at hmctvguide@comcast.net.

Stories must be approved by our editorial staff and edited if necessary. You will be notified that your story has been accepted and which month it will appear. Please keep in mind that we work 2 months ahead.

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CHESTER COUNTY FOOD BANK BEYOND HUNGER

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Here at the Food Bank, we know that for some time to come our neighbors will feel the effects of this unprecedented moment in time. We affirm our dedication to dignified access to food, equitable distribution with an emphasis on addressing the root causes of hunger. Along with critically needed food distribution we have focused programs in education, workforce development, agriculture and wellness. We feel that these programs are what will move our neighbors *Beyond Hunger*.

We thank you for the opportunity to share with you the mission and programs of Chester County Food Bank. We work side by side with over 130+ network agencies to address hunger and food insecurity.

Please consider joining us in this community program. There are many ways that you can help. Please contact Terry Scholl at 610-873-6000 x129 or 484-983-1026.

ZEEN MOBILITY DEVICE

Hello Hershey's Mill!

My name is Petra Rose. I am a physical therapist consulting with Exokinetics, a West Chester based startup currently in the final stages of development for a new mobility device which can replace a walker or wheelchair and decrease risk of falls - the Zeen!

We are seeking volunteers to test the device for a free 3-week time period and share your feedback with us. If you currently use a device for weakness, balance trouble, endurance issues or to prevent falls, please consider volunteering with us! Your feedback will help us to make final tweaks to the design as we move to production. If you are interested in hearing more, please contact Petra at petra@exokinetics.com or (717) 645-2167.

Finally - find a video and images of the Zeen on our website: exokinetics.com. We look forward to partnering with you! Petra and the team at Exokinetics.



Vehicle fire outside North Gate on Greenhill Road affected phone and electric for many HM residents.

Photo by Jack Kelley | Franklin



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Club News

Mac Group Meetings

Saturday, May 22 the Newer Users Mac Group will meet from 10 a.m.- noon on Zoom. The main Mac group is also meeting on Zoom on the second Saturday of each month from 9 a.m.-noon, with a question and answer period from 9-10:15 a.m., followed by a quest speaker. Both meetings are excellent and free opportunities to learn about your computer, iPad and iPhone.

If you wish to be included for meeting reminders and receive information about connecting on Zoom for either meeting, contact Carol Campanelli at

Sue Staas, ,
or Aime Gustitis,
GoodCaregiver.net, ,

HM Nature Group (HMNG)

Christine McCormick | Ashton

There is still time to view the 2020 Photo Contest Winners and Honored entries on the Nature Group website. Don't be intimidated, there is plenty of time to take that great photo for the 2021 contest. Flowers are blooming, insects are emerging, and the birds and frogs are active.

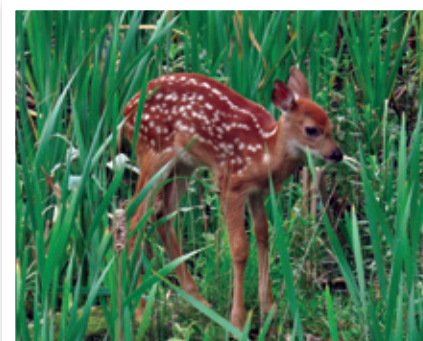
White-tailed Deer Fawn, Art Ramont - Jefferson
Red Fox Kit, Jerry Hopper - Quaker

Caregivers

Sue Staas | Kennett

Hershey's Mill Caregivers meet the **first Thursday** of every month at 10 a.m. This winter, we have met via Zoom and will probably continue with Zoom Being primary caregiver for your loved one is demanding, stressful, full of unknown happenings, and just plain difficult. The Caregivers group is a monthly gathering where you can learn new ways of coping by benefiting from other Caregivers' experiences. At the group meetings we offer support to each other, constructive advice based on experience; and from Aimee, our leader, expert advice and referrals as well. And we have some fun too! And fun is good!

If you have never joined us, we hope you will consider joining us this month. For additional information or to ask a question please contact



continued



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On May 5 at 4 pm Paul Lysko of the Chester County Beekeepers Association will present *A Virtual Hive Tour for Beginners*. Request the link and send your advance questions (e.g., Do the bees from the hives sting?) to hersheysmillnature@gmail.com. Bird watchers, bird feeders and newly interested save some time on Global Big Day, Saturday May 8 to contribute to our community submissions to this worldwide citizens' science event. Nest Box monitors are active as are the Native Plant/Pollinator Gardeners. To join these efforts e-mail hersheysmillnature@gmail.com.

More information about these and other Nature Group activities can be found on the HMNG website (HersheysMill.org; Activities: HMNG). Have you seen a news item that may be of interest to the community or have a burning question? That's right – submit it to hersheysmillnature@gmail.com, or

Book Club

Carol Barkovsky | Eaton

You don't want to miss this month's discussion of *As Bright as Heaven* led by Susan Schullery. Be sure to provide Martha Hanson with your email in order to receive your Zoom invitation for 2 p.m. on May 13. Meissner presents a compelling story of a mother and her daughters, who amidst tragedies and challenges, learn what they cannot live without – and what they are willing to do about it.

Carol Barkovsky will lead our June 10 meeting about *Small Great Things* by

Jodi Picoult. Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong.

With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. *Small Great Things* is a remarkable achievement from a writer at the top of her game.

Programs	May 1-14 (7 p.m. show on May 14 will not be shown)			
Sullivan House <i>with Kathy Myers</i> Kathy interviews former Sullivan House Chair, Bobbe Schackel. Learn about the historic house that is available to Mill residents and others for a variety of social functions. The house presided over the farm which became Hershey's Mill.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Funding Hershey's Mill Amenities <i>with Bob Bronner, Master Association Treasurer</i> Bob provides information about the revenue sources for all of the Hershey's Mill amenities. This includes Vision Quest, the Capital Improvement Fee, and Contingent Reserves. He also shows us how the Community Center Expansion will be funded. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies Noon & 8:30 p.m.	May 1 to May 7, noon True Grit (PG 13) <i>Jeff Bridges and Matt Damon</i> A stubborn teenager enlists the help of a tough U.S. Marshall to tract down her father's murderer. <i>[Run time 1h50m]</i>
	May 7, 8:30 p.m. to May 14, noon Peggy Sue Got Married (PG 13) <i>Kathleen Turner and Nicolas Cage</i> Peggy Sue faints at a high school reunion. When she wakes up she finds herself in her own past, just before she finished school. <i>[Run time 1h43m]</i>

Programs	May 15-31 (7 p.m. show on May 31 will not be shown)			
Alaska by Boat, Sea, and Land <i>with Don Evons and Kay Ricker</i> See glaciers and towns only reachable by air or sea, including Alaska's capital; fjords by air, where 8 died a week after visiting; and Mt McKinley as few ever see it. Learn about the Iditarod and the amazing dogs. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.

Movies Noon & 8:30 p.m.	May 14, 8:30 p.m. to May 21, noon Moonstruck (PG) <i>Cher and Nicolas Cage</i> A bookkeeper from Brooklyn finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. <i>[Run time 1h42m]</i>
	May 21, 8:30 p.m. to May 31, noon March of the Penguins (G) <i>Told by Morgan Freeman</i> In the Antarctic, every March since the beginning of time, the quest begins to find the perfect mate and start a family. <i>[Run time 1h20m]</i>

For **Programs and Movies**, go to NEW channel numbers **970 & 971** (Bulletin Board information appears only if neither is currently airing). 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.

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24 hours/day channel 971	Bulletin Board Times
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 970	

Gail Habbersett | Eaton

Barbara and Sam Crispin

Meeting new residents is always a pleasant pastime for me and, by providing a brief introduction to Barb and Sam Crispin here, our readers will learn about another couple who is excited to be not only part of the Hershey's Mill community, but also already participants in the betterment of it. Through their story, they are likely to be recognized out and about, as the days grow longer and the Covid restrictions become (hopefully) lessened.

Their story began when they were high school sweethearts. Barb grew up in Manchester, MD and Sam in nearby Hampstead. Students from both towns attended North Carroll High School. Their interest in music was the common thread that drew them together as she played bass clarinet, and he baritone, for the high school band. For Barbara, her talent was short-lived in the musical world, but Sam's musicianship was rooted and developed at an early age by his mother's talent.

Since age 12, Sam was proficient at keyboard and was entertaining groups wherever he could. While he and Barb were dating she learned that, for him to be her prom or homecoming date, she would have to 'book him' for the evening! On the day of their interview in the Community Center, Sam was at the piano as I arrived. It was lovely to be serenaded on our 'first date'!

