

NOVEMBER 2021

# GUIDE — AND — DIGEST



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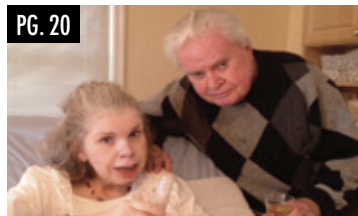
All submissions welcomed; with rights retained by the owner. Send to [hmctvguide@comcast.net](mailto:hmctvguide@comcast.net), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. 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.



There have been significant volunteer changes at the G & D and in the future, the magazine will look different. While keeping the quality & integrity, we hope you enjoy the positive changes and the new direction.

Please send an e-mail to [HMCTVguide@comcast.net](mailto:HMCTVguide@comcast.net) with suggestions & comments.

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PG. 29



PG. 35



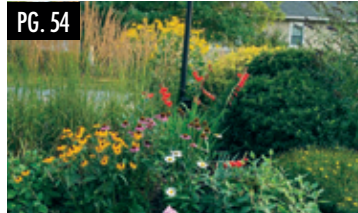
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## From the Main Gate

### Marc Fraser | Director of Security

The Hershey's Mill Security Department would like to remind pedestrians that they should utilize sidewalks, where available. When sidewalks are unavailable, pedestrians should utilize the shoulder on the left side of the road which is facing oncoming traffic. This allows drivers and pedestrians alike a much better opportunity to see the other approaching. In addition, when pedestrians will be walking around dusk or after dark, they should wear bright-colored clothing (reflective, if possible) and carry a flashlight to make them more visible to motorists.

Motorists are reminded to adhere to the **27 MPH speed limit** along Chandler Drive and Mill Road, and drivers should always yield to pedestrians in crosswalks.

Keep in mind that Hershey's Mill roadways also have several "blind spots" (small rises in the road, curves, and other areas of poor visibility). In these areas, pedestrians should use extra caution and be aware that drivers may have a tough time seeing them. For drivers, this is another reason to adhere to the **27 MPH speed limit**. Just because a pedestrian notices the vehicle coming toward them does not mean that the driver has also seen the pedestrian. Both parties should always use caution when sharing the roadways within Hershey's Mill!

Lastly, all people (pedestrians and operators of automobiles, golf carts, bicycles, etc.) utilizing Hershey's Mill roadways and walkways are required to abide by the traffic rules and regulations of Hershey's Mill.

Thank you!





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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](https://mainlinehealth.org/patientsafety)

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## Residents Update

Please remember to remove this page and put it with the resident directory to have current information about your neighbors.

<b>Aleksinas, Patricia</b>	<b>Kratsa, Diane</b>	<b>Poulton, Reece &amp; Christine</b>
138 Chandler Drive	585 Franklin Way	1058 Kennett Way
<b>Barber, David &amp; Beth</b>	<b>Litzke, George &amp; Cheryl</b>	<b>Sam, Mary Kay</b>
1314 Robynwood Lane	483 Eaton Way	893 Jefferson Way
<b>Blair, Richard &amp; Melanie</b>	<b>Mangiardi, Audrey</b>	<b>Schlenker, Thomas &amp; Linda</b>
1715 Yardley Drive	331 Devon Way	1024 Kennett Way
<b>Carbonell, Michael &amp; Linda</b>	<b>Markman, David &amp; Pompie</b>	<b>Small, Glenn &amp; Barbara</b>
123 Chandler Drive	1425 Springton Lane	225 Chatham Way
<b>Dibble, Lee</b>	<b>Mullen, Kathleen</b>	<b>Wojcik, Janina</b>
690 Heatherton Lane	1376 Springton Lane	274 Devon Way
<b>Emmi, James &amp; Debra</b>	<b>Overton, Jeanne</b>	<b>D'Innocenzo, Gertrude (NEW PHONE #)</b>
196 Chandler Drive	868 Jefferson Way	102 Ashton Way
<b>Graham, Jane</b>	<b>Pedisich, Andy &amp; Linda</b>	<b>MacNeal, Margaret (NEW PHONE #)</b>
70 Ashton Way	921 Jefferson Way	1290 Robynwood Lane





### MEDICARE QUESTIONS

*John Beardsley | Brighton*

Do you have questions about your Medicare coverage? Are you concerned about the cost of your prescriptions?

Have your questions answered by joining us for an informational meeting on Friday, November 5 at the Hershey's Mill Community Center from 10:00 a.m. to noon. The presenters will be Brighton Village resident John Beardsley and Joel Payton. Both John and Joel are licensed agents with United Healthcare and AARP.

Come prepared with your Medicare questions and learn how United Healthcare's 2022 Plans can benefit you.

Questions or RSVP can be directed to John Beardsley at

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Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you any questions, please contact IGC at 610-876-6638, extension 20.

IGC Concierge Jewelers will be in the Community Center from 8:00 p.m. until 4:00 p.m. on the following dates for the remainder of 2021 and through July of 2022: November 18, December 16, January 20, February 17, March 17, April 21, May 19, June 16, and July 21.



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## Club News

### Book Club

*Carol Barkovsky | Eaton*

Due to COVID restrictions, we will be meeting via Zoom. Please call Carol at to have the meeting link forwarded to you. We will meet on Thursday, November 11 from 2:00 p.m. to 3:00 p.m. All are most welcome. Joyce Ross will lead us in a discussion of *Sold on a Monday: A Novel* by Kristina McMorris.

"2 children for sale" this sign is the last resort! It sits on a farmhouse porch in 1931 but could be found anywhere in an era of bread lines, bank runs, and broken dreams. It could have been written by any mother facing impossible choices. For struggling reporter Ellis Reed, the gut-wrenching scene evokes memories of his family's dark past. He snaps a photograph of the children, which was not meant for publication. But when it leads to his big break, the consequences are more devastating than he ever imagined. Inspired by an actual newspaper photograph that stunned the nation, *Sold on a Monday* is a powerful novel of love, redemption and the unexpected paths that bring us home.

### Art Club

*Martha Hanson | Franklin*

The artists from Hershey Mill's art group worked hard preparing for their exhibit. They unveiled new paintings at an Artist's Reception on Sunday, October 31st in the Community Center. People from Hershey's Mill came and enjoyed the new exhibit, while meeting the artists and enjoying refreshments. You may discover that your neighbor is a talented artist! If

you are interested in exploring your own artistic side, the art group meets on Wednesday from 9 a.m. to noon in the Cove.

### Newer Users MAC Group

*Rene McNally | Devon*

NOVEMBER 27th, FOURTH SATURDAY We are continuing to meet on Zoom where Bob Barton and Nick Iacona will answer your questions about all your Mac devices. Check the website: [www.mlmg.org](http://www.mlmg.org) for links about both the Main Line Macintosh Users Group and the fourth Saturday Newer Mac Users Group. It is a great way to ask your questions and learn more about your devices from other user's problems. I will also send out the access information for the meetings to those on my email list. Contact me at

if you wish to be included on my list. Rene McNally is the contact in Hershey's Mill.

### Hershey's Mill Knitting Circle

*Ruth Schick | Chatham*

The knitters and crocheters of the Hershey's Mill Knitting Circle are happy to be back in our old haunt of the Paoli Room in the Community Center. During the COVID pandemic we missed the intimacy of the room and its comfortable chairs. Our members are working on a variety of projects, such as lap blankets for Hospice, baby clothing, socks, and a Christmas stocking. If you are a knitter or crocheter, why not bring along your project and join our group? We meet on Thursdays from 1 p.m. to 3 p.m. For information about the Knitting Circle, contact Ruth Schick at

*continued*



### Hershey's Mill Nature Group News

*Christine McCormick | Ashton*

The Hershey's Mill Nature Group Annual Open Meeting and Election will be held on Thursday November 11th at 10:30 am. The agenda will include a recap of 2021 accomplishments and plans for 2022. The Serpentine Barrens subcommittee hosted a talk by Roger Latham, an expert on conservation of Serpentine Barrens. A field effort to remove invasive seedlings is planned for early December, look for

details at [hersheysmill.org/activities/hmng](https://hersheysmill.org/activities/hmng). The Native/Pollinator Garden is dormant, but the subcommittee is busy preparing species lists and garden planning information for residents that will be presented at an open meeting in midwinter. It is prime time for photographing sunsets, golden landscapes, and wintering waterfowl. Submit your entries to the 2021 Photo Contest. Send your questions and photos to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com).



