

JANUARY 2022

# GUIDE — AND — DIGEST



---

A PUBLICATION OF HMCTV AT HERSHEY'S MILL

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A fully self-supported nonprofit organization.

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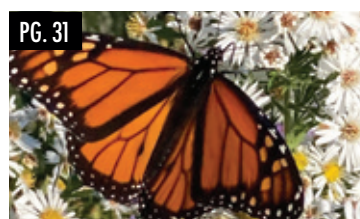
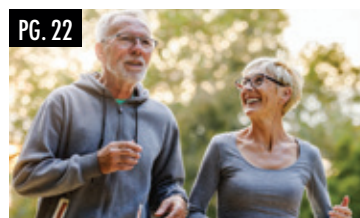
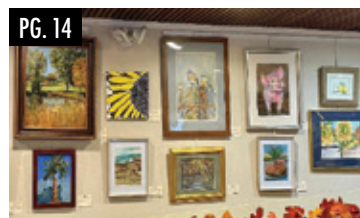
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All submissions welcomed; with rights retained by the owner. Send to [editor@hmctvguide.com](mailto:editor@hmctvguide.com), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), 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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MICHELLE AITKEN, DDS

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## From the Main Gate

### THANK YOU

A special thank you to all the residents who took the time to donate to the Security Department Christmas Fund!

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Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you have 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 through July of 2022: January 20, February 17, March 17, April 21, May 19, June 16, and July 21.

### TRY A ZEEN - THE NEW MOBILITY INVENTION

*Petra Rose, Doctor of Physical Therapy | GoZeen.com*

Wednesday, January 12, 2022, 1 p.m. to 4 p.m. in the Main Hall of the Community Center please join us for a demonstration of the latest in mobility technology, the Zeen! You may have seen us in the Spring of 2021 as we were looking for volunteers to test this new device and provide feedback about the device. Thank you to those who participated! From your feedback, we refined the design and now the Zeen is ready for YOU to try! Full body weight lift assist and support from beneath, means no more wrist or shoulder pain from walkers while feeling fully supported and stable. For wheelchair users, you can socialize at standing height and stay active even with balance issues. The Zeen makes rising to stand a breeze and allows you to go farther and remain engaged longer than the current options out there. Walk, glide, sit at your normal eye level, all with one device!

Please RSVP to [Petra@exokinetics.com](mailto:Petra@exokinetics.com) or (717) 645-2167. Light refreshments will be provided. We look forward to seeing you there!

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## Hershey's Mill Community Open House

Jack Keeley | Franklin

On October 17 the Hershey's Mill Marketing Group conducted a community-wide open house. It was attended by 41 families (cars counted by Security) which was a very good number considering there were only two houses open for viewing.

A little history - approximately 10 years ago the Master Association realized that the awareness of The Mill was not as it should be, with an average of 90 homes for sale many times during the year. Also, homes were staying on the market over three months or longer, with sale prices remaining static. Since The Mill was "sold out" there was no need for the developer to spend money on advertising.

The Master Association Board determined that in order to promote The Mill and help owners realize appreciation on their investment here we needed to start advertising. With location, amenities, and beautiful grounds, The Mill should be a premier place to live - and we needed to get the word out. In fact, when I moved to Hershey's Mill from Berwyn in 2010, I had comments from my neighbors that "wasn't Lancaster County pretty far to move to?"

The Master Association then established a Marketing Committee made up of volunteers with marketing/sales backgrounds to start an advertising program. Our marching orders were to make as many people aware of The Mill as possible.

Our first program was to establish a web page. With Ed McFalls help and

background we finally set up [www.hersheysmill55plus.com](http://www.hersheysmill55plus.com) which was designed to introduce potential owners to the location and amenities of The Mill. As of October this year, the newly designed and updated web page is now active. Check it out.

Our next goal was to promote visiting The Mill which some people thought you couldn't do because we were a "Gated Community."

Our answer to that was to organize and promote two "Community Open Houses" per year, in May and October. With the help of our graphic designer, we developed an ad. We then placed ads the three months prior to each open house in the 55+ *special edition of the Philadelphia Inquirer* and specialty magazines with readership in the "collar counties" surrounding Philadelphia.

Our first open house was wildly successful. We had 75 cars through the gate and barely enough helpers to greet visitors at the Community Center with our hand-out packages of The Mill info and a map. Since that time we still get 40-60 vehicles entering The Mill at each open houses (except for the 2020 Covid year where we promoted visiting us by watching the drone visit on our website).

With all that said we think we've accomplished our goal and with only two-three homes for sale why continue? Unfortunately, this won't last. As folks move on, more homes will be coming available. But they will definitely be selling quicker and for more money. Also, with our ad budget at about \$4.00 per qtr./house as part of our MA quarterly fee, it's well worth it.



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SAGELIFE

## Residents Update

Please remove this page and put it with your 2022 Resident Directory to have current information.

Belonzi, Terri	Faucher, David & Patricia	Pascucci, Richard & Patricia
819 Jefferson Way	996 Kennett Way	
Beuchler, Patricia	Fescine, Gary & DiGiacomo, Lisa	Salerno, Bob, Karen & Shari
1263 Oakmont Court	1202 Princeton Lane	244 Chatham Way
Bloch, Ronald & Sally	Jacobs, Francis	Spiker, Phillip & Karen
1151 Newbury Lane	436 Eaton Way	1533 Ulster Way
Charlesworth, Debra (Home Phone - Correction)	Ledden, Edward & Beatrice	Videon, Spencer & Linda
1207 Princeton Lane	150 Chandler Drive	556 Franklin Way
Dorris, Cheryl (Updated Phone #)	Novak, Curtis	Wilkinson, David & Bobbie
214 Chandler Drive	372 Devon Way	424 Eaton Way
Eichler, Susan	Oram, James & Wendy	
801 Jefferson Way	982 Kennett Way	
Farrelly, Theresa		
437 Eaton Way		

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## HERSHEY'S MILL ART GROUP

*Martha Hanson | Franklin*

Thank you to all who attended our Art Exhibition in late October. Though it's been a while, we would be remiss if we didn't thank all the people responsible for making it a special day. It was a wonderful turnout and a great chance for the Art Group to share its talents with the Hershey's Mill community.

Thank you to all the artists who contributed not only their work but their effort to make the day a success. A special thank you goes out to Jim Giuliano (husband of artist Karen Giuliano) who graciously volunteered to be the bartender and to Pam Mariani who presented a delicious array of snacks. We continue to meet on Wednesdays at the Cove from 9:00 a.m. to 12:00 p.m. New members are welcome.