Right after high school, he went on to Towson University to study music education. Barbara followed him there two years later to major in public health

education. In her junior year, they tied the knot (1977). While she finished her degree, Sam landed his first teaching job at Havre de Grace Middle School. Quite early that year, he determined that teaching general music was not for him.

Instead, Sam considered pursuing his interest in construction that stemmed from expertise gained from observing, and subsequently practicing, his father and grandfather's professional skills. His grandfather was a superintendent in construction of the Pentagon and his father's career involved building schools and churches. When opportunities arose to work alongside his family mentors, he realized the construction business could provide a satisfying career for him too.

After Barb's graduation in 1978, the couple headed to Georgia to accept employment in the company where Sam's father was working. Barbara explored careers related to her field for a couple of years but found much of that work depressing. The idea of starting a family appealed to both, so Barbara became a stay-at-home mom, first for Ben and next for Laura. She was very content in this role and operated a childcare program in their home. Providing fun, educational outlets for the children came easily and was extremely rewarding for her.

In 1982, Sam received an invitation from the Army Corp of Engineers to manage a new program for them. To this day, he still has no idea who



Barb and Sam at work in the HM pollinator garden

recommended him for a position in the Baltimore District. Men with construction backgrounds were hired to serve in the area of quality assurance as inspectors for the Corp. Sam was grateful to be recruited since the position appealed to his interests in that field.

Back in the Northeast, their family grew to five with the birth of Jeff. As the children grew, so did Barbara's interests in providing them with worthwhile experiences year round. Some were just natural outgrowths of her experiences with her 8 siblings, her love of the outdoors and 4H projects, and her fascination with plants. Other ideas came from her research and visits to the public libraries in Ann Arundel County. She was such a regular at the library with her children that she was approached about becoming

a substitute librarian. Once she did that, some of her favorite tasks were assisting with story time and the summer reading program. It was not surprising to learn she was also an active scout leader for her sons and daughter. Barbara's enthusiasm and work ethic led to her full time job at the library.

As the kids became more independent, Barbara decided to engage in a Master Gardener program. A major requirement of that undertaking was to design and implement a landscape project. She chose an area on the Crofton (MD) Library grounds for her site improvement plan. As an employee of the library, she enlisted the help of volunteers from staff in her public

library system as well as the Boy Scout and Girl Scout organizations with whom she was familiar. Barb is enormously proud of its cooperative success. Sam proudly noted that Barb exemplifies the expression "bloom where you are planted". Once the Crispin kids were grown, Barbara, being a life-long learner, decided to get her Master of Fine Arts. She accomplished this goal through one of Vermont College's low residency programs.

While Barb was rising in the ranks at the library, so was Sam moving up in the Corp. His interest in safety led to a position at Headquarters in Washington, D.C. with international plans and programs. So now the diverse tasks of the Corp were expanded to "more countries than you can imagine". Hurricane recovery, underwater div-

continued



Barb (L) with help from another Master Gardener installing a Redbud to help with storm water drainage
Roses rule in the Village of Eltville, Germany!



ing, small vessel operations, dredging, construction on military projects and flood control projects are a small sampling of a day-in-life of the Corp. Sam said simply, “We do whatever FEMA tells us to do”. For sure, that life has never been dull!

Over the span of his 30-year career, Sam has loved managing the overall safety programs, making sure that all engineers in the district were trained, educated and protected according to the rules and regulations of the Corp. Secondly, he relished supporting the inspectors whose job it was to oversee implementation of their strict guidelines. As thoughts of retirement began to surface more frequently, Barb and Sam’s plan took shape. Sam’s introduction to Germany on various overseas jobs, led to the decision to take an assignment with the Corp there – a last hurrah before his final years of service in the States. In 2015, Barbara retired from the library and Sam planned their move. The first stop was Weisbaden. For a year and a half, their special pleasures were the seasonal events and food. What was noteworthy of German city life was the garden co-ops

included within city limits instituted by Kaiser Wilhem II whereby city dwellers kept garden plots big enough to include a kitchen hut and patio to promote healthy eating and enjoying fresh air. Their final home was in Eltville on the Rhine. This village felt like home from the beginning and became only more special to them during their four-year stay.

Without any prompting, the couple offered that Germans were expert at balancing work and life. They demonstrated one example when we met for this interview. Called ‘afternoon pause’, Barb laid out the china teacups, carafe of fresh, hot coffee and selection of macarons. The act created an inviting and refreshing pause throughout our conversations. They also mentioned Stammtisch. This custom originally began as an on-the-job break for men only. They used a stump for a table and gathered around for a time of refreshment and conversation. The Crispins took part in a more modern version, referred to the same, but occurred two times a month. It was attended by men and women, Americans and Germans, who gathered in a

local restaurant. Barb and Sam appreciated discovering and taking part in this recreational fellowship.

That concept may have had an emotional impact on their decision to choose Hershey’s Mill – more specifically Inverness – as their new home last May. Sam’s current and final stint as Safety and Occupational Health Manager for the Philadelphia District will coincide with them adjusting to a 55+ lifestyle in our beautiful community. According to Barb, Sam became well acquainted with HM while in Germany as he ‘stalked’ the villages online. Apparently he knows every street here from studying satellite images!

While Sam continues to work, Barbara is settling in and matching her interests with amenities offered in The Mill. Despite continuing Covid

restrictions, she already attends two book clubs, joined the Women’s Nine Holer Club and is making major contributions to the evolving pollinator garden. Both Crispins actively plan and work their own garden plot. Sam describes their garden as ‘jazz’; the repetitive rhythm of plant, grow, pick. He also admits to being an idea guy and his wheels are turning! As time permits, Sam will get more acquainted with the pollinator group and the HM golf club, including the many men’s groups available.

Finally, Barbara and Sam are committed to devoting much of their free time to three amazing granddaughters. We say, thank you for choosing Hershey’s Mill. We are fortunate to have you and look forward to getting to know you better!

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Mother's DAY

TRIVIA

Rosie Taylor | Princeton

1. On what day is Mother's Day celebrated in the U.S., Australia and Canada?
2. In the Catholic Church, the holiday is strongly associated with admiration for whom?
3. What President made Mother's Day an official national holiday in the United States?
4. Mother's Day is the biggest holiday in the United States for?
5. What is the traditional Mother's Day flower in the United States?
6. What is the highest documented number of children born to one mother?
7. What is the traditional Mother's Day flower in Australia?
8. According to recent polls, Mother's Day ranks where in terms of most popular holidays?
9. The youngest recorded mother is Lina Medina, who gave birth to a boy in Lima, Peru in 1939; how old was she at the time?
10. As of 2010, most births occurred in what month in the United States?
11. In the bible, who is credited with being "Mother of All the Living"?
12. On average, how many diapers will a mother change by a baby's 2nd birthday?
13. What percent of babies are born on their due date?

Answers on page 68



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From a HM Boomer

Spring Ahead

Scott Burkhart | Inverness

Walking around Hershey's Mill a year ago resembled a ghost town. Last March was when it was confirmed that Pennsylvania was indeed in a pandemic. We had lockdowns, social distancing, mask initiatives, business closings, etc. I'm sure everyone remembers the hardships, illness and deaths (24,490 to be exact).

What a difference a year makes. Today I woke up with Alexa telling me I could expect temperatures in the seventies as well as a phone call asking when my story would be done. "I'm on it" I said as I headed out the door to play some pickleball. Something I couldn't do a year ago because all sporting venues were closed. In need of inspiration for the story, I thought a walk around the Mill on a beautiful spring day with an equally beautiful lady would do the trick. It did. Clusters of daffodils, crocus, hyacinth and celandine showed off their shapes and colors. The magnolia trees were in bloom as various other trees had their buds waiting to open. A pair of bluebirds added my favorite color to the picture and spring peepers provided background music.

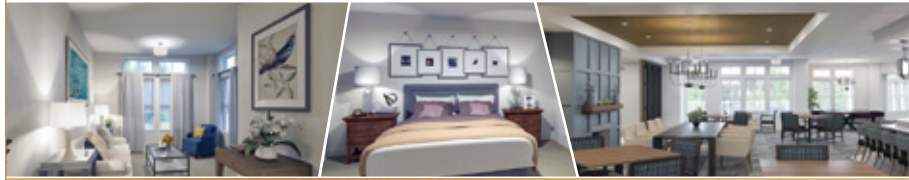
Does it get any better than this? It does and it is getting better. Nature's beauty as it springs forth was just as magnificent last year but covid rearing its' ugly head, it was almost impossible to appreciate.