Great Blue Heron - Diane Lenk, Robynwood



Pumpkin Mushrooms - Marilyn Allen, Devonshire

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## Hersheys Mill Golf Club

Maria Edwards | Ulster

November is here with pumpkin spice and everything nice. It's that Thyme of the season and the holidays are fast approaching. We are moving ahead with special events, so mark your calendars and join us at the Club for your dining pleasure.

### LADIES NIGHT OUT:

November 4 is scheduled for Ladies Night Out. Invite your friends to toast the season with our refreshing specialty drinks. A fun night out for the girls! We have November 11 planned for a night of Trivia pending the availability of our hosts.

### THANKSGIVING BUFFET:

November 25! Thanksgiving Buffet is scheduled from noon to 4 p.m. and the Take-out Family dinner from 11 a.m. to noon. Reservations are required for both the Buffet and take out and are for members only.

December is full of seasonal events that you may want to be involved in.



### BRUNCH WITH SANTA:

Brunch with Santa is back! On December 11 Santa will be here for the children, along with candy and gifts. Reservations are essential for this event.

### SUNDAY BRUNCH:

Sunday Brunch has returned and is planned for this month on the following dates: December 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>.

### HOLIDAY BUFFET:

Holiday Buffet is a special Sunday brunch of the year. Join us on December 16 for an opportunity to celebrate the season with friends. Please reserve your place with a reservation.

*Have a wonderful THANKSGIVING!*

Best wishes for good health and safe travels this holiday!

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# Christi Marshall

## Poet Laureate of East Goshen

### Marie Knox | Merrifield

Christi Marshall and her husband Jerry Supple moved to Hershey's Mill from New York City and North Carolina to help care for her youngest sister, Laura, who became an invalid at twenty-two. The rest of the family had moved to Hershey's Mill earlier to be close to Bryn Mawr Rehab. Christi's Mom and Dad have since passed on, and now Christi and another sister, Karen, who lives in Princeton, care for Laura, aided by a full-time nursing staff.

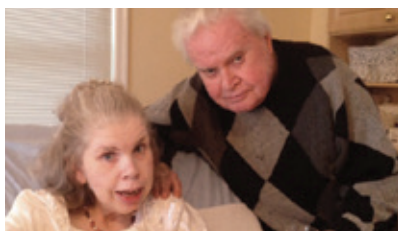
Christi and Jerry, live in Vassar where Christi is active both in Hershey's Mill and in East Goshen Township. She is on the Technology Committee, the Nature Committee, and during Covid she chaired Helping Hands, a team that sewed and distributed masks and other supplies and helped with meals. For East Goshen she has worked on pipeline issues, including testifying before the Public Utilities Commission in Harrisburg. She now chairs the East Goshen Township Sustainability Advisory Committee and has recently been appointed the Poet Laureate of East Goshen.

Poetry has always been Christi's passion. She received a senatorial teaching scholarship to attend Notre Dame College in Baltimore. Her first published poem appeared in the Atlantic Monthly at that time. She next received an MFA from Catholic University in Washington, D.C., and later additional degrees, including a Ph.D. from the same university.



While at Catholic University, she worked as Assistant Stage Manager on Long Day's Journey into Night, starring Helen Hayes in her last stage performance.

After moving to Hershey's Mill Christi met resident Ginnie Newlin, who was East Goshen's first Poet Laureate. Ginnie taught classes at Main Line School Night in which Christi enrolled and thoroughly enjoyed.



Her desire to focus on nature poetry and to help her work with the Sustainability Advisory Committee has led Christi to pursue certification as a PA Master Naturalist. This involves extensive class time, long field trips, and study. She hopes to complete this program next year.

In October, Christi started weekly poetry workshops for East Goshen Township, with opportunities for both reading and writing nature poetry in a relaxed, supportive setting. If interested, please send an email to Christi Marshall at [mystchristi@gmail.com](mailto:mystchristi@gmail.com).

## Aerial Ballet

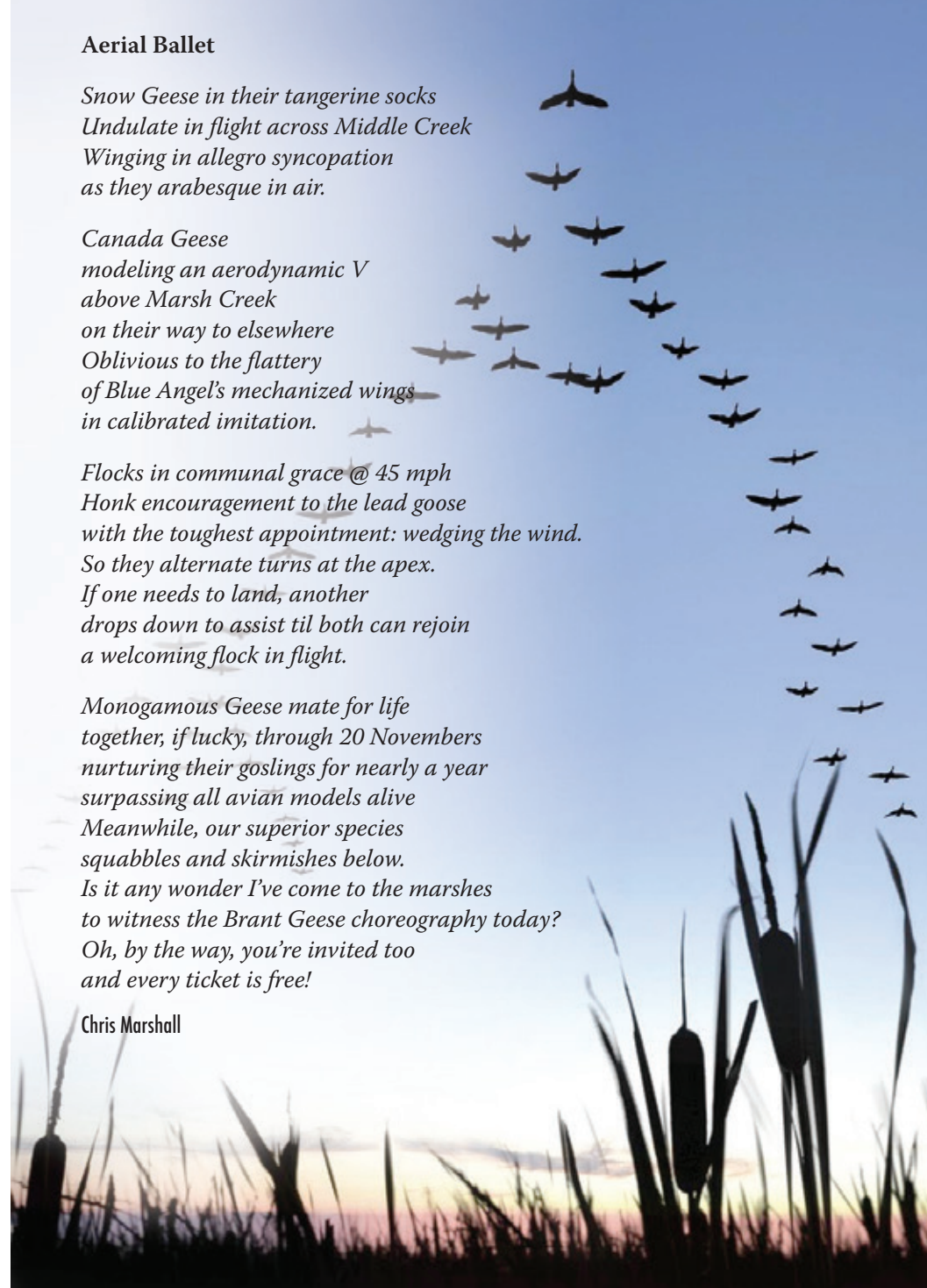
*Snow Geese in their tangerine socks  
Undulate in flight across Middle Creek  
Winging in allegro syncopation  
as they arabesque in air.*