Jim & Karen Giuliano

## HERSHEY'S MILL KNITTING CIRCLE

*Ruth Schick | Chatham*

It might be winter, but that is no reason to feel house bound. If you are a knitter or crocheter, gather up your project and join the Hershey's Mill Knitting Circle. We meet on Thursdays from 1:00 p.m. to 3:00 p.m. in the Paoli Room of the Community Center. In addition to doing our own work, and when it is possible, we are happy to assist people with their knitting and crocheting problems. For information about the Knitting Circle, contact Ruth Schick at or at

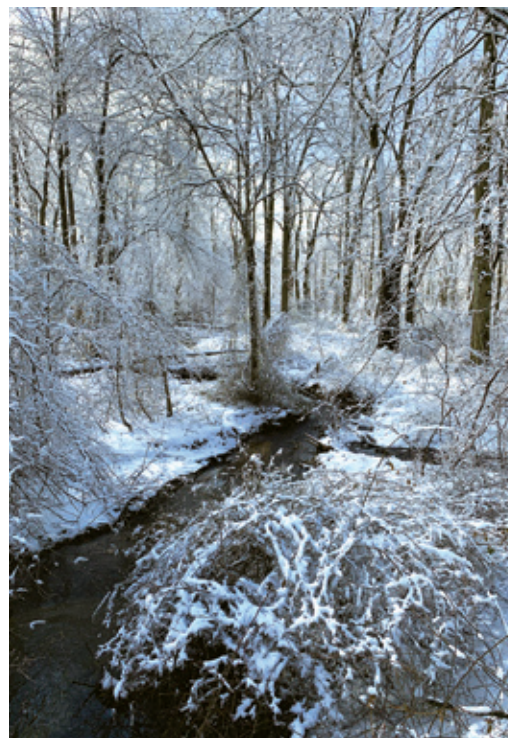
## NATURE GROUP NEWS

*Christine McCormick | Ashton*

LAST CHANCE - Submit your photo entries to HersheysMillNature@gmail.com by January 9, 2022. Diana Olviedo-Vargas, PhD of the



Art display in Community Center



White Landscape - William White, Jefferson

Stroud Water Resources Center will be presenting a talk on water with reference to Hershey's Mill and Ridley Creek on Thursday, January 13, at 11 a.m. in the Community Center. Stroud™ Water Research Center, located in Avondale, seeks to advance knowledge and stewardship of freshwater systems through global research, education, and watershed restoration. Plan to attend and ask your questions about water quality, flows and aquatic ecology.

HMNG officers elected to serve in 2022 are Wilbur Amand, VMD, President; Christine McCormick, Secretary; and Jado Foot, Treasurer. Links to the Nature Group Zoom

lectures and past HMCTV nature programs are posted 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 February. Send your questions and requests to [hersheysmillnature@gmail.com](mailto:hersheysmillnature@gmail.com).

## NEWER USERS MAC GROUP

*Rene McNally | Devonshire*

THE 4TH SATURDAY NEWER USERS MAC GROUP WILL CONTINUE TO MEET ON ZOOM from 10 a.m. to NOON on SATURDAY, JANUARY 22nd. Remind your friends and neighbors that Bob Barton and

Nick Iacona also answer questions about iPads and iPhones, and they are also welcome to join us on Zoom, even if they don't use a Mac computer. Help is also available from the Main Line Mac group on Zoom on the second Saturday of the month from 9:00 a.m. to 10:00 a.m. during the Q&A. That's always followed at around 10:30 a.m. by a presentation by an expert from the tech world. If you wish to be included for meeting reminders and receive information about connecting on Zoom, contact Carol Campanelli at

or go to  
for more details. Rene McNally is the contact in Hershey's Mill.





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## Hershey's Mill Golf Club

Maria Edwards | Ulster

*WELCOME TO THE  
NEW YEAR 2022!!*

Our holiday season has ended. Here's hoping it was your best ever! Perhaps you traveled to far-away places to visit family or stayed home and enjoyed the quiet closeness of local family members or good friends. As we settle into the winter months ahead, The Club is now closed for January and we will not return until February. The Club will be open for lunch and dinner on Fridays and Saturdays

beginning  
February 4.

The Club is also  
planning a  
Valentine's dinner  
on Saturday,  
February 12, 2022.

We wish you all safe  
travels whatever  
your winter plans  
may be and look forward to your  
safe return when SPRING will be  
blooming with fun events and  
creative menus!



*HAPPY HOLIDAYS and a wonderful NEW YEAR!*

May 2022 bring peace, love, and happiness to you and yours.

We wish you all a safe and healthy holiday season no matter how you  
celebrate. Please stay safe and healthy. See you next year!



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## Getting to Know You

# Lynn Mander

Arlene Romano | Yardley



Lynn and daughters, Erika on left, Iris on right

Lynn Mander is passionate about pickleball. One of the reasons she moved to The Mill was so she could play whenever she wanted. This active and busy lady is involved in the sports, bus and pool committees and of course pickleball.

Lynn grew up on the south side of Chicago. As an ambitious teen, Lynn wanted a career but also dreamt of someday adopting a child. Days after graduating from high school, Lynn began employment at an investment firm while going to school at night. Her hard work advanced her career quickly. Eventually she began handling

some large institutional accounts and ultimately moved to New York to work on Wall Street.

But Lynn never forgot her childhood dream of adopting a child. Through Lutheran Child Services, she discovered that even as a single woman she could adopt, which was uncommon at that time. On her 40th birthday she was notified that she would become mother to a girl from El Salvador named Erika. Coincidentally, Erika was turning 10 years old that same day!

*continued*

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## Getting to Know You (continued)

The political climate in El Salvador was extremely treacherous at this time. Erika's mother had died but Erika came from a large, loving family who wanted her to have a life in the United States that would be better than her prospects in El Salvador. Lynn happily agreed to bring this child home. Between her career responsibilities and adopting a child, her life became extremely stressful, so she gladly accepted when offered a job in Philadelphia.

Lynn thought Erika adapted so well, that a couple of years later, she decided to adopt another child from El Salvador, 8-year-old Iris. Iris's mother wanted her to forget the

frightening, war-torn country she was born into, to get a good education and to make happy new memories. Lynn believed because of her success

**But ultimately this is a love story. Two families who wanted a better life for the children they loved and Lynn who had enough love and compassion to give this to them.**

with Erika, she could do the same for Iris. But Iris had a more difficult time adjusting and struggled with medical

and emotional issues. In fact, Lynn now realized that Erika also had been dealing with emotional problems. Lynn recalls there were many times of hurt, confusion and frustration as they tried to navigate through these challenges.

But ultimately this is a love story. Two families who wanted a better life for the children they loved and Lynn who had enough love and compassion to give this to them. Erika and Iris have been able to overcome their past issues and become the strong, successful and beautiful women that they are now. Lynn is so proud of their

accomplishments and to have helped them. Recently, Iris discovered her biological brother was living in Michigan and he has now come to live with her. Lynn and her daughters were featured in a book entitled Sacred Connections, which is about family adoptions. In it, Erika was quoted saying, "I would never change what happened to me. My life makes me who I am. I'll keep it all, good and bad".