This year is different. Besides nature's beauty, we have something even more beautiful: HOPE. With over a million full and two million partial vaccinations given already, we are beginning to see the light at the end of the covid tunnel. We still have a way to go but we can feel the end coming.

Do yourself a favor and walk around our scenic community. Greet the people you encounter. Stop and smell the hyacinths. Marvel at the trees as they turn Hershey's Mill green.

I did and I HOPE you will too.





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Recipes

A Quiche for Mom on Mother's Day



Broccoli Cheese Quiche

Servings: 6

Ingredients

- 9-inch unbaked pie crust
- 3 tablespoons butter, divided
- 1 onion, minced
- 1 teaspoon minced garlic
- 2 cups chopped fresh broccoli
- 1 1/2 cups shredded mozzarella cheese
- 4 eggs, well beaten
- 1 1/2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon butter, melted

Instructions

Preheat oven to 350 degrees. Line a 9-inch deep-dish pie pan with crust. Melt 2 tablespoons butter in a large saucepan over medium-low heat. Add onion, garlic, and broccoli. Cook slowly, stirring occasionally, until vegetables are soft. Spoon vegetables into crust and sprinkle with cheese. Combine eggs and milk. Season with salt and pepper. Stir in remaining 1 tablespoon melted butter. Pour egg mixture over vegetables and cheese. Bake in preheated oven until center has set, 30 to 50 minutes.

Spinach Bacon Quiche

Servings: 8

Ingredients

- 3/4 pound sliced bacon
- 1 9" single refrigerated pie crust
- 6 eggs, beaten

continued

Recipes (continued)

- 1 1/2 cups heavy cream
- Salt and black pepper to taste
- 2 dashes Worcestershire sauce
- 5 dashes hot pepper sauce – to taste
- 1 10-ounce package frozen chopped spinach – thawed, drained and squeezed dry
- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup chopped green onion
- 1/4 cup chopped green onion
- 1/4 cup grated Parmesan cheese

Instructions

Preheat the oven to 375 degrees. Place the bacon in a large, deep skillet, and cook until evenly browned. Drain the bacon slices on a paper towel-lined plate. Chop when cool. Fit the pie crust into a 9-inch pie dish, and set aside. In a bowl, whisk together the eggs, cream, salt, black pepper, Worcestershire sauce, and hot pepper sauce. Spread the spinach into the bottom of the pie crust; top with bacon, Cheddar cheese, and green onion. Pour the egg mixture over the filling, and sprinkle the quiche with Parmesan cheese. Bake in the preheated oven until the top is lightly puffed and browned, and a knife inserted into the center of the quiche comes out clean, 35 to 45 minutes.

Sweet Fruit Quiche

Servings: 6-8

Ingredients

- 1 1/2 cups milk
- 2 eggs
- 1 teaspoon Vanilla
- 1 cup fresh or thawed frozen fruit, cut up, grapes, strawberries, peaches, apricots, or a combination
- 1 9 inch prepared pie crust

Instructions

Heat milk just to boiling and remove from heat. Beat eggs and gradually add vanilla; add milk. Stir in fruit and pour into pie shell. Bake at 425 degrees for 10 minutes, then at 325 degrees for 30 minutes. Serve with ice cream, whipped cream, or yogurt (optional).

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Garden Reflections

John Groch | Chatham

Spring brings with it a flurry of activity as if the entire world is waking up from wintry slumber. Vegetation is bursting with color, trees, shrubs and lawns are greening up, new life is bursting from the fertile soil and promising to yield all sorts of blossoms, foliage, fruit and vegetables in good time. Gardeners themselves are bursting with energy, enthusiasm and robust activity, mirroring the frenzy of new life around them. The long patient wait of winter is finally paying off with the promise of tantalizing fruit and delicious, nourishing vegetables. The microbial and chemical magic of decaying organic material in garden beds has enriched the soil which lies in wait for the planting of seeds and seedlings that will provide life-sustaining food.



Bold Iris to welcome May.
Photos courtesy of Mary Alice 'Mer' Groch

“
Environmental consciousness
recognizes the close
connection between soil health,
insect, animal and plant
well-being and, ultimately,
human health as well.
”

In recognition of the balance of nature, and the interdependence of all living things, gardeners are encouraged to use organic methods of weed and pest control which often use a combination of less harmful

ingredients like soap and vinegar. Natural soil conditioning using such supplements as mushroom soil and leaf mulch returns nutrients to the soil without introducing harmful chemicals. Composting of plant material also provides a rich organic supplement. Many gardeners have composting containers in which decaying plants and shredded leaves are periodically turned to move the material so that air pockets form and permit bacteria to break down the compost into smaller and smaller

continued

Garden Reflections (continued)

fragments. The compost containers give off steam visible on cool days because of the heat generated by the composting process. Because of the community garden's position above a stream, the headwaters of Ridley Creek, it is particularly important to avoid using harmful pesticides and fertilizers that could end up being drained into the stream during heavy rains, leading to pollution of streams, rivers and the ocean. The bees in the hives near the gardens and the birds that love to feast on turned up worms can also be harmed by chemical pesticides. Environmental consciousness recognizes the close connection between soil health, insect, animal and plant well-being and, ultimately,

human health as well. Responsible gardening is a genuine act of charity benefiting current and future generations of humans and the entire planet as well.

Gardening can be most gratifying on many levels. The physical exercise required to sustain a successful garden, the mental and ethical considerations in good gardening practice, and most of all, the pleasure of savoring the fruits of one's labor all contribute to the physical, social and spiritual health of the gardener. Many a conversation with fellow gardeners over the fence has enriched heart, mind and soul.



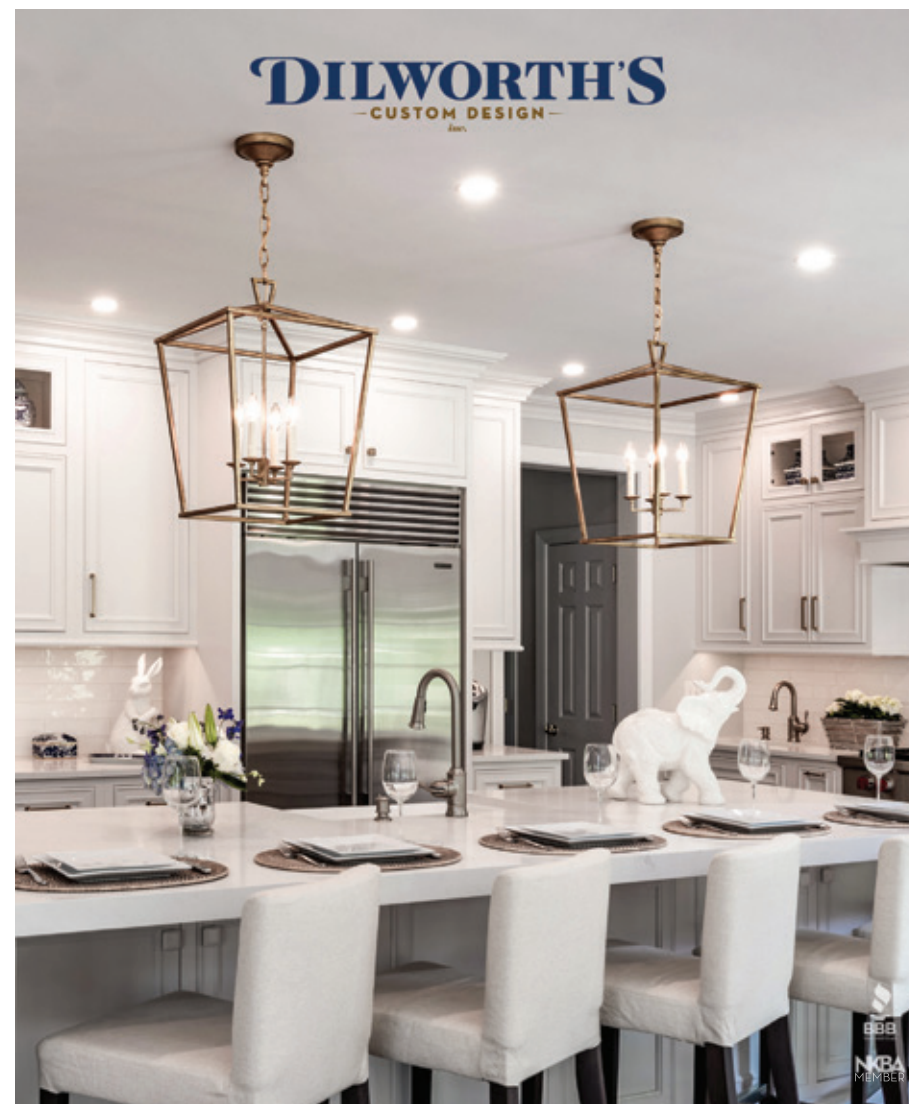
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The *Real* Indiana Jones

Joe Kennedy | Princeton

Sylvanus Morley, an archaeologist born in Chester, was a pioneer military intelligence agent during World War I, working for the Navy in Mexico and Central America. Morley's role as a spy during the war is the subject of the book *The Archaeologist Was a Spy* by historians Charles H. Harris, III and Louis R. Sadler, emeritus professors of Latin American and Mexican History at New Mexico State University.