*Canada Geese  
modeling an aerodynamic V  
above Marsh Creek  
on their way to elsewhere  
Oblivious to the flattery  
of Blue Angel's mechanized wings  
in calibrated imitation.*

*Flocks in communal grace @ 45 mph  
Honk encouragement to the lead goose  
with the toughest appointment: wedging the wind.  
So they alternate turns at the apex.  
If one needs to land, another  
drops down to assist til both can rejoin  
a welcoming flock in flight.*

*Monogamous Geese mate for life  
together, if lucky, through 20 Novembers  
nurturing their goslings for nearly a year  
surpassing all avian models alive  
Meanwhile, our superior species  
squabbles and skirmishes below.  
Is it any wonder I've come to the marshes  
to witness the Brant Geese choreography today?  
Oh, by the way, you're invited too  
and every ticket is free!*

Chris Marshall



Rosie Taylor | Princeton

**Squash Lovers – November is YOUR month! There are 23 types of squash and hundreds of recipes. Here are 3 favorites. Enjoy!**



### Baked Parmesan Zucchini Rounds

#### Ingredients

- 2 medium-sized zucchini
- 1/2 cup freshly grated Parmesan cheese
- Garlic salt & freshly ground black pepper (*optional*)

#### Directions:

Place oven rack in center position of oven. Preheat to 425°F. Line a baking sheet with foil (lightly misted with cooking spray) OR parchment paper.

Wash and dry zucchini, and cut into 1/4-inch slices.

Arrange zucchini rounds on prepared pan, with little to no space between them.

Lightly sprinkle zucchini with garlic salt and freshly ground black pepper (*optional*).

Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini.

Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown.

Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes!

Serve immediately.

### Acorn Squash

Cut the squash in half. To make it easier, cut the stem off and place squash cut side down on your cutting board. This will make a flat surface for it to stand on instead of dangerously rolling around on your cutting board. Cut the squash in half lengthwise, cutting through where the stem used to be.

After you have your squash open, use a spoon to scrape out the seeds. Don't toss the seeds. Just like you can with pumpkin, clean them off and roast them for a perfect snack. At this point you can also cut the squash further if you don't want to serve them in halves. Leave the skin on and cut into half-moon slices or peel the skin off and cut into large cubes!

Choose if you would rather go the sweet or savory route with your acorn squash. For savory, drizzle it with some olive oil and sprinkle paprika or curry powder over it with some salt and pepper. For sweet, brush it with softened butter and sprinkle brown sugar and cinnamon all over it.

Place your squash on a large baking sheet or in a baking dish, cut side up. Roast it at 400° for about an hour. A fork should be able to easily pierce the squash and shred it.

### Butternut Squash

#### Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes (easier to buy pre-cut cubes)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

#### Directions:

Preheat oven to 400 degrees°F (200 degrees C).

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

**FACTOID #1:** Turkey is the traditional Thanksgiving main course. Why?

Because at one time it was a rare treat. During the 1830s, an 8–10-pound bird cost a day's wages (about \$1.50). Even though turkeys are affordable today, they still remain a celebratory symbol of bounty.

**FACTOID #2:** Neil Armstrong and Buss Aldrin ate roast turkey in foil packets for their first meal on the Moon.





Please remember that the Guide and Digest may not reflect the most current information. The HM News sent to each resident via e-mail and the bulletin board on Channel 971 will be the source of up-to date information about the Bus Trips.

You can also view the information on [www.hersheysmill.org/activities/bustrips](http://www.hersheysmill.org/activities/bustrips).

### Delaware Park

**Monday, November 15, 2021**

**Cost: \$20.00 + Lunch**

**Departs: 10:15 a.m.**

**Contact: Marc Fraser,**  
**HersheysMillBus@yahoo.com**

Join us for an exciting day at Delaware Park and try your luck at slots and table games. \$30.00 free slots play will be given to everyone on the bus. Lunch is on your own.

### American Music Theatre – Christmas Show

**Wednesday, December 15, 2021**

**Cost: \$90.00**

**Departs: 9:00 a.m.**

**Contact: BJ VanSchooneveld,**

Once you step through the doors, you will gaze upon the magical sights and sounds of the season and be transported to a wonderland of music and enchantment, from a Bavarian Mountain village to the festive holiday excitement at the North Pole. The extraordinary costumes and stunning sets will make you feel like you are really in the areas. “Winter Wonderland” will feature the holiday songs you know and love, with all-live performances by the sensational cast of Singers and Dancers, as will the remarkable AMT Orchestra. Included in the price is a smorgasbord lunch at Millers following the show.

## SERIES TRIPS

### Philadelphia Orchestra

#### Friday Matinee

**Cost: \$20 + Admission (per show)**

**Departs: 12:00 p.m.**

**Contact:**

**Priscilla Burt,**

Live from the Kimmel Center, The Philadelphia Orchestra present a fall series of concerts for all music lovers to enjoy. Cost is for bus only. Riders should first call to ensure they have a seat reserved on the bus prior to purchasing their tickets. Tickets are purchased by calling 215-893-1999 or online at [www.ticketphiladelphia.org](http://www.ticketphiladelphia.org). For more information on the Philadelphia Orchestra, visit [www.philorch.org](http://www.philorch.org). Program summaries and dates for the series are as follows:

#### Friday, November 5, 2021:

Sermon and Mozart’s “Symphony No. 40”. Yannick Nezet-Seguin as Conductor, with Davone Tines as Bass-Baritone.

#### Friday, December 3, 2021:

Schubert’s “Ninth Symphony” & Mazzoli’s “Sinfonia for Orbiting Spaces”. Nathalie Stutzmann as Conductor.

### 2021 – 2022 Walnut Street Theatre Series

#### Thursday & Saturday Matinees

**Cost: \$55.00 per show**

**Departs: 12:30 p.m.**

**Thursday Series Contact:**

**Jayne Lytle,**

**Saturday Series Contact:**

**Priscilla Burt,**

We encourage you to sign up right away, as these series fill up very quickly! Cost reflects both per person admission

and bus fee for all five shows in the series. The Walnut Street Theatre’s 2021-2022 Season includes the following shows for both series:

**Thursday 12/9/21 &**

**Saturday 12/11/21:**

*Disney’s - “THE LITTLE MERMAID”*

**Thursday 2/3/22 & Saturday 2/5/22:**

*Noel Coward’s “BLITHE SPIRIT”*

**Thursday 3/17/22 & Saturday**

**3/19/22: “Sherlock Holmes’ Adventure of the Speckled Band”**

**Thursday 5/5/22 & Saturday 5/7/22:**

*“ON YOUR FEET” – The Story of Emilio & Gloria Estefan*

## KEEP AN EYE OUT FOR DETAILS ON THESE UPCOMING TRIPS

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## NOTES:

1. Prior to making payment, anyone who wishes to participate in a bus trip must first call the contact person to ensure that there is still room on the bus.
2. All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
3. To follow current CDC guidelines at the time of this writing, passengers will need to wear masks while on the bus. As CDC guidelines change, our rules for the bus are likely to change as well.
4. Trip payment checks should be made

*continued*

## Bus Trips (continued)

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

5. Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.
6. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive at the Recreation Area parking lot 10 minutes early for boarding.
7. The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at

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



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## Garden Reflections

# Four Seasons and the Cycle of Life

John Groch | Chatham

Many years ago, a friend and I went our separate ways to college. She attended a West Coast college, I remained on the East Coast. While comparing our freshman experience some months later, she commented that she missed the changing of the seasons. With surprise, I responded that the California climate seemed ideal, with its relatively comfortable and consistent temperatures. She replied, "That's my point, the climate was too predictable and consistent". She missed the turning of dazzling leaves, the deep chill of winter and its brown and gray starkness, followed by the refreshing warmth and emergence of new plant life throughout the spring and summer.