*Excellent words for us all to remember!*



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A portrait of Susan Ventresca, a woman with short brown hair, wearing a black blazer over a bright pink shirt and a pearl necklace. She has her arms crossed and is smiling.

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# Revving up Aerobic Activity

Bonalyn Mosteller | Inverness Village



Are you getting twenty to thirty minutes of aerobic exercise per day? Do you get out of breath at least once a day? These are two important measures associated with decreasing the risk of heart disease. Aerobic exercise doesn't mean casual strolling. Genuine aerobic exercise increases one's heart rate, which is required to protect against heart disease.

Some days, exercising is a challenge, especially if your body is hurting in one or more places. 'Use it or lose it' is always true, especially as we age. I am remembering a Mill's retired doctor friend who said, "I can't believe how much effort it takes just to stay even." The alternative is accelerated decline.

How can you push yourself to get the recommended number of aerobic minutes per day? Here are some simple methods that can be carried out right here at the Mill that require no expensive club or YMCA membership.

1. Every path to the lagoon is uphill. So go up the hill and then turn around and go back down again. Repeat if you can do so without puffing too much and then continue to walk around the lagoon. In truth, for most winters there are only a few days when the weather would

prohibit a lagoon walk. Hence, bad weather is rarely an excuse for not doing lots of things.

2. Go up and down the steps to your basement until you get out of breath. Hold onto the railing if needed, but you get a far better workout if you don't need to do so. Upon becoming out of breath, head out the door and continue walking as fast as you can for the recommended 20 to 30 minutes a day.

3. In your village, walk uphill intentionally, even if your village only has minor inclines. At this point in my life, I often find that even walking up a minor incline can lead to getting out of breath when walking fast. Twenty years ago, I didn't even notice when I was walking on an incline

4. Push yourself to walk as fast as possible when walking up an incline. Challenge yourself to take longer steps and to raise each foot faster and

*continued*

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faster. Land first on your heel and then roll onto the ball of the foot. Because you are also exercising your upper body, walking sticks can be helpful for balance, provide an upper body workout, propel you faster and increase your heart rate more than when walking without them. If appropriate, try to run a few yards. Running more than a bit might not be good for one's knees, but it increases the heart rate quickly. However, you

should ask your physician before trying to run.

5. The last strategy is this: Get a dog!

Finally, if reading this article is making you nauseous, start much smaller. Walk for five minutes or go up and down steps twice only. Doing a short stint of aerobic exercise is better than doing nothing. The hardest part is starting. Remember the alternative!

# Thyroid: The Little Gland with a Big Job

Kate Lindsay | Brighton



brain, liver, and kidneys. In the past, salt was recommended as an effective way of getting iodine in the body because it did not spoil and was in almost everything we ate. But today, since there is an increased use of Kosher and Sea Salt which do not contain iodine, we need to be aware of the symptoms of a non-regulated thyroid. Goiter, a condition where the thyroid gland becomes enlarged, can occur if you do not have enough iodine.

Did you ever wonder why your table salt contains iodine? In the 1920's, it was found that iodine was needed to assure that the thyroid gland would function properly. The thyroid gland regulates the production of a hormone. Having too much or too little of the hormone can cause dysfunction in cells, tissues, and certain organs including the heart,

The American Thyroid Association encourages you to screen for thyroid disorders. You can do this at home. Find a handheld mirror because you will be looking at your neck as you tilt your head back, so the wall mirror is not as useful. You will look at the lower front area of your neck, above the collarbone, and below the voice box (larynx). This is where your

thyroid gland is located. Now, tilt your head back while you swallow some water. As you swallow, you will look for bulges. If you see a bulge, inform your Primary Care Provider.

Thyroid problems can happen to anyone, though women are diagnosed more often than men. There are millions of Americans who have

**Thyroid problems can happen to anyone, though women are diagnosed more often than men.**

thyroid problems. Many of them do not receive the correct diagnosis and therefore, do not receive the correct treatment. Symptoms for low thyroid are non-specific and can include but

are not limited to: fatigue, weight gain, dry skin, dry hair, hair loss, sensitivity to cold, muscle weakness or tenderness, and joint stiffness or swelling. If your thyroid hormone levels are low, blood tests may show higher levels of cholesterol.

If the thyroid gland is producing more of the hormone, a person may experience symptoms that include but are not limited to: a swollen thyroid gland, prominent eyes, irregular or rapid heartbeat, increased blood pressure, shaking hands, increased sweating, hot flashes, difficulty sleeping, brittle hair, hair loss, and weight loss.

You know your body and how it reacts. If you feel changes that include any of the symptoms listed above, talk with your Primary Care Provider.

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Please remember that the Guide and Digest may not reflect the most current information. The HM News that is 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).

### Pennsylvania Farm Show

**Thursday, January 13, 2022**

**Cost: \$25.00 + Lunch**

**Departs at: 10 a.m.**

**Contact: Priscilla Burt,**

Pennsylvania is proud to host the largest indoor agricultural exposition under one roof in the nation, with nearly 6,000 animals,

10,000 competitive exhibits and 300 commercial exhibits. The event showcases the quality and breadth of Pennsylvania's agriculture industry and the people who make it thrive. The show offers visitors a tiny slice of the industry that employs nearly half a million people and contributes \$185 billion to Pennsylvania's economy every year. The Pennsylvania Farm Show offers something for everyone, young and old, farmers and non-farmers, foodies and just people who like to have fun. Aside from food and entertainment, the annual event offers the public an opportunity to get an up-close view of how our food goes from farm to table, while learning about the diversity of Pennsylvania agriculture and the ingenuity of its people. Farmers

show off what they do best, meet old friends and new, and check out cutting-edge farm equipment, supplies and farming practices. Lunch is on your own at one of the many food stands at the complex. Wear comfortable walking shoes!

### Delaware Park

**Monday, January 17, 2022**

**Cost: \$20.00 + Lunch**

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

**Contact: Mike Bianco,**

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

### Yuengling Brewery

**Wednesday, January 19, 2022**

**Cost: \$30.00 + Lunch**

**Departs at: 8 a.m.**

**Contact: Lynn Mander,**

Take a tour through America's oldest brewery founded in 1829 by David Yeungling from Wuerttemberg Germany. The tour will last about an hour, we will taste their beer and will have time to visit the gift shop. We will then go to The Wheel restaurant for lunch. The Wheel specializes in gourmet grilled cheese sandwiches, and, of course, Yeungling beer. For a look at their menu, go to [www.wheelrestaurantpottsville.com](http://www.wheelrestaurantpottsville.com). We will order and pay individually for our meals, and the average cost is \$15

Please note: This tour requires stairs, and you must wear closed shoes. Should weather prohibit us traveling on January 19, we have booked a snow date of January 26, so be sure to mark your calendar for both dates.