Morley's greatest contribution to the war effort was in discovering rumors that German U-boats were based in Mexico and Central America was false. In some way, Morley was a real-life Indiana Jones. Think of an alternate title to the book, *Indiana Jones and the Phantom U-Boats*.

In March 1917, a month before America entered World War I, Morley, who was in Mexico's Yucatan Peninsula doing archaeological digs, approached the Office of Naval Intelligence (ONI) with a proposal. He wanted to establish a spy network in the Yucatan area and Central America. The job of the network would be to assess the German presence in that area and to chart the coastline, looking for secret German submarine bases. The ONI was concerned about the possibility the Germans might establish U-boat bases in the area which could threaten Allied shipping in the Gulf of Mexico and the Panama Canal. There were a number of German citizens living in the area and considerable anti-American sentiment

in Mexico and Central America.

Morley had already recruited a team of colleagues from the world of anthropology and archaeology to become agents for the Navy. He also signed up a rising cartoonist named John Held Jr. as an artist and cartographer. Held would go on to become a famed illustrator and author during the 1920s and '30s. ONI accepted Morley's plan, and in April 1917, when the United States declared war on Germany, Morley and most of his team received commissions in the Naval Reserve.

Sylvanus Griswold Morley was born in 1883 in Chester where his father was a professor at Pennsylvania Military College, now Widener University. At age 11, Morley moved with his family to Colorado. During his teens, Morley developed an interest in archaeology, but his father insisted that he be educated for a more practical career. Thus Morley returned to Pennsylvania to attend PMC, where, in 1904, he graduated with a degree in civil engineering. The college yearbook listed him as second in his class, a Distinguished Cadet, who excelled in math, physics, chemistry and German. Morley enrolled at Harvard to study archaeology and received his BA (1907) and MA (1908). In the latter year he married Alice Williams and began his career in interpreting Mayan material at the Peabody Museum at Harvard.

At the time he signed on as a spymaster, Morley was 5 feet, 7 inches tall, weighed in at about 105 pounds and

wore glasses. It was the perfect cover. His working knowledge of Spanish was supplemented by charm and good manners that ingratiated him with local officials. As a professional, he was noted for his energy, drive, courage and attention to detail, according to Harris and Sadler.

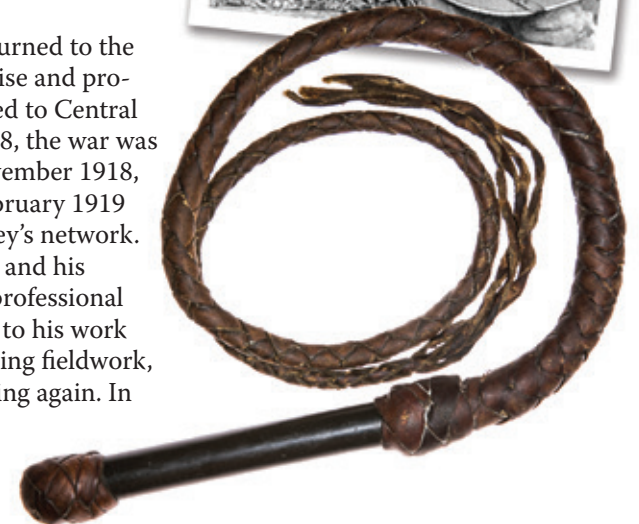
Between April 1917 and April 1918, Morley and his team were hard at work gathering data and establishing local contacts. Morley's personal reports included discounting a rumor of a German/Mexican invasion of British Honduras, assessing the state of German propaganda in the region and establishing that there were no U-boat bases or secret German radio stations in Central America. Morley personally helped map the coastline. Accompanied by Held, Morley rented a sail yawl with an auxiliary engine to explore inlets on the coastline of Honduras and Nicaragua. This subjected them to flea and mosquito bites and malaria.

"In just ten months, Morley had become a skilled intelligence operative and a first-rate analyst," write Harris and Sadler.

In April 1918, Morley returned to the United States to both praise and promotion. When he returned to Central America in the fall of 1918, the war was coming to an end. In November 1918, the war ended, and in February 1919 the ONI closed out Morley's network. Shortly after this, Morley and his agents returned to their professional careers. Morley returned to his work on Mayan civilization, doing fieldwork, writing books and marrying again. In

his later years he became the director of the Museum of New Mexico in Santa Fe. He died in 1948.

Historians Harris and Sadler conclude that the possible existence of German U-boat bases in Mexico and Central America was a serious concern for the United States. As it turns out, there weren't any bases in the region. "Yet one should keep in mind the difference between perception and reality. The perception was that the submarine constituted a grave threat to the U.S. So the rumors had to be checked out," wrote Harris and Sadler.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>ACTIVITIES CALENDAR MAY 2021</h1>						May 1 <i>Life is like riding a bicycle. To keep your balance, you must keep moving. Albert Einstein</i>
2 <i>It takes courage to grow up and turn out to be who you really are. E.E.Cummings</i>	3 <i>A genuinely happy person is one who has rendered others happy.</i>	4 <i>Adopt the pace of nature: Her secret is patience. Ralph Waldo Emerson</i>	5 9:00am Art Group <i>The unending paradox is that we do learn through pain. Madeleine L'Engle</i>	6 10:00am Caregiver Support Group 1:00pm Knitting Circle <i>Only those who will risk going too far can possibly find out how far one can go. T.S.Elliot</i>	7 10:00am Quilters <i>Act as if what you do makes a difference. IT DOES! Williams James</i>	8 <i>The mind is not a vessel to be filled, but a fire to be kindled. Plutarch</i>
9 <i>There is always light, if only we're brave enough to see it. If only we're brave enough to be it. Amanda Gorman</i>	10 <i>Success is not final, failure is not fatal: it is the courage to continue that counts. Winston Churchill</i>	11 <i>It is impossible for you to go on as you were before, so you must go on as you never have. Cheryl Strayed</i>	12 9:00am Art Group <i>Stress, anxiety, and depression are caused when we are living to please others. Paulo Coelho</i>	13 11:30am Mermaid Book Club 1:00pm Knitting Circle <i>When you have a dream, you've got to grab it and never let go. Carol Burnett</i>	14 10:00am Quilters <i>No matter what you're going through, there's a light at the end of the tunnel. Demi Lovato</i>	15 <i>A self that goes on changing is a self that goes on living. Virginia Woolf</i>
16 <i>Forgiveness does not change the past, but it does enlarge the future. Paul Lewis Boese</i>	17 <i>Never bend your head. Always hold it high. Look the world straight in the eye. Helen Keller</i>	18 <i>What you get by achieving your goals is not as important as what you become by achieving your goals. Zig Ziglar</i>	19 9:00am Art Group <i>Believe you can and you're halfway there. Theodore Roosevelt</i>	20 1:00pm Knitting Circle <i>Nothing is impossible. The word itself says "I'm possible!" Audrey Hepburn</i>	21 10:00am Quilters <i>You are never too old to set another goal or to dream a new dream. C.S.Lewis</i>	22 <i>Only the curious have something to find. Sean Watkins</i>
23 2:00pm National Affairs Forum <i>Pay attention to what you pay attention to. Amy Krouse Rosenthal</i>	24 <i>You must do the things you think you cannot do. Eleanor Roosevelt</i>	25 <i>Sometimes you will never know the value of a moment, until it becomes a memory. Dr. Seuss</i>	26 9:00am Art Group <i>You do not find the happy life. You make it. Camilla Eyring Kimball</i>	27 1:00pm Knitting Circle <i>The most wasted of days is one without laughter. E.E.Cummings</i>	28 10:00am Quilters <i>Try to be a rainbow in someone else's cloud. Maya Angelou</i>	29 <i>Life shrinks or expands in proportion to one's courage. Anais Nin</i>
30 <i>Happiness is something that multiplies when it is divided. Paulo Coelho</i>	31 <i>There's not a word yet for old friends who've just met. Paul Williams</i>	Jun 1	2	3	4	5

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Being a Couch Potato

Rosie Taylor | Princeton

EXERCISE – love it or hate it – it's important. The benefits of exercise have been known since the days of the ancient Greeks. Hippocrates wrote of the benefits in 400 B.C. as a way to ensure good health. However, it wasn't until 1953 when Dr. Jerry Morris, credited as "the man who invented exercise" published his research findings in *Lancet* magazine in which he made the connection between exercise and health - thus launching an 80 billion dollar industry.