Is there a lesson here? The unremarkable consistency of one climate suggests a rigid uniformity in life and nature, a kind of aimless cycle, while the remarkably distinct seasons prompt thoughts of life and death, growth and decay, delightful warmth and frigid cold. Philosophers and theologians have captured these perspectives in their differing conceptions of time. Circular time, conceived originally in the Hindu and Greco-Roman cultures, characterizes time and history as a repetitive process that is not heading in any particular direction. It focuses on the status quo and dwells on staying in one's place. Conquerors rule and slaves serve. The rich and powerful are meant to hold their

*continued*



Blossoms - John Groch



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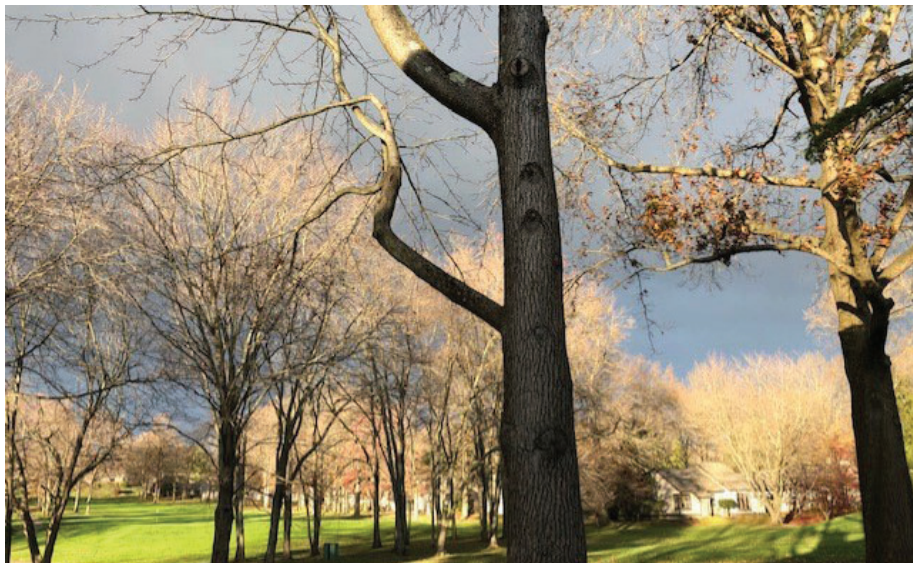
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Woods - Mer Groch

*As we age, we are likely to consider the meaning of the passage of time and the ultimate meaning of our lives more consciously.*

place at the expense of the poor and disadvantaged. Hinduism offered reincarnation as a way out of poverty and misery, if one lived his or her life in accordance with one's status at birth. Another, better life in this world would reward the compliant.

Linear time, on the other hand, characteristic of the Judeo-Christian tradition, introduced the forward movement of time toward a different, more satisfying future based on hard work and faithfulness to one's goals. Time is heading somewhere better.

As we age, we are likely to consider the meaning of the passage of time and the ultimate meaning of our lives more consciously. Hopefully we are content with our past careers, accomplishments, and relationships.

Hopefully, too, we are taking full advantage of the final season of our lives, fully intending to continue to grow and mature into the spring and summer that lie ahead. The seasons certainly teach, as long as we are willing to learn.



Heron - John Groch



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Programs		November 2 - November 15 (7 p.m. show on November 15 will not be shown)			
<b>Hershey's Mill Serpentine Barrens</b> Bruce Foreacre, formerly of HM Landscaping Department, takes us on a tour of this little-known area of Hershey's Mill. 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.
<b>The Wharton Esherick Studio</b> Wharton Esherick was among the leading sculptors of his time. Learn about his haven from the outside world, located atop Valley Forge Mountain. It is open for tours. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.		10:15 a.m.	4:15 p.m.	7:15 p.m.	12:15 a.m.

<b>Movies</b> Noon & 8:30 p.m.	<b>November 1 to 8 (Noon)</b> <b>Breaking Away (PG)</b> <i>Dennis Quaid, Dennis Christopher</i> High school grads in Indiana deal with college frat boys, bicycle racing and maturity. (Run Time 1h 41m)
	<b>November 8 to 15 (Noon)</b> <b>Emma (PG)</b> <i>Gwyneth Paltrow, Jeremy Northam</i> In rural 1800 England things go bad for a young matchmaker after she finds a man for another woman. (Run Time 2h)

24 hours/day channel 971	<b>Bulletin Board Times</b>
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	

**IMPORTANT NOTE:** The calendar will no longer appear in the monthly Guide & Digest due to the new calendar program that can be seen on the website on a daily basis. To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

Programs		November 16 - November 30 (7 p.m. show on November 30 will not be shown)			
<b>Duffy's Cut</b> There is a historical marker at King Road and Sugartown Road commemorating 57 workers who worked on the railroad, died and were buried nearby. Learn what researchers from Immaculata University have found while investigating the mass grave. 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.

<b>Movies</b> Noon & 8:30 p.m.	<b>November 15 to 22 (Noon)</b> <b>The Iron Lady (PG-13)</b> <i>Meryl Streep, Jim Broadbent</i> An intimate portrait of Margaret Thatcher, the first female Prime Minister of the United Kingdom (Run Time 1h 45m)
	<b>November 22 to 30 (Noon)</b> <b>The Money Pit (PG)</b> <i>Tom Hanks, Shelley Long</i> A young couple struggles to repair a hopelessly dilapidated house. (Run Time 1h 31m)


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](http://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*



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# Goshen Quaker Meeting

Grace Reed | Chatham



The Meeting House has approached East Goshen Historical Society about placing a historical marker to be associated with Goshen Monthly Meeting on the property at the corner of Paoli Pike and Route 352. Mr. John R. Embick, Esq. submitted this sample language for the marker.

A log meetinghouse was first erected here by Welsh Quakers in 1709, on land granted to Griffith Owen by William Penn. With Goshenville's growth, a more substantial meetinghouse was built in 1736, but was later destroyed by fire. The present Meeting House has been a place of Quaker worship since 1855. Its construction is characteristic of meetinghouses found in Southeastern Pennsylvania during this period. The unmarked graves and modest

The present Meeting House has been a place of Quaker worship since 1855. Its construction is characteristic of meetinghouses found in Southeastern Pennsylvania during this period.

head stones in the cemetery reflect the Quaker tradition of equality and simplicity. In September 1777, during the battle of the Clouds, British soldiers requisitioned several horses that were tethered outside the Meeting House. Hessian soldiers are purported to be buried in an unmarked grave in the cemetery.



# A Shoulder Tap

Rosie Taylor | Princeton



woman was. Her hair perfectly coiffured, her dress impeccable and her countenance serene and beautiful. He thought to himself, “I hope someone tells her how lovely she looks.” Soon several people joined her,

probably children and grandchildren he thought, based on the resemblance to the woman. He turned his attention back to his wife and resumed a lovely evening together. When he and his wife were leaving, he did something so impulsive, it even surprised him. He approached the woman, knelt down beside her chair and said, “I hope someone tells you just how lovely you look.” She looked him straight in the eye and said, “I know you.” He shook his head and replied, “Sorry, but I don’t think so.” She just smiled and replied, “A year ago my husband passed away. If he was here, he would have told me the exact same thing.” The gentleman was speechless. After a moment he leaned forward, gave her a hug then returned to his wife, who by now, had a total look of confusion on her face. At the end of the video, Bill Hart shared how he believed that

I’m blessed. I have many wonderful friends. They have, in their own unique way, influenced, impacted and changed my life for the better especially with their ‘Shoulder Taps.’ ‘Shoulder Taps’? Up until recently, I had no idea ‘Shoulder Taps’ existed let alone what they were. But when I learned about them, I realized I’ve been experiencing them all my life from family, friends and even strangers.

How did I learn about them? From a very special friend. She sent me a video clip that gave me one of those ‘ah-ha’ moments. You know the ones, when the obvious slaps you on the forehead. In the video, the narrator, Bill Hart, told of a chance encounter at a restaurant where he and his wife were having dinner. He glanced over and noticed an elderly woman sitting alone at the next table. What caught his eye was how ‘put together’ this

God tapped him on the shoulder to approach a total stranger.

‘Shoulder Taps,’ a word, an unexpected action, a kindness that can change a moment, an attitude and even, a life. Skeptical? Read on. This story was sent to me years ago.