### SERIES TRIPS

#### Philadelphia Orchestra

**Friday Matinee (2022 DATES)**

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

**Departs: 12 p.m.**

**Contact: Priscilla Burt,**

Live from the Kimmel Center, The Philadelphia Orchestra present a spring 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 can be 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, April 29, 2022:**

Vivaldi: The Four Seasons, Saint-Georges: Violin Concerto, No. 9, Kreisler: Praeludium and Allegro.

**Friday, May 13, 2022:**

Prokofiev, Second Violin Concerto, Tchaikovsky Symphony No. 6.

**Friday, June 3, 2022:**

Yannick leads Bruckner Symphony No. 7.

*continued*

## Bus Trips (continued)

2021-2022

### Walnut Street Theatre Series

#### Thursday & Saturday Matinees (WAIT LIST ONLY)

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. Cost reflects both per person admission and bus fee per show. The Walnut Street Theatre's 2021-2022 Season includes the following shows for both series:

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" –

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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 and throughout the performances. As CDC guidelines change, our rules for the bus are likely to change as well.
4. Trip payment checks should be made payable to "HERSHEY'S MILL HOA", sealed in an envelope (noting trip name and date), and placed in the maroon "Customer Service" mailbox next to the Security Center in the exit lane at the Main Gate.
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 .
8. 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

# Protecting Good Critters

John Groch | Chatham

Don't ever ask a devoted gardener to explain their passion for gardening. He or she will overwhelm you with an avalanche of testimony about what got them started and why they pursue their gardening activities with enthusiasm and vigor!

What began as an article to update the Hershey's Mill community about the relatively new pollinator garden at the community vegetable garden has mushroomed into two articles on the topic. Here is the first of two installments.

Derek Stedman (Chatham) attributes his inspiration to his grandfather's love for the outdoors and his gift of double 'green thumbs.' As a child, Derek shadowed his grandfather as he "tended his gardens, pruned his orchard, picked his juicy berries, and sampled his vegetables." Later in life, Derek was thrilled to purchase a cottage in Katonah, NY, which featured a huge vegetable garden and several small planted areas, that no doubt brought back fond memories of his grandfather. Some years later in Vermont, Derek attempted self-sufficiency vegetable gardening, a challenge so daunting that he switched his efforts to "wandering the fields and woods and stream sides, collecting native plants, ferns, and shrubs."



Derek Stedman Planning the Garden  
Photo by Barbara Crispin

Thirteen years later in Norwell, MA, he returned to the drawing board in an 1840's, run-down ship captain's house with totally neglected gardens. Five years later, his gardens made the local garden club's visit list.

Upon moving to Pennsylvania, Derek began his formal garden training by joining The Brandywine River Museum's seed collection program. In collaboration with the National Wildlife Federation's Backyard Habitat Program, Derek co-founded a non-profit to educate habitat stewards, who would in turn, help others to create native plant gardens, small meadows and water run-off 'rain'

*continued*



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Pollinator Garden | Photo by John Groch

gardens. This group also formed a local chapter of 'Wild Ones,' native plant gardeners, and helped run the Okehocking Nature Center in Willistown for a number of years.

It was Professor Doug Tallamy, an entomologist and ecologist at the

University of Delaware, who first introduced Derek to pollinator gardens and the vital importance of bugs, bees, birds and butterflies for our food supply. There is a wide range of native plants, grasses, ferns, vines, shrubs and trees that attract the 'critters' that make fruits and vegetables from pollinating plants possible. Tallamy considers lawns as a 'biological desert,' contributing nothing to plant vitality. Derek and his fellow gardeners strongly encourage residents to visit the pollinator garden to witness the variety of insects that flock to the garden in spring and summer. Also, residents are encouraged to plant pollinator-friendly native plants in appropriate areas around their homes. Professor Tallamy paraphrases from *Field of Dreams*, "**Plant them and they will come!**"



Pollinator Garden | Photo by John Groch

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Programs		January 1- January 14 (7 PM show January 14 will not be shown)			
<b>Interior Design to Enhance Your Lifestyle</b> <i>With Kay Ricker &amp; Susan Rains</i> Design features and modifications, especially for homeowners 55+, are discussed by Susan, an Interior Designer and Aging in Place Specialist. Discussed are decorating tips, downsizing, and decluttering for a comfortable and happy home. 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>January 1 to January 8</b> <b>Julie &amp; Julia (PG 13)</b> <i>Meryl Streep, Amy Adams</i> Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's challenge to cook all the recipes in her first book ( <i>Runtime: 2:03</i> )
	<b>January 7 to January 17</b> <b>Missing (PG)</b> <i>Jack Lemmon, Sissy Spacek</i> Based on a true story: a conservative father joins with his daughter-in-law to solve the disappearance of his journalist son. ( <i>Runtime: 2:02</i> )

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		January 15 - January 31 (7 PM show January 31 will not be shown)			
<b>Journey of a Marine Artist</b> <i>With Kay Ricker &amp; Jean Cox</i> A presentation by Jean of the paintings of Howard Schafer, her late husband, whose passion and understanding of nature, boats, waterways and seashores will astound you with their beauty and realism. Jean shares his background at the Jersey shore, training at art schools, love of sailing, and living in different areas that contributed to his art. His appreciation for architectural details and love of unspoiled nature will fascinate everyone. 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>January 17 to January 24</b> <b>The Last Tycoon (PG)</b> <i>Robert De Niro, Tony Curtis</i> F. Scott Fitzgerald's novel is brought to life in this story of a movie producer slowly working himself to death. ( <i>Runtime: 2:03</i> )
	<b>January 24 to January 31</b> <b>Men in Black (PG 13)</b> <i>Tommy Lee Jones, Will Smith</i> A police officer joins a secret organization that polices and monitors extraterrestrial interactions on earth. ( <i>Runtime: 1:38</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](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



# Footprints

Rosie Taylor | Princeton



a beach, sees two pairs of footprints in the sand, one of which belonged to the person and the other to God. At some point the two pairs of footprints became one symbolizing God carrying the person

As I've done hundreds of times, I stepped out of the shower the other day and quickly jumped onto the soft rug in front of the sink trying to avoid the cold floor. Well, on this particular day I wasn't quick to the rug and one foot left a footprint on the tiled floor. I usually wouldn't stare at the ghost-like imprint but this one evaporated slowly and got me thinking about 'footprints' ...those acts, words and gestures that have been left on my heart by others that either made me feel good for that moment in time or impacted my life... for the better.

The story "Footprints in the Sand" is a popular allegorical religious poem that describes a person, walking on

during their saddest and most troublesome times.