Like the Internet, Reality TV and taxes, exercise is here to stay. "Good things come to those who sweat." "The only bad workout is the one that didn't happen." "Exercise is a celebration of what your body can do. Not a punishment for what you ate." These are three of millions of quotes about the benefits of exercise...attributed to 'anonymous.' I guess these folks didn't

use their names because they were afraid of being tarred and feathered by those who aren't quite as sold on the concept of exercise as they are.

There's an exercise spectrum with couch potatoes on one end and Jack LaLanne, the Godfather of Modern Fitness, on the other.

There's an exercise spectrum with couch potatoes on one end and Jack LaLanne, the Godfather of Modern Fitness, on the other. In years past, I was one of 'those people' - up at 5:30, in the gym by 6 spending at least an hour grunting, lifting, and sweating a minimum of four times a week at the YMCA, or Planet Fitness or Joe's Body Building Torture Chamber. My attendance at these temples of body perfection started strong with strength,

aerobic and group exercises. As the years passed and my joints got a little cranky and the metabolism slowed to a stop, I found myself leaning towards the couch potato. The alarm seldom got set, the covers felt warmer and the thought of a bacon, egg and pancake breakfast lulled me back to sleep. I still liked working out but the thought of driving 30 minutes overpowered the will to get up, get dressed and go do it. "How can I exercise without the pain of driving?" I asked myself and the answer was obvious a home gym!

The next investment in the pursuit of the perfect body was exercise equipment. Tread mills, elliptical machines, weights, kettle bells, jump ropes, and elastic strength bands became part of 'Rosie's Gym' as my husband affectionately called it. I did however, refuse to purchase exercise videos. Who would ever want to watch someone who have never lost a battle to a piece of Death

by Chocolate cake, a bag of Vinegar and Sea Salt chips or a pint of Rocky Road ice cream? Overtime, the treadmill and elliptical were pushed in the corner used only to hang clothes, the weights moved into the garage and the rest donated, tossed or given to others along with the associated guilt.

We can't deny the importance of exercise. Dr. Morris lived until 99; to celebrate his 70th birthday, LaLanne swam 1.5 miles along the California coast from the Queen's Way Bridge to Long Beach Harbor wearing handcuffs and shackles on his arms and legs while towing 70 row boats holding 70 people and today and, just in the US, there are more than 55 million fitness center members. So I'm back on my new rower resolved to do more than wrestle with my conscience, run my mouth, take leaps of faith, and jump to conclusions. *Jane Fonda, eat your heart out!*



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Happenings at the Library

The library continues to be an active hub during our health crisis. With the increase in vaccine distribution and easing of restrictions the library is planning ahead. Please continue to wear a mask, sanitized hands, and books upon entering the library.

As we move forward the library is hoping to have our annual Used Book Sale September 11 and 12 at the Community Center. Please continue to bring books in good condition to the library during regular hours. Religious books, coffee table books, and reference book can be taken to the Baldwin Book Barn in West Chester. If requesting a particular book be purchased for the library, please put in our suggestion box and make sure it is not an older book.

As we plan for next year, the library is hoping to sponsor a Speaker's Series. We have some very interesting people living within our community including retired players from champion teams and authors.

New books continue to be processed as quickly as we receive them. When processed they leave the library quickly and are usually in great demand. Due to privacy our volunteers are not able to tell you who has borrowed a particular book, but can tell you when the book is due back at the library.

Our phone system does not allow incoming phone calls but does allow emergency outgoing calls. The library is here to help you. Home delivery is available. Please contact Angela Linden

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Berenson, Alex - *The Power Couple*
Callahan, Patti - *Surviving Savannah*
Charles, Janet Skeslien - *The Paris Library*
Deibel, Jennifer - *A Dance in Donegal*
Druart, Ruth - *While Paris Slept*
Fisher, Helen - *Faye Faraway*
Haig, Matt - *Midnight Library*
Hannah, Kristin - *The Four Winds*
Harper, Jane - *The Survivors*
Ishiguro, Kazuo - *Klara and the Sun*
Johansen, Iris - *Blink of an Eye*
Johnson, Sadeqa - *Yellow Wife*
Lamott, Anne - *Dusk Night Dawn*
Landou, Alexis - *Those Who Are Saved*
McDonald, Christina - *Do No Harm*
Meisser, Susan - *The Nature of Fragile Things*
Nguyen, Viet Thanh - *The Committed*
Penner, Sarah - *The Lost Apothecary*
Ryan, Jennifer - *The Kitchen Front*
Singh, Nalini - *Quiet in Her Bones*
Steele, Danielle - *Affair*
Willig, Lauren - *Band of Sisters*



Whitaker, Chris - *We Begin at The End*
Youngson, Anne - *The Narrowboat Summer*

MYSTERY

Box, C.J. - *Dark Sky*
Coben, Harlan - *Win*
Finch, Charles - *Extravagant Death*
Fluke, Joanne - *The Triple Chocolate Cheesecake Murder*
Greaney, Mark - *Relentless*
Hood, Joshua - *Robert Ludlum's The Treadstone Exile*
Jance, J. A. - *Missing and Endangered*
Kellerman, Jonathan - *Serpentine*
King, Stephen - *Later*
Land, John - *Margaret Truman's Murder on The Metro*
Patterson, James - *The Russian*
Quinn, Kate - *The Rose Code*
Ruggero, Ed - *Comes the War*

Swanson, Peter - *Eight Perfect Murders*

Swanson, Peter - *Every Vow You Break*
Todd, Charles - *A Fatal Lie*

NONFICTION

Bren, Paulina - *The Barbizon*
Mowday, Bruce - *Stealing Wyeth*

BIOGRAPHY

Allende, Isabelle - *Soul of A Woman*
Cooke, Julia - *Come Fly the World*
Isaacson, Walter - *The Code Breaker*
Loftis, Larry - *The Princess Spy*
Smash, Sarah - *She Comes by It Natural*
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Serpentine Barrens

Rosie Taylor | Princeton

The Hershey's Mill natural community is eastern piedmont forest alongside our fine landscaping. But did you know that we have a place where the depths of the ocean and the prairie meet? The serpentine barrens are that place, a patch of about four acres along the west reach of Chandler Drive. In geologic time the collision of continents resulted in sub oceanic material being squeezed to the surface. That material is serpentine rock, a greenish metamorphic rock. The soil over the rock outcrop is so thin that deep rooted woody vegetation doesn't grow. That gives an advantage to many grasses and herbs that are characteristic of the prairies of the American Great Plains. Furthermore, serpentine rock contains chromium, nickel and magnesium in concentrations so high that few plants can survive but some are especially adapted to these rare conditions. Serpentine barrens

occur in limited parts of southeastern Pennsylvania and Maryland. The quality of this rare community has

... did you know that we have a place where the depths of the ocean and the prairie meet? The serpentine barrens are that place, a patch of about four acres along the west reach of Chandler Drive.

led the Pennsylvania Natural Heritage Program to rank the Hershey's Mill Southwest Serpentine Barrens as being of Global Significance. Aerial photos from 1930 onward show the area as open pastureland with the edges

continued

Pictures, left to right: Wilbur Amand, Rose Pink
Connie Friedrich, Rose Pink
Rachel Spigler, Rose Pink
Connie Friedrich, Whorled Milkweed





Connie Friedrich, Serpentine Barren Seep

gradually filling in with red cedar and then deciduous species. The build-up of organic matter from decomposing leaf litter creates a thicker soil layer that is more welcoming to plants and especially to invasive species. The unique serpentine barrens species will be out-competed over time and this special resource will be lost. Thus far, the steep slopes, the PADEP's prohibition of development and the respect of Hershey's Mill residents have maintained the habitat quality so that little bluestem, annual fimbry, blue-eyed grass, rockroses, moss pink, whorled milkweed and the globally endangered serpentine aster can continue to thrive. Temple University scientists have chosen the site to conduct research on the rose pink.