“One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. It looked like he was carrying all of his books. I thought to myself, “Why would anyone bring home all his books on a Friday? He must really be a nerd.” I had quite a weekend planned, so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about 10 feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, I saw a tear in his eye. As I handed him his glasses, I said, “Those guys are jerks. They really should get lives.” He looked at me and said, “Hey thanks!” There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I had never hung out with a private school kid before. His name was Kyle. We talked all the

way home, and I carried some of his books. He turned out to be a cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes. We hung all weekend and the more I got to know Kyle, the more I liked him. And my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, “Damn boy, you are gonna really build some serious muscles with this pile of books every day!” He just laughed and handed me half the books. Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going to study business on a football scholarship.

Kyle was valedictorian of our class. He had to prepare a speech for graduation. I was so glad it wasn’t me having to get up there and speak. On graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and looked good in glasses. He had more dates than me and all the girls loved him! Boy, sometimes I was jealous. I could see that he was nervous about his speech. So, I smacked him on the back and said, “Hey, big guy, you’ll be great!” He looked at me with one of those looks, smiled, and said “Thanks”.

*continued*

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story." I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over that weekend. He talked of how he had cleaned out his locker so his mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the

unspeakable." I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his mom and dad looking at me and smiling that same grateful smile. It was at that moment that I realized the depth of what had happened."

Never underestimate the power of a single word, an action, and a kindness. When you feel a 'shoulder tap' to tell someone that they look great, tell them. Someone you know is going through a tough time and you think of sending them a card - send it. You think of calling a shut-in neighbor, call them.

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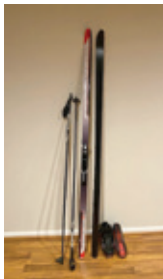
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# Giving Thanks to Native Americans

Rosie Taylor | Princeton

In 2019 a proclamation was issued designating November to be Native American Heritage Month. It is a month for us to celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation.

While the term 'Native Americans' came into usage in the 1960s out of respect to American Indians and Alaska Natives, usage of the term has expanded to include all Native people of the United States and its territories, including Native Hawaiians and American Samoans. At present, there are 574 federally recognized American Indian and Alaska Native tribes and villages.

As for contributions, the list is endless.

If you enjoy corn, potatoes, sweet potatoes, peanuts, squash, pumpkins, tomatoes, papayas, avocados, pineapples, guavas, chili peppers, chocolate (cacao), and many species of beans, thank the Native Americans. They domesticated these edible plants. Other plants of significant importance developed by Native Americans include cotton, rubber, and tobacco.

This month most of us will be celebrating Thanksgiving with turkey and all its fixings. Again, thank our Native American brethren. They were the first to raise turkeys, and that

honey you use in so many recipes or your morning tea. Native Americans were the first to use the honey from honeybees for food.

You can either applaud or curse Native Americans for our system of government. Native American governments in eastern North America, particularly the League of the Iroquois, served as models of federated representative democracy to the Europeans and the American colonists. The United States government is based on such a system, whereby power is distributed between a central authority (the federal government) and smaller political units (the states).

In addition to food, animals and systems of government, Native Americans have multiple innovations and inventions credited to them to include snow goggles, kayaks, cable suspension bridges, baby bottles, anesthetics, topical pain relievers, syringes, hammocks, oral contraceptives, and mouthwash just to name a few.

So, when you are around your table this Thanksgiving, offering thanks for all your blessings, remember to give a special thank you to our Native American brethren whose contributions and sacrifices were gifts to us then and now.

*"May the sun bring you new energy by day,  
may the moon softly restore you by night, may  
the rain wash away your worries, may the  
breeze blow new strength into your being, may  
you walk gently through the world and know its  
beauty all the days of your life."*

AN APACHE BLESSING





Janice Saunders | Eaton

We want to thank our Friends of the Library and all library patrons for your generous support of our recent Used Book Sale. We were excited to see so many new Hershey's Mill residents at the Friday night preview wine and cheese event, and we encourage them to visit and enjoy our library on a regular basis. Special thanks to Roberta Ullman and her volunteers, whose hard work and dedication made the book sale a successful and memorable event.

Roberta is working on our sale of used 2020-2021 books, which began on Saturday, October 23rd within the library. The sale will continue during normal weekday hours (10 a.m. to 2 p.m.) until supplies run out. Each book is priced at \$5.00.

**Reminder: The Book Basket Raffle will return in late November**

**Mon. to Fri. 10 a.m. – 2 p.m.**

**Saturday 10 a.m. – Noon**

**HM Library contact:  
Angela Linden 610-696-5374**

**www.hmlibrary.com**

## Donations:

We are experiencing a dire shortage of paperbacks for our kiosks. If you purchased some to pass the time during summer vacations and travel, please consider donating them to the library. Also, we will begin accepting used book donations, beginning November 1st.

We encourage you to stop by and check out the numerous new fiction and non-fiction books that we continue to process monthly.



## NEW BOOKS

### FICTION

Abe, Shannon - *Second Mrs. Astor*  
Burke, James Lee - *Another Kind of Eden*  
Gable, Michelle - *Booksellers Secret*  
Hanna, Rachel - *Wisteria Island*  
Harris, Nathan - *The Sweetness of Water*  
Heller, Peter - *Guide*  
Johansen, Iris - *High Stakes*  
Mayor, Archer - *The Orphans Guilt*  
McQuestion, Karen - *Moonlight Child*  
Moriarty, Laine - *Apples Never Fall*  
Lester, Natasha - *Riviera House*  
Patterson James - *Noise*  
Rooney, Sally - *Beautiful World Where Are You*  
Skenandore, Amanda - *Second Life of Mirielle West*  
Steele, Danielle - *Complications*

Thornton, Stephanie Marie - *Most Clever Girl*

### MYSTERY

Cleeves, Ann - *Heron's Cry*  
Cook, Robin - *Viral*  
Flynn, Vince - *Enemy at the Gate*  
Hawkins, Paula - *Slow Burning Fire*  
Jewell, Lisa - *Night She Disappeared*  
Krueger, William - *Lightning Strike*  
Lupica, Mike - *Robert Parker's Stones' Throw*  
Modglin, Kiersten - *Our Little Secret*  
Preston & Child - *Bloodless*  
Rollins, James - *Kingdom of Bones*  
Toibin, Colm - *Magician*  
Whitehead, Colson - *Harlem Shuffle*

### NONFICTION

Wallace, Chris - *Count Down Bin Laden*

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# Pet of the Month

## QUEE OF ZEPHYR GLEN

Megan Wirtz | Merrifield



This week I had the pleasure of meeting one of the most attentive dogs I have ever met. Quee (Pronounced Q-ee) is a very handsome seven-and-a-half-month-old miniature long-haired Dachshund. His unique double-dappled coat made him a sight to behold when I paid him a visit at his home. He happily lives in Zephyr Glen with his two owners Chris and Edie Taylor and has been here in Hershey's Mill for 2 years now.

Quee's story started out not nearly as happy as it is now. He was rescued at just a few months old from a busted puppy mill and was sent to a temporary foster home in Denver when Chris got an email about him. It was love at first sight for Chris and Edie who filled out the paperwork immediately and brought the sweet boy home. Quee got along amazingly with the dog they had at the time as they were both Dachshunds and the two of them became fast friends.

*continued*

His handsome looks came in handy this 4th of July at Kentmore Park for the pet parade where he won first place in a costume contest for the second year in a row. It was easy to see why, with how pretty his spots are. Chris showed off the medals that the beautiful boy won, and I agree with the judge's decision.



Whether you enjoy hiking or painting, the beauty of our expansive 500 acre campus is inspiring. Each season brings new colors and textures to an ever changing vista. Residents are engaged in the community in boundless activities both inside and out. We foster an environment that promotes mutual respect, equity, collaboration and growth. We invite you to explore all the opportunities waiting for you here — give us a call.

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Even the story of his truly unique name was fascinating to hear. Quee was originally called Quinton when he came to live with Chris and Edie.

Due to his humble beginning, the dog had unfortunate reactions to his name and a friend of the family brought up how dogs react more to words that end with E. The friend called the puppy Quee, and the happy tail wags were all they needed to know that it was perfect for him.

Quee had some work cut out for him before he could get over the skittish and passive personality that he had learned from the scary life he lived before. Chris and Edie worked at it for months with the help of some training classes and lots of love and patience. Soon their little furry friend blossomed and attached himself to them, returning all the love they gave him.