This story always makes me think of those who have 'carried' me throughout my life during times, I believed, I couldn't raise my foot once again. The list is lengthy – my parents, my friends, strangers, and of course, my husband. They, nor I, probably didn't realize during those times, that they were carrying the lion's share of my load enabling me to, once again, step onto the sand and continue. They were just doing what was called for at that moment – supporting, encouraging, cheerleading, sympathizing, and even giving me the proverbial 'kick in the butt.'

'Footprints' come in all sizes and can be left EVERYDAY. Small 'footprints' such as a smile, a greeting, holding the door for someone, doing a chore your spouse hates to do, saying something nice about a person who is being gossiped about, leaving a generous tip and a nice note on the receipt, sending someone flowers for no reason, complimenting someone – even a

**As we step onto the 'sands' of 2022, remember to leave as many 'footprints' as you can.**

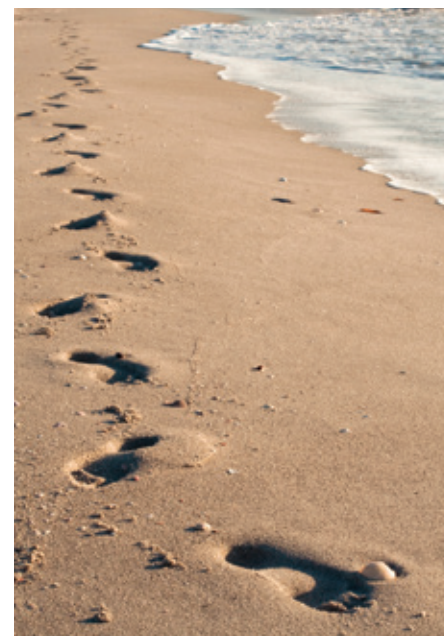
stranger, calling that friend you've lost touch with, donating books to libraries or hospitals, letting someone check out before you in the grocery store line, checking in on elderly neighbors, telling someone that you love them, may seem inconsequential to you however, it might be "just what the doctor ordered" or a life changer for someone else.

Large 'footprints' may take a little more time and energy but carry with them the same impact. Consider donating blood, sending a care package to a service person, forgiving someone a hurt and most important forgetting it, listening to someone who's struggling – offering advice only if they ask, cooking a meal or baked goods for a shut-in neighbor, becoming an organ donor, volunteering, feeding an expired parking meter, telling someone that you love them in a hand-written note

– grandkids love this, doubling your donation to your favorite cause, and many other gestures and acts...just think outside your box of kindness.

Finally, a most important 'footprint' is allowing others to 'carry' you in your time of need. Accept their words, gestures and actions with the same depth of love by which it is given.

As we step onto the 'sands' of 2022, remember to leave as many 'footprints' as you can.



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miles. Battery charger, speedometer, tire pump included. Paid \$2,400 a year ago. Asking \$1,299. Call, leave message



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Waterford Alana High Dessert/Champagne Glasses, \$40; Lladro Angels Group, \$40; Lladro Nativity Figurine, \$40. All prices are negotiable. Other Lladro and Waterford items are available. All looking for a good home. Text or call Liz:

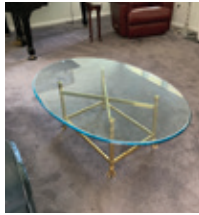


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# Pasta or Spaghetti?

Rosie Taylor | Princeton

January 4 is National Spaghetti Day while National Pasta Day is celebrated on October 25. Believing they are the same, many use the terms interchangeably...but is there a difference?

The answer is yes. Pasta is the generic term for any kind of pasta-based dish. Spaghetti, on the other hand, is a kind of pasta.

Spaghetti is the quintessential Italian pasta. It's long like a string – hence the name, as *spago* meaning string. These long, round strands are the most popular type of pasta in the United States. But spaghetti isn't JUST spaghetti. It comes in all thickness variations. Spaghettoni is thicker, Bucatini is thicker and straw-like with a hollow center, Spaghettini is thinner, Capellini is very thin and Angel's Hair is the thinnest.

Fact or fiction - pasta is unhealthy? Over the last decade or so, pasta has

gotten a bad rap of being unhealthy and a cause of obesity. Recently-published research indicates that pasta consumption doesn't contribute to obesity, and was actually linked to a lower BMI (body mass index). The fact that pasta is a staple ingredient of a Mediterranean style diet says something. One of the most popular, effective and gimmick-free eating plans of this millennium, the Mediterranean Diet, wouldn't be what it is if it wasn't for pasta. The secret to a healthy pasta? P&P...partner and portion. Pasta becomes health hearty when partnered with fiber-rich vegetables and beans, heart-healthy fish, antioxidant rich tomato sauce, protein packed cheeses, poultry, and lean meats.

As for portion size, using a smaller dish or bowl is a good start. While there is no world record for the smallest portion of spaghetti, there is one for the largest. According to the Guinness World Record Book, the largest bowl of spaghetti weighed 17,417 pounds, recorded during a marathon in Poland on October 24, 2015. This beat out the previous record set in 2000, when a swimming pool in California was filled with 13,000 pounds of spaghetti.

Pasta is a universal food by both consumption and claim of 'origin.' Although popular legend claims Marco Polo introduced pasta to Italy following his exploration of the Far East in the late 13th century, pasta can be traced back as far as the 4th century B.C., where in ancient Italy, an Etruscan tomb showed a group of natives making what appears to be pasta. The Chinese were making a noodle-like food as early as 3000 B.C. and Greek mythology suggests that the Greek god Vulcan invented a device that made strings of dough – the first spaghetti! Pasta made its way to the New World through the English, who discovered it while touring Italy. Colonists brought to America the English practice of cooking pasta at least ½ hour, then smothering it with cream sauce and cheeses.

**FACTOIDS:** Thomas Jefferson is credited with bringing the first macaroni machine to America in 1789, when he returned home after serving as ambassador to France. The first industrial pasta factory in America was built in Brooklyn in 1848 by a Frenchman who spread his spaghetti strands on the roof to dry in the sunshine. I remember my grandmother using a pasta guitar cutter to make her spaghetti and drying the strands on an old red Formica table.

*Spaghetti – the royalty of comfort foods. Now, where do noodles fit in?*





We want to thank our 45 volunteers for their dedication to the Hershey's Mill Library this past year. Because of them and you, our resident supporters, we had three successful fundraisers, including our fall book sales and the popular book basket raffle this past December.

The library purchased 29 new books in October and added 39 this past November, so it is a good time to stop by and pick up a good read during these cold January days. While we continue to buy new books monthly, we find audio books and large print books are in short supply. If you have recent edition books in one of those



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two formats, and are looking to give them a good home, please consider donating them to the library.

There is a suggestion box found directly inside the library door, and we welcome your ideas on how we can improve our services. Recently, we were asked to renew books by phone. While we understand how convenient that would be, our library phone line allows emergency outgoing calls only.