The Hershey's Mill Nature Group is

undertaking an effort in consultation with the Village of Ulster, Commercial Land Holdings and Wellington to better understand this treasure and plan for managing its integrity into the future. First steps will include describing the species currently present, including butterflies and other pollinators that are dependent on it. As part of this effort we will evaluate the main threats to the integrity of the barrens—deer and other herbivores, invasive plant species, organic matter build up and human intrusion. If you would like to be involved, write to HersheysMillNature@gmail.com. If you would like to learn more about Serpentine Barrens, visit the Pink Hill at Tyler Arboretum, a restored serpentine barrens community. And of course, explore the HM Southwest Barrens being sure to stay on the trail.



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Cradlestitchers - Babies Are Born to Love

Donna Faunce | Oakmont

Our Hershey's Mill Cradlestitchers have been very busy all through the lockdown doing what comes naturally – making baby clothes!

BJ has discovered a way to make baby bath towels that are simple, inexpensive, and easy to sew. Starting with a large bath towel, she trims off a small section for the triangle hood, attaches that to the larger remaining piece and then trims it all with a strip of flannel binding. Done! So soft and cozy! Perfect for any newborn. And far superior to any we would purchase anywhere.

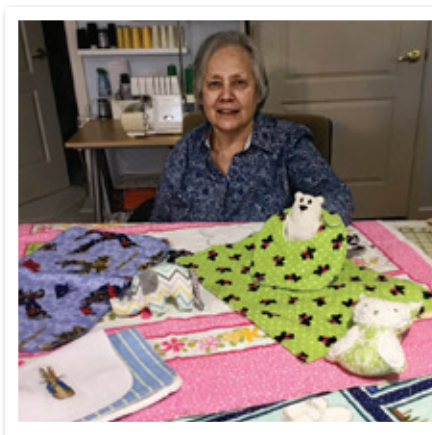
A new way to make a baby crib sheet was discovered by Mary Lou and what an improvement over the store-bought ones. Now we have a stronger, longer-lasting fitted sheet made of

more colorful fabrics and which the moms find much easier to use.

Leslie is our designer/creator of small stuffed toys—flannel or fleece covered animals, brightly adorned and easy to grasp by little fingers. These “one of a kind” creations are proudly placed at the very top of the layettes which are then wrapped with cellophane and topped with a bow; blue for boy, pink for girl.

As you can see, our Cradlestitchers are creative in so many ways. And we all participate in designing and producing the other items to complete the layettes: receiving blankets, baby bibs, burpees and large crib blankets. Our sewing machines are never idle!

The “sleepers” or bodysuits and undershirts are beyond our ability to make but are purchased from our



local merchants along with baby bottles, diapers, wipes, and 24 plastic bins. The first Thursday in December is our “workshop day” when we gather to pack all our lovely creations in the bins, enjoy a delightful lunch and hear from Birthright volunteers their stories of the grateful recipients of our labors. Makes us all eager to start all over for the next year.

A special note: most of us joined this group bringing but a modicum of ability, but, nevertheless, big hearts to do something to meet a special need. The joy on the faces of Birthright

recipients is all we need to keep on sewing, knitting, and shopping. We are indeed thrilled to be a part of this ministry of helping new mothers and their newborns in need by producing these beautiful layettes, packed with everything a baby needs when coming home from the hospital. Some of our supporters no longer sew but they still contribute in so many ways, and to them we are so grateful. We welcome any new members---SEWING AND/OR KNITTING SKILLS NOT NECESSARY! For additional information, contact Donna Faunce,

. Our re-organization meeting is scheduled for Sept. 15, HMCC, 11a.m., Paoli Room.



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Mental Health Awareness: Depression and Anxiety

Kate Lindsay | Brighton

Throughout our lifetime the issue of mental health has gone from being a secret burden to bear by the person and family to acceptance that a mental health issue needs to be addressed as a health concern. Most especially, these last twelve months have highlighted how mental health can be a crucial factor in maintaining wellness.

As spring arrived, days were warmer, the sun was out, and I was feeling lighter and had more energy. Friends were saying they were feeling better and were out of the house enjoying the weather. I would not have described myself as sad or depressed during these past twelve months, but I could tell, I did feel better recently.

Now is the time to reflect on ourselves and our feelings. We should accept that this past year was difficult for everyone but if someone experienced mental health issues in the past, it was increasingly difficult. So, as we talk about mental health, our situations may be changing due to the receding Covid 19 restriction, but mental health is a necessary state of wellness for all of us, all the time.

When someone feels sad, they need to evaluate the length of time they are experiencing the signs. You may feel down and have less energy after losing



a family member or friend, developing a medical issue, retirement, or changing another important aspect of your life. This feeling is lasting for a few weeks, but you can still get things down for your life. During this time, talk with family and friends about what you lost. Reminiscing about the events and their part in your life is good for you and brings uplifting feelings even though you still miss them. The time to be more concerned about depression is when the disruptive feelings are interfering with accomplishing your usual life activities for a few weeks. One of the most disruptive symptoms of depression is having trouble sleeping. If you cannot sleep the way you usually do, and you have tried lavender, warm milk, or warm bath before bed but still cannot sleep along with feeling tired the next day, you may be more depressed than you thought. Some people try alcohol to help them sleep but this is not recommended because it does not allow you

to enter the sleep cycle that gives you the restful night sleep you need. One symptom as we age, is experiencing some confusion or inability to concentrate or remember things, this is scary because we think of Alzheimer's, but it could be depression. Be alert, when you are: not sleeping as usual, feeling tired when you wake up, not wanting to do the things that you enjoyed in the past, not being able to watch your favorite TV show. And these feelings are lasting for weeks. This is the time to talk with someone about your concerns. Talking with someone is the support you need to help you determine the best way to help yourself. You may want to talk to a friend or to your Primary Care Provider (PCP). Saying it out loud, helps bring light to the situation, which then helps you evaluate the situation easier, and you

do not feel as alone as you had.

Another mental health issue that people can experience is anxiety. This past year has brought a great deal of worry and fear into our lives. From worry about getting a disease that could kill us to when we will be able to get the Covid 19 vaccination so we can see our family in person. The American Association for Geriatric Medicine believes that Anxiety effects 10 – 20% of the aging population, so feeling anxious is not uncommon. Mild anxiety helps us be more attentive to everyday issues and helps us make decisions. But when the worrying becomes intrusive and does not allow us to engage in our usual activities of daily living, it is time to talk with someone. As we enter a new phase related to the

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Covid 19 pandemic, anxiety can also occur as we expand our interactions. While we have been looking forward to this, we can also worry about the safety of resuming our previous activities. Anxiety is an uncomfortable feeling state not just because of the fast heartbeat, sweating, trembling, and feeling jittery inside our bodies but you have a fear which may seem to have an obvious origin, but you realize as you look objectively at your response, it is not in proportion to the event. At this time, you may feel silly but do not put yourself down because of it. This is something you need to evaluate. As with depression, find someone with whom you can talk. One thing to remember, do not try to calm down with Alcohol, this will just make things feel more intense after you have not had a drink.

In older adults, anxiety and depression often occur together. It is important for older adults to tell their physicians if they are experiencing symptoms of either.

The National Institutes for Aging and American Association of Geriatric Medicine have information about both mental health issues.

Common Symptoms Of Depression From The National Institutes Of Aging

There are many symptoms associated with depression, and some will vary depending on the individual. However, some of the most common symptoms are listed below. If you have several of these symptoms for more than 2 weeks, you may have depression.

Persistent sad, anxious, or "empty" mood.

Feelings of hopelessness, guilt, worthlessness, or helplessness.

Irritability, restlessness, or having trouble sitting still.

Loss of interest in once pleasurable activities, including sex.

Decreased energy or fatigue.

Moving or talking more slowly.

Difficulty concentrating, remembering, making decisions.

Difficulty sleeping, early-morning awakening, or oversleeping.

Eating more or less than usual, usually with unplanned weight gain or loss.

Thoughts of death or suicide, or suicide attempts.

Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment.

Frequent crying.

Signs of Anxiety From the American Association Of Geriatric Medicine

Excessive worry or fear.

Refusing to do routine activities or being overly preoccupied with routine.

Avoiding social situations.