While he showed his skittish personality on walks and car rides, Chris worked hard with him, and soon, Quee's favorite place was in the car or on a walk with his forever family.

He's one well-traveled boy as well, as he accompanies his human companions to Phoenix Arizona for the cold winter months. I heard a funny story about how he flew with them two years ago and how well he did.

It was amazing to meet this amazing little guy and hear about his epic tale of life. It was truly an honor to be chosen to tell his story.





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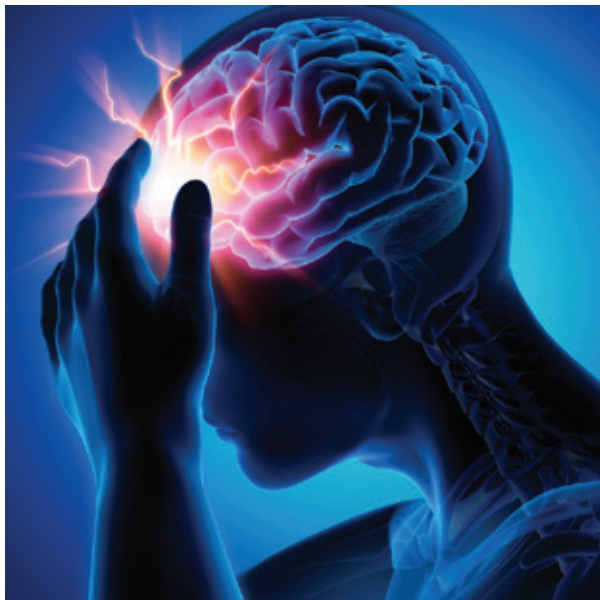
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# Hitting Your Head: Don't Ignore It!!

Bonalyn Mosteller | Inverness



a hot issue over the last decade, mostly related to sports concussions and CTE (chronic traumatic encephalopathy). But it is also of crucial importance to the HM community, even relating to minor falls. I want to stress the importance of taking any kind of fall seriously when you hit your head."

What happens inside the brain when we fall? The brain is suspended inside your skull in cerebrospinal fluid (CSF), as if floating like a buoy in water. When

While on a bus trip a few years ago, the woman who sat behind me was not present the next morning. I knew she had fallen on a sidewalk the previous morning, but she had looked okay that afternoon. Yet that night she died in her sleep. Many of us can sadly recount similar stories. This article reminds us that if you fall and hit your head, it is imperative to get the injury medically evaluated as a potential brain injury. **It is not a 'let us wait and see' situation!**

Dr. Gabe Kresge, a physical therapy clinical director, offers his wisdom on this serious subject: "The topic of brain injury due to falls has become

you hit your head, your brain has room (but not a lot) to move around inside your skull. But if the force of the fall is strong enough, your brain hits the inside of your head, potentially causing injuries. This term is known as a 'coup contrecoup injury' meaning your brain first impacts against one side of your skull, then rebounds and hits the other. Which side of your head you hit and in what direction will determine what parts of your brain are potentially injured.

For example, if someone fell backwards from a ladder hitting the back of their head, the back of the brain (the occipital lobe) would hit

the back of the skull first. Since the occipital lobe controls vision and eye movement coordination, symptoms of this concussion could include dizziness or nausea related to eye movement, including when turning one's head, reading a book, or trying to focus on a screen for prolonged periods.

So, what should we do if we DO hit our head and begin feeling unwell? First, determine if this seems like a

medical emergency. Symptoms like quick onset of a headache (often referred to as "the worst headache of my life") could indicate a brain bleed, and an ambulance should be called immediately. For non-emergent cases, contact your physician or health care specialist to be screened for a concussion. But do not wait! Some medical issues do not require immediate care, but that is NOT the case when you hit your head.

## Lung Cancer and the Great American Smokeout Day

Kate Lindsay | Brighton



One thing to remember is that anyone can get Lung Cancer. Lung cancer continues to be the leading cause of all cancer deaths as well as the leading cause of death for women since 1987. Recent statistics show that lung cancer is more prevalent among the

older population as supported with the average age of a diagnosis being 70 years of age. The general belief is that it is caused by inhaling toxic substances. We continue to focus on smoking, but other substances include particle pollution as seen with 911

survivors, working with chemicals, and radon which is assessed prior to buying our homes because radon is found in the ground.

So, how do you know if you may have lung cancer? The physical signs that

*continued*



need to be reported to your Primary Care Provider include: a cough that has lasted longer than few months, most especially, when you cough, it does not remain dry, but you cough up sputum. You should report this if it has been happening for more than a month. If you start coughing up blood-tinged sputum or blood, call for an appointment as soon as possible. Other signs can include hearing wheezes when breathing or experiencing shortness of breath more than what you experienced in the past. Also, if you have a more tough time breathing in and out which may cause you to gulp or feel like you cannot fill your lungs, call your PCP. Chest pain that can last for months and is more pronounced when you breathe should be reported to your PCP.

As much as early detection helps increase life expectancy, at this time, screening by low-dose CT scanning for lung cancer is available but you would have to meet the criteria for this type of screening since it is based on risk factors. There are treatments used when diagnosed with lung

cancer. The treatments will be based on the type of cancer cell of your diagnosis. This includes small cell lung cancer (SCLC) described as limited or extensive or non-small cell lung cancer (NSCLC) described as a stage from one to four. The treatments will reflect the stage or extension of the cancer and you need to engage in a discussion with your oncologist to determine the best plan for you.

Protecting your lungs is an important activity for all of us. We need to be alert to pollution levels and evaluate our work or hobby environments to use the equipment that can enhance lung protection. Immunizations are important, remember to get your annual Flu vaccine, in addition, the Covid 19 vaccination will help protect your lungs.

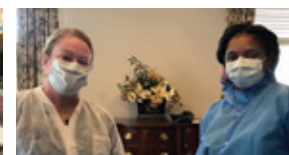
The Great American Smokeout Day is November 21 that held annually since 1977. In 1977, it is reported that 36% of Americans were smokers and that has fallen to 15% as reported in 2018. So, providing attention and education has a positive result.

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# Bringing Nature Home to Hershey's Mill

Christine McCormick, | Ashton

The Hershey's Mill Nature Group is happy to once again recognize residents' efforts to bring nature to their gardens by choosing pollinator friendly and dominantly native plants that host the insects that support birds and other wildlife. For 2021 we honor three different opportunities to create vibrant bountiful gardens: a cooperative effort by neighbors in a common Village area, a community garden enhancement, and a border garden in a private residence. The gardeners describe their creations below.

"Two of my neighbors, Lee Dastur and Jack Barry and I, took a dreary looking traffic circle garden in Quaker



Quaker Circle - Jayne Lytle, Princeton

Village and turned it into a pollinator garden. We began by pulling out a dead tree and cutting back overgrown shrubs and planting perennials. This year we incorporated more pollinator plants and have attracted many bees, Monarch butterflies, and hummingbirds. Doves and other birds can be seen feasting in the protective foliage. Here is a list of what we have planted: black-eyed Susan, coreopsis, blanket flower, sunflower, phlox, speedwell, Shasta daisies, sedum, and Russian sage. We also added vinca, irises, chrysanthemum, and gladiolus for multi-season color. The three of us enjoy tending this garden; but our other neighbors enjoy it too and have donated money to purchase plants and supplies. We gather around this garden for parties, especially last year when we were in lock down."

Jayne Lytle, Quaker

"As a long-time supporter of Natural Lands and a Force of Nature volunteer there, I've dedicated my garden primarily to native perennial pollinator plants. While I sometimes cut a few for home, I leave the vast majority for the birds and insects to enjoy. Early mornings at the garden with sleeping bumblebees tucked into zinnias, and midday with the buzz of honeybees all around are magical! Plants in my garden include: purple coneflower,



Community Garden - Deb Charlesworth, Princeton

sedum, lavender, mountain mint, garden phlox, autumn goldenrod, St. John's wort, swamp milkweed, butterfly weed, yarrow, bee balm, salvia, coreopsis, cosmos, zinnia, sunflower, marigold and daisy."