Recently, the Hershey's Mill Golf Club started a speaker series, the first of which featured Bruce E. Mowday, author of *Lafayette at Brandywine – The Making of an American Hero*. Mr. Mowday is an award-winning author and newspaper reporter who has authored more than twenty books on a variety of subjects. The event was well-received, with over one hundred attendees. We look forward to the HMGC hosting another speaker event soon.

## NEW BOOKS

### FICTION

Adams, Sara Nisha - *Reading List*  
Albom, Mitch - *The Stranger in the Lifeboat*  
Baart, Nicole - *Everything We Don't Say*  
Baldacci, David - *Mercy*  
Brenner, Jamie - *Drawing Home*  
Brenner, Jamie - *Husband Hour*  
Brenner, Jamie - *Summer Longing*  
Calvin, Tom - *Down*  
Cameron, Marc - *Chain of Command - Tom Clancy*  
Center, Katherine - *Everyone Is Beautiful*  
Cousens, Sophie - *Just Haven't Met You*  
Erdrich, Louise - *The Sentence*  
Feeney, Alice - *Rock Paper Scissors*  
Feldman, Suzanne - *Sister of the Great War*  
Follett, Ken - *Never*  
Hannon, Irene - *The Labyrinth of Lies*  
Emily, Henry - *People We Meet on Vacation*  
Morelli, Laura - *The Stolen Lady*  
French, Nicci - *The Unheard*  
Shteyngart, Gary - *Our Country Friends*

Strout, Elizabeth - *Oh, William*  
Winman, Sarah - *Still Life*

### MYSTERY

Child, Lee - *Better Off Dead*  
Connelly, Michael - *Dark Hours*  
Evanovich, Janet - *Game On*  
Mayor, Archer - *Marked Man*  
Osman, Richard - *The Man Who Died Twice*  
Perry, Anne - *A Christmas Legacy*  
Perry, Anne - *A Darker Reality*  
Powers, Richard - *Bewilderment*

### BIOGRAPHY

Roberts, Steve - *Cokie, a Life Well Lived*

### NONFICTION

Kotb, Hoda - *I Really Needed This Today*  
Tate, Christie - *Group*  
Tucci, Stanley - *Taste*  
Sedaris, David - *Carnival of Snackery*  
Brands, H. W. - *Our First Civil War*  
Feldman, Noah - *The Broken Constitution*  
Obama, Barack - *Renegades: Born in the USA*  
Schiff, Adam - *Midnight in Washington*



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# Jackie of Devonshire

Louise Davidson | Inverness

Jackie is the 45-pound girl who greets everyone with her right ear raised as if to say 'hello.'

Anne Krepacki adopted this four-year-old pup to bring happiness into her life. Anne's significant other of eight and a half years passed away in July of 2017. Not wanting Valentine's Day to be a sad occasion, she

decided to adopt a dog. Fortunately, the Delaware Humane Society held an adoption day on February 14, 2018. Although Anne had intended to adopt a mature dog, she just couldn't resist the fourteen-week-old puppy that was put into her arms and immediately licked her face. This sweet puppy was brought from North Carolina along with her mother and litter mates. Anne and this as yet unnamed adorable puppy found love at first sight. Jackie raised her 'hello' ear a few months later.

Jackie was named after Jackie Robinson, a member of the Brooklyn Dodger's baseball team and the first black player in professional baseball. Anne's mother was from Brooklyn and was a big Dodger's fan, so Jackie's name honors Anne's mother as well as Jackie Robinson.



Because Jackie was alone for long periods of time while Anne was at work, she decided that a companion animal would be helpful. Fortunately, a friend was trying to find a home for

**This sweet puppy was brought from North Carolina along with her mother and litter mates. Anne and this as yet unnamed adorable puppy found love at first sight.**

a handsome black cat who got along quite well with dogs. In September of 2019 the cat, now known as Sylvester, found a new home with Anne and Jackie. Despite never having been around cats, Jackie and Sylvester hit



it off from the start. Jackie now has a friend to keep her company all day long. Along with the happiness Jackie has brought Anne, a new significant other joined them in May of this year, and Nick and Jackie shower each other with loving attention.

There's a dog/cat bed at the front door, which serves a dual purpose for the pets in Anne's home. Because the door is all glass from top to bottom, Jackie loves to spend time on the dog/cat bed looking out the door while her ear waves 'hello' to everyone walking by. Sylvester eagerly waits on the dog/cat bed for Jackie to come home from her walks that are especially long because

Jackie is a dog who would rather sniff along the way instead of briskly walking. As soon as Jackie returns home, she and Sylvester rub noses to greet each other.

Jackie is a wonderful dog who immediately erased the sadness in Anne's life and continues to bring sunshine to Anne, and to Nick.



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Marilyn Cale | Franklin

## Chinese Pearl Meatballs

These tasty meatballs are easy to make. They are wonderful for your Chinese New Year celebration, or as an addition to a holiday buffet. Some folks dye the glutinous rice with red or green for a holiday touch. Another serving idea is to whisk together 1/4 cup soy sauce, 1 tablespoon sesame oil, and garlic to taste and sprinkle over the meatballs, rice, and some steamed vegetables.

**Prep:** 15 minutes

**Cook:** 30 minutes

**Additional:** 2 hours

**Total:** 2 hours, 45 minutes

**Servings:** 4

**Yield:** 20 meatballs

### Ingredients:

- 1 cup uncooked glutinous (sticky) rice
- 2/3 pound ground pork
- 2 tablespoons water
- 1 tablespoon Chinese cooking wine
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1 small onion, chopped
- 1/2 teaspoon grated fresh ginger
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1 dash ground black pepper
- 2 leaves Chinese cabbage

### Directions:

- **Step 1:** Place the rice in a bowl with enough water to cover. Allow to soak 2 hours. Drain and pour into a platter.
- **Step 2:** Mix the next ten ingredients in a bowl until all ingredients are evenly mixed. Divide and roll the mixture into balls 1½ to 2 inches in size. Roll the meatballs in the soaked glutinous rice to coat completely.
- **Step 3:** Line a large bamboo steamer with the cabbage leaves. Arrange the meatballs atop the cabbage leaves.
- **Step 4:** Bring a large pot of water to a boil over high heat; place the bamboo steamer over the boiling water. Steam the meatballs until no longer pink in the center, about 30 minutes.

**Per Serving:** 221 calories

## New Year's Fried Rice

My favorite fried rice recipe! A great substitute for potatoes for any meal.

**Prep:** 15 minutes

**Cook:** 15 minutes

**Total:** 30 minutes

**Servings:** 6

### Ingredients:

- 3 slices bacon, sliced
- 1/2 cup diced red bell pepper
- 1/3 cup frozen green peas, thawed
- 1/4 cup chopped green onion
- 1 egg, beaten
- 4 cups cold cooked rice
- 2 tablespoons soy sauce

### Directions:

- **Step 1:** Cook and stir bacon in a wok or large skillet over medium heat until crisp, about 10 minutes. Remove bacon and leave drippings in pan. Cook and stir red bell pepper, peas and green onion in the hot droppings for one minute.
- **Step 2:** Pour egg into pan with vegetables and toss lightly in the bacon drippings to scramble, about 2 minutes. Mix bacon and cooked rice into vegetables and egg, stirring to break apart any clumps of rice. Drizzle rice with soy sauce and cook until heated through, stirring often, about 2 minutes. Serve immediately.