Overly concerned about safety.

Racing heart, shallow breathing, trembling, nausea, sweating.

Poor sleep.

Muscle tension, feeling weak and shaky.

Hoarding/collecting.

Depression.

Self-medication with alcohol or other central nervous system depressants.



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Hershey's Mill Golf Club History Bringing HMGC Up to Date

Ed McFalls

This is the fourth and final part in the series on the History of HMGC.

In three early installments of the history of HMGC, we have reflected on the formation, early development, construction, membership growth and maturing of the club. This final installment will highlight the last dozen or so years.

After the difficult economic recession of the early 1990s, the club's waiting list was all admitted and continuing attrition led to the re-opening of golf memberships to non-Hershey's Mill residents. America's love affair with the game of golf, that saw an explosion in golf course development through the 1980s and early 1990s, began to wane, and with it, HMGC's overall number of golf memberships also declined. Younger and younger middle-aged players indicated that their lives were just too busy on

weekends to make a commitment to club membership. Different membership structures had to be developed to appeal to players with active family and business lives.

As the Hershey's Mill membership began evolving, golf members wanted more and better opportunities for honing their golf skills. With the assistance of golf course architect, Brian Ault, a plan was developed to level and expand the practice putting green, to add another green with an associated bunker for chipping and sand practice and larger teeing areas were developed for the driving range.

At the same time, members began clamoring for a clubhouse facelift. The first effort was to expand the bar/lounge in 2006 to accommodate many more patrons and achieve a more "Chester County" feel to the décor. The wall to the final office on the course side of the hallway was demolished, the physical bar was

doubled in size, the lounge capacity was tripled and a fireplace was added at one end to add to the atmosphere. With the assistance of Julie Baer of Integrated Environments, warm, rich cherry paneling and inviting colors were employed to enhance

After the difficult economic recession of the early 1990s, the club's waiting list was all admitted and continuing attrition led to the re-opening of golf memberships to non-Hershey's Mill residents.

the appeal of the enlarged room. The new Lounge was so well received that the management was convinced to extend the "new look" throughout the restaurant areas of the club the following winter and spring, and the club was reborn once again. The next year, in 2008, a similar facelift was

accomplished throughout the lower level of the clubhouse as well.

In the six years since the clubhouse's major makeover, the club's focus has been the improvement of its bunkers. Beginning with a couple of test bunkers on Hole #2, the Greens staff has adopted a bunker renovation program developed here in the Philadelphia area whereby bunkers are stripped of their sand, reconfigured as desired, drainage is added and then a Matrix macadam is spread across the bottom before new sand is installed. The beauty of this process has been how well it accepts heavy downpours without the sand washing out, and the Matrix prevents contamination of the sand with soil and stones. This program has been utilized on Holes 2, 3, 4, 5, 8, and most recently #1.

Hershey's Mill Golf Club is an integral part of this wonderful community. The club grew up with the villages, and both villages and HMGC mutually benefit and make the other better. It is a relationship that is important to the continued success of the Hershey's Mill lifestyle.



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FROM THE DESK OF THE SECRETARY

Bob Gottshall | Franklin

With the dispersal of the Covid Shots, we are all experiencing the eventual end of our prison sentence in "Covid State Prison". It is now up to each and every one of us to determine what direction we are going to proceed in the near and distant future when it comes to better health and longer life. We have all been held hostage, basically in our own homes, for more than a year. Here at beautiful Hershey's Mill, we have the opportunity to decide that we can extend the possibility of longer life by getting active once again with the other members of our community by participating in activities that are offered here. My own body is telling me that I have not exercised properly and I need to get moving. HMSG offers a multitude of different activities and I plan to participate in as many as possible now that the "sentence" is about to be lifted. For more information, log on the Hershey Mill Web Site, and click on HMSG. There are many wonderful neighbors who serve on the various sports' committees who would love to hear from you and welcome you in their group(s). "Just Do It"!

BOCCE

Bocce Committee

The sign up period for the 2021 league play continues until May 15. To sign up, e-mail Bob Walsh at _____, or for more information, call _____. Teams consist of 2 players. To sign up for the league, please include both names, email addresses and telephone numbers. We will randomly divide all the teams into groups. League play starts right after Memorial Day and continues through the summer. Each team will play 7 matches within their own group over that time period. The bocce committee will be working to expand village, and other groups, play in 2021. It is a great social activity with your neighbors. Covid protocols apply for all bocce activities.

HORSESHOES

Chip Dascanio | Quaker

We have some changes for horseshoes this year. Beginning May 3, we will be changing our get together time from Friday's at 10 a.m. to Monday's at 4 p.m. With so many other activities going on in the morning, we hope this time will accommodate more people. This year, along with our daily open play, we hope to have some in-house tournaments, singles, and mixed teams for those interested. By appointment on Tuesday afternoons, I will give lessons on throwing a horseshoe, scoring rules and any other questions you may have. Covid 19 restrictions will still apply. There is no weekly commitment. Come out when it best suits your schedule. We welcome all. If you have or have

not played before, would you please contact me and let me know if you are interested? Please include your phone and email address.

PADDLE

Paddle is supposed to be a winter sport, and so it has been. However the only thing constant is change. The ATPA has developed a summer ball which is less lively. That's right, less lively. The winter ball, when warm is like a "superball"; it explodes off the paddle and bounces over the wires rather frequently. Thus the summer ball. Probably by the time you are reading this article, we will be playing with the new ball. This is the perfect opportunity for squash and racquet-

ball players to try paddle. The similarity is we play off the wires (walls). Just think "outdoor squash"! Watch your emails as we transition the expansion of paddle into a year round activity.

PICKLEBALL

Tom Fant | Yardley

"Oh, the snow fell without a break... in the coldest winter in almost 14 years". When he wrote "Mandolin Wind" in 1971, Rod Stewart didn't think he was describing winter at The Mill in 2020-2021 some 50 years later, but it certainly felt that way a few months back. In February, The Mill had back to back 6+ inch snow storms

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Jane Hamilton with leftover snow pile in Yardley Village a month after February storms.

and the Pickleball Nation responded with their best snow shovelers to let us at least play in our ROCO reserved times. Now, with the advances made in the COVID 19 vaccine, we are hopeful open play pickleball is around the corner. Come on Moderna, Pfizer and J & J. Get us back to normal in time for the rest of spring at Hershey's Mill with open play pickleball!



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May - the Month to Celebrate Mothers

Mom, mum, mummy, mam, mammy, motha, mommy, momma, ma, madre, mama, and even maw - all terms for the person we honor this month of May - **Mothers**

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, the influence of mothers in society and those 'second' mothers - you know them - aunts, family friends and other females who have influenced you and you would consider a 'second mother'.

The American incarnation of Mother's Day was created by Anna Reeves Jarvis of West Virginia to properly teach women how to care for their children. The official Mother's Day holiday arose as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. President Woodrow Wilson designated the second Sunday in May as the official holiday. An interesting fact, because the holiday became so commercialized, Jarvis would spend the latter part of her life trying to remove it from the calendar.

This is not however, where it started. Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known

as "Mothering Sunday." Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their 'mother church'—the main church in the vicinity of their home—for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

Mothers love being remembered with candy, flowers, dinners, phone calls and a multitude of other gifts. My Mom loved receiving a handwritten note however, I never 'shocked' her with a letter received by this Mom.

Dear Mom: It is with great regret and sorrow that I'm writing you. I had to elope with my new boyfriend because I wanted to avoid a scene with Dad and you. I've been finding real passion with Rocco and he is so nice, even with all his piercings, tattoos, beard, and his motorcycle clothes. But it's not only the passion Mom, I'm pregnant and Rocco said that we will be very happy. He already owns a trailer in the woods and has a stack of firewood ready for the whole winter. He wants to have many more children with me and that's now one of my dreams too. Rocco taught me that

marijuana doesn't really hurt anyone and we'll be growing it for us and trading it with his friends for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS so Rocco can get better; he sure deserves it!! Don't worry Mom, I'm 15 years old now and I know how to take care of myself. Someday I'm sure we'll be back to visit so you can get to know your grandchildren.