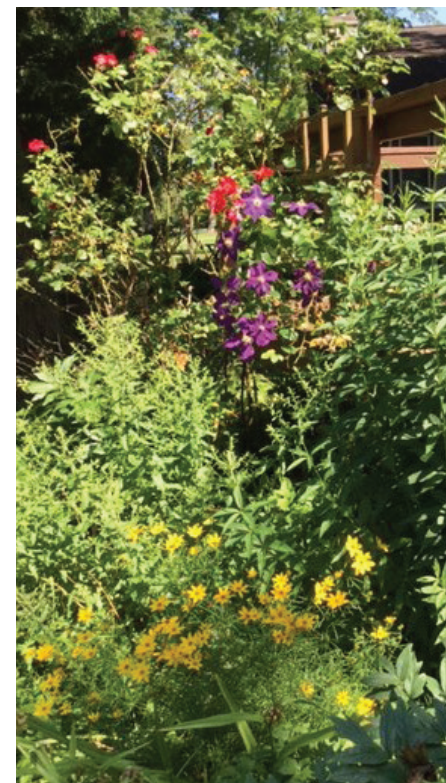
Deb Charlesworth, Princeton

"When I moved here in May 2019, I was constantly delighted with the changes in the garden surrounding my house. Something new was always blooming, beautiful, and often aromatic. Butterflies, bees, bunnies and birds sometimes hummingbirds were always around. Two years later, I still enjoy all of that but feel especially heart-warmed remembering the people connected to this beauty. The prior owner used her youth on a farm and her 39 years here to build a varied and unique collection of native perennials. My nature-loving neighbors have supported me in carrying on her legacy. My favorites among flowers new to me are the red spiky bee balm, for its fragrance and the red cardinal flower, for its bright and happy presence when other plants

look burned out. Among old favorites, I especially enjoy the adventurous clematis as well as the dainty spring forget-me-nots."

Kathy Brewer, Devonshire

To learn more about creating a beautiful nature friendly garden go to the HMNG website --<https://hersheysmill.org/2020/06/30/nature-main-page/> where you will find lists of suitable plants and links to recorded lectures by Edie Parnum and Barb Elliot of Backyards for Nature and by Doug Tallamy, author of *Nature's Best Hope* and *Bringing Nature Home*.



Residence Border Garden - Kathy Brewer, Devonshire



# Dining Out - Ship Inn

Grace Reed | Chatham

Shortly after we moved to Hershey's Mill in June 2019, Joe and I had dinner at the Ship Inn. We liked the ambience and enjoyed a nice meal. We wanted to try other restaurants in the area and then Covid hit, so we had not gone back to the Ship Inn until my memory was stirred when I was watching *Restaurant Impossible* on Food Network and was surprised to see that Chef Robert Irvine and his crew had redone Ship Inn in April. Chef Irvine 'rescues' restaurants who are in trouble financially and helps

by looking not only at the financial status but also the appearance of the restaurant and the menu and does it in two days. It was time to see first-hand just what Chef Irvine and his crew could accomplish in two days' time!

The front rooms were unchanged. However, the back room and bar now had a nautical theme and were bright and cheery. The new menu looked quite interesting. While I enjoyed my glass of Merlot, Joe had the Kennett Square mushroom soup which he said was delicious. We decided to

**Chef Irvine 'rescues' restaurants who are in trouble financially and helps by looking not only at the financial status but also the appearance of the restaurant and the menu and does it in two days.**

try two of the new dishes that Chef Irvine added to the menu. I had the Spice Crusted Swordfish. The fish was on a mixture of chickpeas, green beans, olive tapenade, and salsa verde. It was very tasty. The Dan Dan Noodles that Joe ordered mixed

with spicy ground pork, scallions, braised greens, chili oil, and peanuts. He enjoyed his entree, too. Since I was writing the article for the Guide and Digest, we had to have dessert! The English Toffee Pudding was like a bread pudding. It had a warm caramel glaze served with a scoop of coffee ice cream. Joe had the Warm Chocolate Cake by Richard which had a soft center and served with vanilla ice cream. Both low calorie (not really) desserts were thoroughly enjoyable!

While the weather is still nice, you may want to eat in the outdoor seating area.



Spice Crusted Swordfish



Dan Dan Noodles



Patio Dining



# Talking Turkey

Scott Burkhardt | Inverness

Abe Lincoln is remembered for many things, but sometimes lost in the shuffle is the fact that in 1863 he declared Thanksgiving a national holiday. American men owe him a tip of the stovepipe hat for his foresight. He must have imagined a time when men would gather around a television to watch football while women prepared a feast for the whole family. He has been honored for this futuristic vision by the Philadelphia Eagles naming their stadium “The Linc”.

There was no football at the first Thanksgiving in 1621, too bad because the Pilgrims could have rooted for

the New England Patriots in the year Tom Brady began his career. When we think of Thanksgiving now, what do we think of? If you are like me, you think of a succulent turkey. Here is a question for you. Was turkey served at the Pilgrims first Thanksgiving?

The answer to that question is that no one knows for sure. The best existing first-hand account was by a colonist named Edward Winslow. He makes no mention of turkey, but instead said the Pilgrims gathered “wild fowl” which probably meant ducks and geese since turkeys were not a common food at that time. Seafood was plentiful, so shellfish was on the menu. He said the Wampanoag Indians (no PC yet) joined the party bringing venison. Known for their gardening skills they also brought beans, corn, squash and pumpkins. (I think they would be impressed if they saw the HM gardens).

If I had to choose between the first Thanksgiving meal or today’s fare, it’s really no contest. Gotta have a turkey. Not a big fan of goose, duck or venison, although I wouldn’t mind the shellfish if lobsters were included. The Pilgrims had no potatoes (were there no Irish Pilgrims?) or flour so no stuffing or mashed potatoes... two of my favorites. At least they had corn even though I doubt they had my favorite, Copes corn. Since they had no flour, they didn’t know how to use the gifted pumpkin to make a pie. Too bad. No matter how full you get, before you leave the table there is always room for a slice of pumpkin pie.

I asked some people around the Mill what their favorite dish besides turkey was at Thanksgiving. Here are the replies. Stuffing was a big favorite closely followed by potatoes: mashed, sweet or candied sweet. Green beans by themselves or in a casserole.

Asparagus, brussels sprouts, corn or southern fried corn were some other vegetables mentioned. Cranberries in a sauce or in the shape of the can they came in, pumpkin and pecan pie, and two interesting picks...lamb and vodka.

I’m getting hungry so I’ll close with a true story. One Thanksgiving three full grown turkeys paraded up the sidewalk and our steps as we were leaving for our Thanksgiving meal. Gobbling past us, they rounded the house and headed into the woods. I thought to myself that those lucky, brazen turkeys are going to have a happy Thanksgiving after all. Here’s hoping you have one too.





### BOCCE

#### *Bocce committee*

As you read this, league play has wrapped up for the 2021 season, and the champion has been crowned. Look for the results and pictures in next month's Digest. There is still all of November with clear crisp fall days to get out and play bocce before the courts close for the winter.

For those of you who did not try bocce this past year, think about getting involved next year. Details will be forthcoming over the winter in both the Digest and HM News emails.

### BOWLING

#### *Rosie Taylor | Princeton*

The 2021-2022 bowling season, which started in October, continues to exceed all expectations. With 18 teams and 72 bowlers, the largest bowling league HM has ever had, our numbers continue to grow with people signing up to be substitutes and others asking to be on the waiting list as a regular bowler. Come the start of the year, some of our bowlers leave for warmer weather. Because of this, there may be openings for the second half of the season, which starts January 4th. If interested, contact Jim and Carol Burnham @

*"In bowling and in life, if a person made the spares, the strikes would take care of themselves."*

STEPHEN KING

### PICKLEBALL

#### *Tom Fant | Yardley*

Pickleball is a year-round sport and adapts to the seasons accordingly. In the summer we have a "mister" and ceiling fans to cool the players. When autumn comes, we have blowers to clear the leaves from the courts. The windsocks, "Pickle Fish," point the way the wind blows so the leaves do not blow back on you. Winter brings out the layers of clothing that we wear and snow shovels to clear the courts. Spring comes and we roll the clocks forward and enjoy the new blossoms.

The Pickleball courts are located behind the tennis courts just off Chandler Drive. Our "folksy way" to locate the Pickleball Courts is "They're just off North Chandler Drive between Tennis and The Pool with a little Bocce on the side."