**Per Serving:** 186 calories

*Enjoy!*





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# Creative Looks at Nature in Winter

Christine McCormick | Ashton

As the natural world becomes quiet in voice and muted in color, it is the creative naturalists that remind us of the vital beauty of the world around us. Diane Lenk, whose keen eye brought the first observation of a wild turkey in Hershey's Mill this year, provides a poetic guide to otherwise hidden winter surprises. Liz Day uses the winter silence to reminisce about nature walks with her grandchildren and in the process, provides a guide for other grandparents.

## NATURE'S WONDERS

*Diane Lenk, Robynwood*

Little treasures hidden from view  
Appear only when the autumn hues  
Begin to break through  
As leaves tumble from their perch  
Only then do we catch a glimpse  
Of the intricate works of art  
These feathered creatures weave

Made of many materials, some natural  
Some man made, intricately woven  
Into a protective coven  
All so different depending on its owner  
Little spring gems exposed at fall and winter

Loose sticks carefully balanced on top of each other  
Soft grasses woven into tiny cups  
Marvels of mud and grass and sticks  
Grand constructions of tree limbs and branches used for many years  
Woven baskets hanging precariously from a tree branch  
A cavity in a tree  
A tiny cup of algae, lichen and spider webs the size of a quarter

The summer greenery keeps them  
Hidden from view  
Even at eye level the human eye  
Is fooled at what lies behind the leafed out foliage

The feathered Frank Lloyd Wrights of architecture  
Construct these masterpieces for only one season



Lenk Wrenhouse

*continued*



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## Nature Group (continued)

Laying their eggs, incubating them and caring for the hatchlings  
Until the young ones fledge the nest never to return  
This little home abandoned at the end of the nesting season  
What a wonder Nature is

### SOUNDS OF SPRING IN A PEACEFUL POND (excerpts)

*Liz Day, Ashton*

In winter, the pond was cold and still. The frogs and turtles had buried themselves deep in the mud, and the pond had frozen over. All the animals huddled in warm places in the woods. Some went into a deep sleep to await the spring. Not a single peep broke the silence.

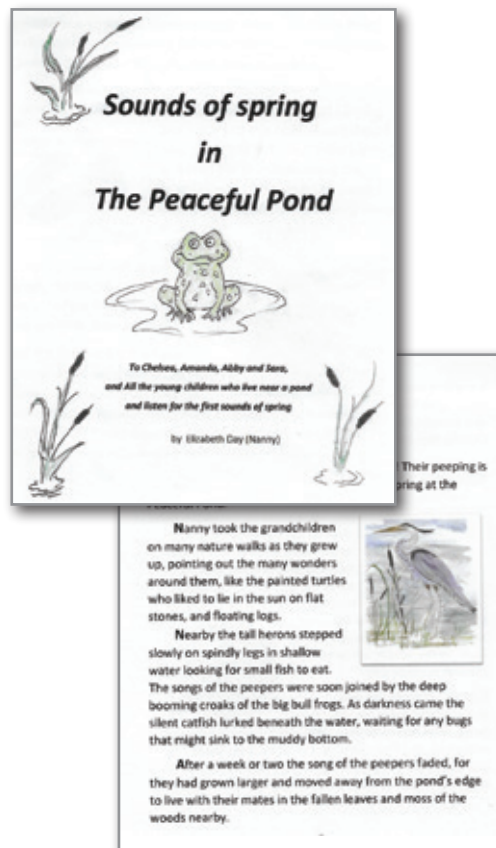
But the best walks, the most special walks were at the start of spring, when you could hear the young frogs sing their merry song of springtime. Nanny explained that the peepers began as tiny tadpoles—little wriggling things with waving tails.

Soon the little peepers became very loud! Their peeping is a most beautiful sound, signaling the start of spring at the Peaceful Pond.

Nanny took the grandchildren on many nature walks as they grew up, pointing out the many wonders around them, like the painted turtles who liked to lie in the sun on flat stones, and floating logs.

Nearby, the tall herons stepped slowly on spindly legs in shallow water looking for small fish to eat. The songs of the peepers were soon joined by the deep booming croaks of the big bull frogs. As darkness came, the silent catfish lurked beneath the water, waiting for any bugs that might sink to the muddy bottom.

For more, contact Liz Day for a copy of *Sounds of Spring in a Peaceful Pond*



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# Basic Bridge

Walt Woerheide | Springton Village

North Dealer, no one vulnerable.

Bridge starts with the two teams bidding for the final contract. The main purpose of bidding is to communicate with your partner so that as a team you can arrive at the optimal contract. The purpose of the bidding “rules” is so that your partner will understand what you are saying about your hand when you bid. Some bridge players like to “cheat” on their bidding and make a bid that does not fully represent their hands. You fool your opponents when you do that, and you also fool your partner. Fudging your bids often results in suboptimal contracts.

Since bidding establishes the trump suit, the minimum number of trumps between the partners should be eight. To make game in the major suits of spades or hearts, you should have 26 points in the combined hands. To make game in the minor suits of clubs or diamonds takes 29 points.

In this hand, North has 14 points and opens one diamond because to open one heart would promise a five-card suit. If North opens one club and South were to bid one spade, then North could not bid two diamonds or two hearts as that would be a reversal indicating a super strong hand. By opening one diamond, South can then bid two clubs over a one spade response to show a simple opening hand and at least four cards in each minor suit.

Although South might be excited to raise diamonds, he should bid up the line and show his four-card heart suit, even though it is incredibly weak. North bids two hearts to show his four-card suit. If he had only a three-card heart suit he would bid two clubs. If North had bid one spade or two clubs, South could then bid two diamonds to show his strong diamond suit. When North raises

hearts, South knows his singleton club is now worth extra points. So South is pretty sure they have the requisite 26 points between them, along with an eight-card fit and thus charges into game with his four hearts bid.

When West leads a low diamond, South can be confident that is a singleton. South would win in his hand and move immediately to draw trumps. South could try a finesse for the Queen of hearts, but if that loses, East will almost

certainly return a diamond for his partner to trump and the contract would be defeated by losing the two black aces, the Queen of hearts and the ruff. South should simply play the Ace and King of Hearts, concede the Queen if need be, and claim the game.