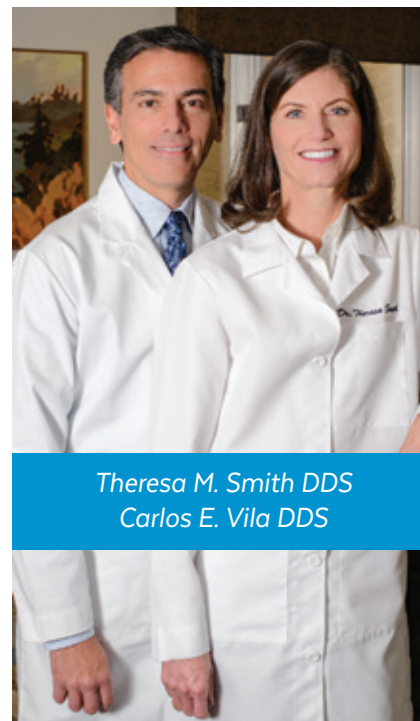
Your loving daughter, Judith

PS: Mom, none of the above is true. I'm over at the neighbor's house. I just wanted to remind you that there are worse things in life than my report card that's in my desk center drawer. I love you! Call when it is safe for me to come home.



If your Mom, like mine, has passed on, remember her and the footprint she left on your heart. If you're lucky enough to be able to celebrate with your Mom give her a call and tell her how much you love her.

Happy Mother's Day



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Laptop Battery - Extending Computer Use Time

Don Trauger | Kennett

In some situations you may want to have additional time to use your laptop with the initial charge in the laptop's battery to achieve a desired completion of your work. If you leave your laptop plugged in to house power then you do not need to be too concerned about the battery's charge.

Understanding how the battery charge works will help you see how to extend the use of a single session. Basically the battery is a chemical device that produces a charge in one chemical state and discharge in another chemical state. What is necessary, is to understand how Windows 10 can help extend the use time before the discharge of the battery brings a halt to computer use.

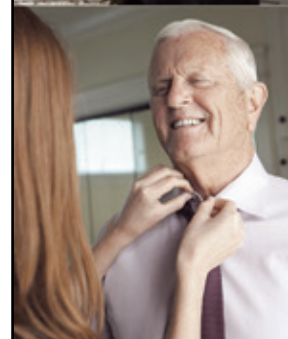
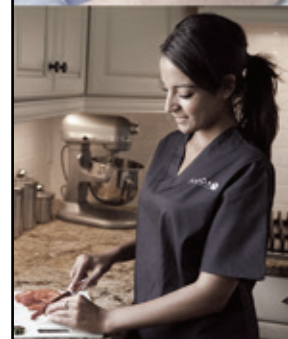
While in battery only mode, keeping an eye on the battery icon in the Taskbar will help you control the remaining charge of your battery. If you don't see it click the "up" arrow on the Taskbar. If you still don't see it go to Settings by clicking the Windows icon (lower left corner of the screen) then click the Settings icon. Click Personalization then click Taskbar, scroll down to Notification area and click "Select which icons appear on Taskbar." Make sure the Power icon is turned on.



Once this is turned on you can easily keep track of the remaining charge of the battery once it's unplugged from its charging source.

Next, click the battery (Power) icon and click Battery settings. First, turn on the Battery saver. Below that you can set the percentage of the remaining battery charge when the Battery saver will start to operate. For an optimum saving you can set it to "Always". Another item just below the percentage is "Lower screen brightness while in battery saver". That should be set to on. It's an item that can play a major role for the remaining battery charge. Also, you can fine tune screen brightness by locating the marked keys in the top row of keys on the keyboard.

continued



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Tech Tips (continued)

The final item is Battery usage per app. It gives you an idea of what apps also play a role in battery usage. It has no role when the computer is plugged in to house power. Other items to check to extend the battery charge is to turn off the Wi-Fi. Click the Wi-Fi icon on the Taskbar and choose "Airplane mode". To restore normal Wi-Fi mode click "Airplane mode" again. If you need to keep the Wi-Fi active consider turning off Bluetooth to prolong battery usage. In Settings click Devices and turn off Bluetooth. If you

are using a battery powered mouse or keyboard leave Bluetooth on.

Remember batteries age over time so your extended use, when not using house power, will diminish. One thing that can help maximize battery life is once a month run the battery down to about 20% then plug the computer back in to house power recharge it. This will help restore the proper chemical balance that will provide extended life.

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Are You At Risk To A Texas-Sized Electric Bill?

With outrageous headlines about thousand dollar energy bills in Texas dominating the headlines, we thought it would be a good time to remind HM residents to be vigilant about their energy suppliers and their fees.

Both Texas and Pennsylvania have de-regulated its electric consumption for many years where a resident can sign up for generation of electricity from 3rd party energy providers rather than their local utility. Could what happen to Texas happen here? It did in 2014.

Variable-rate contracts are the issue. Many customers signed up for these contracts chasing savings. A variable-rate contract prices the power according to market conditions — unlike a fixed-rate deal that sets a firm price for a fixed term contract.

Some residents may have had their contracts renewed to a variable rate without their knowledge.

The message for us is:

Knowledge and Due diligence:

Know all about your contract and periodically check to see that your rate is competitive.

How do I find out if I signed up for a variable-rate contract?

Many residents are unaware that they are under a variable-rate contract. Just check your electric bill. It will show who your generation supplier is, their phone number and what your current rate is. You need to call them to see if you have a variable-rate contract. Most likely you have a fixed

price contract over a specific term if your supplier is not PECO.

In summary

If you find you have a variable-rate contract AND any 3rd party contract, you should learn the details including any early termination fees. Compare the fees with the other 3rd party providers in PA by going to the website www.PAPowerSwitch.com. There you will see competitive offers and PECO's "price to compare" which is a prospective rate that PECO must publish. Compare with your current fee and decide whether you want to change. It is possible that you still could save

money by changing even if you have to pay a termination fee. You also can try and negotiate a new lower competitive rate with your supplier by extending your term.

If you are with PECO you can always switch to a 3rd party provider. You should periodically go to the POWER SWITCH website and see if PECO's rate is then still competitive. For now PECO's rate is very competitive. For more information go to: <https://www.msn.com/en-us/news/us/think-you-arent-vulnerable-to-a-texas-sized-electric-bill-heres-how-to-check/ar-BB1e0o6r>



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Activities Contacts

Art Group.....	Sara Hamilton.....
Baby Boomers.....	hmboomers@gmail.com
Billiards Club	Joe Silio
Bingo.....	Hal Deal
Book Discussion Group	Carol Barkovsky
Bowling (Oct-Apr).....	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	Lisa Groff.....
Card Games	Penny Adolf
Caregivers Support Group	Sue Staas.....
Chester County Hospital Auxiliary	Helen Adair.....
Computer Club (PC).....	Don Trauger.....
Cradle Stitchers	Donna Faunce.....
Dominoes (Mexican Train).....	Sheila Di Croce.....
Exercise to DVDs.....	Barbara Scott
Gardens (Community).....	Jim DiCarlo
Hand and Foot Card Group	Agnes O'Leary
Knitting Circle	Ruth Schick
Mah Jongg (Groff)	Lisa Groff.....
Men's Bible Study.....	Ken Mertz
Mermaid Book Club.....	Marrie Truskey.....
Monday Night at the Movies	Lynne Urian
Nature Group	Christine McCormick.....
Paoli Hospital Auxiliary.....	Betsy Carlin
Photography Club	Carol Poling
Pinochle Club	Erna Graham
Poker Club	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox
Singers (Casual Singing Group).....	Paul Day.....
Singers (Hershey's Mill Singers)	Dolores Manion.....
Social Club	Judith Dooling
Sports Group (HMSG).....	John DeVol.....
Sullivan House (FoSH).....	Elaine Becker
Table Tennis	Allan Shaffer
The Players	Shauna Flynn.....
Yoga	Ellie Sybesma

Mother's DAY

TRIVIA ANSWERS

1. Second Sunday of May - Celebrated on fourth Sunday in Lent in the UK.
2. Virgin Mary - There are a total of 188 named women in the bible.
3. Woodrow Wilson - In 1914.
4. Long-distance Telephone Calls - Valentine's Day is the busiest day for florists.
5. Carnation - The tradition started in 1906 when Anna Jarvis started wearing her mother's favorite flower, a white carnation.
6. Mrs. Vassilyev had 27 births resulting in 69 children between 1725 and 1765.
7. Chrysanthemum - The flower's name ends in 'mum', which is a common affectionate shortening of the word 'mother' in Australia.
8. Third - Right behind Christmas and Easter.
9. Five years and seven months to be exact.
10. September - In 2010, more babies arrived in September than in any other month.
11. Eve - the first woman created by God.
12. 7,300 - About 10 a day.
13. Five percent - Boy babies outnumber girl babies.

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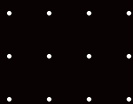
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