### TENNIS

#### *Dave Clewell | Robynwood*

It was a great conclusion to a good tennis season with a "King/Queen of the Hill" tournament on Labor Day. We had 16 participants on all four courts competing for the title of King of the Hill and Queen of the Hill. In the end, with 18 out of a possible 24 points Sergei Yurchak won the King title, and with 16 out of a possible 24 points Barbara Trimble won the Queen title.

Because of the enthusiasm and fun we had during this tournament, we will schedule more similar events next tennis season.

Enjoy your winter and we will look forward to spring tennis.

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# An 8th Grade Final Exam

Rosie Taylor | Princeton



In the August D&G the first 2 sections of the five-section eighth-grade final exam from 1895 in Salina, Kansas, USA appeared. How did you do? Challenge yourself on the last 3-sections.

## U.S. HISTORY (Time: 45 minutes)

1. Give the epochs into which U.S. History is divided.
2. Give an account of the discovery of America by Columbus.
3. Relate the causes and results of the Revolutionary War.
4. Show the territorial growth of the United States.
5. Tell what you can of the history of Kansas.
6. Describe three of the most prominent battles of the Rebellion.
7. Who were the following: Morse, Whitney, Fulton, Bell, Lincoln, Penn, and Howe?
8. Name events connected with the following dates: 1607, 1620, 1800, 1849, 1865.

## ORTHOGRAPHY (Time: one hour)

1. What is meant by the following: alphabet, phonetic, orthography, etymology, syllabication.
2. What are elementary sounds? How are they classified?
3. What are the following, and give examples of each: trigraph, subvocals, diphthong, cognate letters, lingual.
4. Give four substitutes for caret 'U'.
5. Give two rules for spelling words with final 'e'. Name two exceptions under each rule.
6. Give two uses of silent letters in spelling. Illustrate each.
7. Define the following prefixes and use in connection with a word: bi, dis-mis, pre, semi, post, non, inter, mono, sup.
8. Mark diacritically and divide into syllables the following, and name the sign that indicates the sound: card, ball, mercy, sir, odd, cell, rise, blood, fare, last.
9. Use the following correctly in sentences: cite, site, sight, fane, fain, feign, vane, vain, vein, raze, raise, rays.
10. Write 10 words frequently mispronounced and indicate pronunciation by use of diacritical marks and by syllabication.

## GEOGRAPHY (Time: one hour)

1. What is climate? Upon what does climate depend?
2. How do you account for the extremes of climate in Kansas?
3. Of what use are rivers? Of what use is the ocean?
4. Describe the mountains of North America.
5. Name and describe the following: Monrovia, Odessa, Denver, Manitoba, Hecla, Yukon, St. Helena, Juan Fernandez, Aspinwall, and Orinoco.
6. Name and locate the principal trade centers of the U.S. Name all the republics of Europe and give the capital of each.
8. Why is the Atlantic Coast colder than the Pacific in the same latitude?
9. Describe the process by which the water of the ocean returns to the sources of rivers.
10. Describe the movements of the earth. Give the inclination of the earth.



# Improve Startup Performance for Windows 10

Don Trauger | Kennett

In the October issue I had you go into Settings to improve your Privacy. This month I'll have you return to Settings to improve your computer's Startup performance.

Open Settings and click the Apps icon. This area deals with programs (apps) that either Microsoft or the program creator has decided to load in the background during startup to get a jump start if or when you decide to click the program's Desktop icon. With the program loaded in memory during startup, it speeds the final startup of the program when you click the icon or click it in the Start Menu. Sounds like a win-win, right? Not so fast. The tradeoff is that the loading operation slows the startup (boot) time of the computer. The list of Apps can grow to be large, so it needs to be pared down to minimize startup time.

On the left side of the Apps window, click Startup. Review the list and turn off all the programs except Windows Security notification icon. Exceptions are a possibility. For example, if a program is slow starting up after turning it off in the Apps category, just turn it back on. You will not be deleting anything from your computer when you perform these startup performance tweaks.

Another area to check for Startup programs is the Task Manager. Right click the Taskbar, at the bottom of the screen, then click Task Manager. Click the Startup tab. Review the list. Many will be disabled from your previous changes but proceed to disable any others. Use the guidelines previously mentioned above in the Apps area.

Turning off startup apps and disabling them in Task Manager will help speed up the startup time of your computer and will increase your resources once the computer has booted up.



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# What Is Two-Factor Authentication and What Does 2FA Mean?

Two-factor authentication (2FA) is an additional security layer used to keep accounts secure and ensure that people cannot gain access to online accounts that do not belong to them. This process ensures better protection of a user's personal information, credentials, and other assets. A two-factor authentication verification method requires a user to provide not just a password or PIN, but a second factor. The second factor ranges from a possession factor (a one-time use code sent to a smartphone known to be in a user's possession) or an email sent to the users known email address with a security code or other forms. That extra layer of security means that even if an attacker knows a user's password, they will not be allowed access to their online account or mobile device. Security professionals urge enabling two-factor authentication on all your online accounts. Two-factor authentication can be used to strengthen the security of a phone, a computer, or online accounts. While two-factor authentication does improve security, it is not completely foolproof.



## What Is a Two-Factor Authentication Code?

A two-factor authentication code is a one-time code generated to prove a user's identity when they try to access an online account or system. The code would be sent via text message or by an automated phone call to a phone number associated with the user or via email. Upon entering the two-factor authentication code, the user gains access to their online account. These codes often expire after a short amount of time if not used.

## Benefits of Two-Factor Authentication

A two-factor authentication delivers an extra layer of protection for users because a username and password are simply no longer enough. Introducing non-password-dependent two-factor authentication enhances security and reduces the risk of identity theft. The many data breaches the past few

years, combined with people using the same password across multiple sites, render online accounts and devices vulnerable to easy access by others.

## Common Types of two-factor authentication

### SMS Text-Message and Voice-based two-factor authentication.

With SMS text-message and voice-based two-factor authentication, users provide phone numbers at the point of registration and whenever they need to log in to their account, a single-use code is generated and sent to the phone number they signed up with (either via a text message or an automated phone call). SMS two-factor authentication will not work if your phone is dead or cannot reach a mobile network.

Another common method is two-factor authentication via email. The way that works is that an automated message is sent to a user's registered email address when there is a login attempt. Like an SMS or phone call, that email will either include a code or simply a link that when clicked will verify that it is a legitimate login attempt.

## How to Get two-factor authentication

Your account security is vital, so most sites, apps, and devices now offer some form of two-factor authentication.

This article is a summary of a lengthier article published on BrainStation. To read more type 'https://brainstation.io/cybersecurity/two-factor-auth' into your browser window.

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## Activities Contacts

Art Group.....	Sara Hamilton.....
Baby Boomers.....	hmboomers@gmail.com
Billiards Club .....	Jim Short .....
Bingo.....	Hal Deal .....
Book Discussion Group .....	Carol Barkovsky .....
Bowling (Oct-Apr).....	Rosie Taylor .....
Bridge Groups: Golf Club Tuesday Bridge .....	J.B. Smink .....
Golf Club Friday Bridge.....	John Marks .....
Social Club Party Bridge.....	Susan Hackstaff .....
Talking Bridge .....	Lisa Groff.....
Caregivers Support Group .....	Sue Staas.....
Chester County Hospital Auxiliary.....	Nancy St. Laurent.....
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 & Foot/Glove Canasta .....	Jacki Gernscheid .....
HM Folk Song Circle .....	Lynne Urian .....
Knitting Circle .....	Ruth Schick .....
Mah Jongg (Groff) .....	Lisa Groff.....
Men's Bible Study.....	Ken Mertz .....
Mermaid Book Club.....	Marrie Truskey.....
Nature Group .....	Christine McCormick.....
Paoli Hospital Auxiliary.....	Karen Gibson .....
Photography Club .....	Carol Poling .....
Pinochle Club .....	Ruth Dudt .....
Poker Club .....	Mike Brindisi.....
Quilters.....	Diane King.....
Scattergories .....	Agnes O'Leary .....
Scrabble.....	Marie Knox .....
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.....

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