				North			
				♠9			
				♥AKJ9			
				♦AQ86			
				♣9752			
West				East			
♠J8743				♠AT62			
♥T87				♥Q3			
♦5				♦T72			
♠AQ83				♣KJT64			
				South			
				♠KQ5			
				♥6542			
				♦KJ943			
				♣Q			
Bidding:				North	East	South	West
				1♦	Pass	1♥	Pass
				2♥	Pass	4♥	Pass
				Pass	Pass		
Opening Lead: 5♦							



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# Happy New Year



Scott Burkhardt | Inverness

Last year at this time I wrote about finally getting out of the house to go for a walk. I remember the simple act of walking around The Mill seemed like a blessing from above.

Gradually other blessings occurred. By wearing masks and maintaining social distancing we were able to purchase adequate supplies of toilet paper and food, visit barbershops and beauty parlors so the professionals could fix the messes that our hair became over time. The Mill sporting venues opened to residents so we could do more than just walk. We could order takeout food and drive to the eating establishments offering curbside service so we could take home something different to eat, probably better than our own cooking (at least mine).

We took another step toward normalcy when vaccinations were developed and administered. I'm writing this in November and just got my booster shot today. Obviously, we

are not completely back to what our life was before the pandemic, but we are continuing to head toward that goal.

So, what would I like to see in 2022? Like everyone, I want to see the end of the pandemic. Vaccinations, not

Finally, I would like to personally thank all hospital workers, caregivers, scientists, firefighters, policemen and women and military personnel for their daily struggle to fight this horrible disease, even when it put them in harm's way.

shooting up Clorox or eating tree bark, will get us there. To that end I would like to see vaccination gummies developed, like when sugar cubes were substituted for shots to conquer polio when we were kids. (Am I the only one that remembers this?)

I would like to see all the waiters and waitresses that lost their jobs at the height of the pandemic grab the help wanted signs we see at every dining establishment and reenter the workforce. When they return, show your gratitude by following the advice of a restaurateur friend of mine: Don't tip, over tip.

Remember that controversial pipeline in our back yard? I'd like to see it rerouted to our local gas stations so I don't have to pay a C note or more for a fill up. (I know its oil, not gas, but you get the gist of what I'm saying)

I would like to see American businessmen take a look at the logjam caused by their outsourcing work to overseas sweatshops and then realize

that reinvesting in the American workforce would actually be beneficial for our country and their bottom line. (No shipping or docking costs.)

Finally, I would like to personally thank all hospital workers, caregivers, scientists, firefighters, policemen and women and military personnel for their daily struggle to fight this horrible disease, even when it put them in harm's way. (You may notice I didn't include politicians, sorry if that offends you.)

As the saying goes: Cheers to a new year and another chance for us to get it right. Here's hoping we do.

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# Chinese and Korean New Year Celebrations

Kate Lindsay | Brighton

The Chinese and Korean New Year is based on the Lunar Calendar. The celebrations start on the second new moon after the winter solstice. This year it is scheduled on February first and is the year of the Tiger. So, now is the time to make your reservations to participate in the festivities.

As with other New Year Celebrations, food is what brings us together and has meaning in our lives.

## FOR THE CHINESE NEW YEAR

- \* Peace and family harmony for the new year is symbolized by the Tray of Togetherness. You can make this at home on a tray with six sections and fill them with nuts, candy, cookies and dried fruits.
- \* To bring you wealth and good fortune, have a Spring Roll. A spring roll is said to resemble bars of gold and that is the reason it brings wealth.
- \* Noodles are a staple of the Chinese table and if you want good luck, make sure you have a bowl of *changshou mian* which is also known as Longevity Noodles. These noodles are long, some up to 2 feet,
- so, the longer the better. But do not break these noodles because you will have bad luck.
- \* If you want to make more money, eat as many Dumplings as you can.
- \* Sweet Rice Balls are round and stand for unity. The Chinese name for these gooey balls is *tang yuan*.
- \* If you like fish, this celebration is for you. *Dayu darou* which is also called 'big fish' and symbolizes abundance and family unity is a steamed fish with a sauce.
- \* Other foods that bring good luck, happiness, and prosperity include Citrus Fruits. So, enjoy those Florida Citrus Fruits you got for Christmas.
- \* *Nian gao* is the name of the Year Cake. It is a sticky rice flour cake to bring health, wealth, and happiness.
- \* *Eight Treasure Rice* is another dessert that brings sweetness to the year. It is made with sticky rice and is decorated with eight treasures like seeds, nuts, and fruits of plums, jackfruit, and raisins.
- \* *Fa gao* is a steamed rice flour cake and the more the splits in the top, the more luck you should have throughout the year.

## FOR THE KOREAN NEW YEAR

The Korean family sees New Year as the time to come together with family and pay respect to ancestors.

- \* Rice Cake Soups are traditional and reflect the region of family origin. Tteok Mandoo Guk is a Rice Cake Soup with Beef and Dumplings. Anchovy Broth Rice Cake Soup with Gyeran Jidan is another soup that has a Seoul origin and is lighter than the Tteok Mandoo Guk soup.
- \* Meat, Seafood and Vegetable Banchan are included in the New Year Day meal. Pan-fried Cod Jeon *saengsun jeon* and Shrimp Jeon *saewoo jeon* are two seafood dishes that are included. *Beef short is ribs*
- \* Bindaetteok which is Mung bean Pancake can be made ahead of time to eat throughout the holiday.
- \* As always, have a sweet. For Koreans it is usually Dasik, a Sesame Tea Cookie. These cookies date back to the 17th century when the Korean royalty enjoyed them with tea as a Korean New Year food. They are made of finely ground sesame seeds and sweetened with honey syrup.



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## BECOME RESILIENT SEMINAR

*Sponsored by Hershey's Mill Sports Committee*

A standing-room-only crowd of Hershey's Mill residents greeted Dr. Gabe Kresge, PT, DPT, the Clinical Director of Kinetic Physical Therapy, November 11 in Wooldridge Hall at the Community Center. The room quickly grew silent as Dr. Kresge began his seminar titled "Become Resilient." Merriam-Webster defines "resilient" as "able to become strong, healthy or successful again after something bad happens." Many Hershey's Mill residents have lived that word.

The focus of the seminar was on injury prevention pertaining to orthopedic conditions, especially tendonitis, tendinopathy, and muscular strains (synonymous with muscular tears). Dr. Kresge explained how those injuries can happen in daily life as well as helpful ways they can be prevented and healed if they do occur.

Dr. Kresge stressed that in order to reduce the risk of tendon and muscle injury, our bodies need to be resilient and adaptable. He added that by increasing strength and improving both joint and soft tissue mobility, we will reduce our risk of injury and improve our quality of life. Finally, Dr. Kresge stated that allowing sufficient recovery time – including getting

adequate sleep and essential nutrients – is vital in the recovery process.

Following the presentation, Dr. Kresge fielded questions from residents. The afternoon concluded with fellowship and munchies. He offered a free 15-minute screening session to Hershey's Mill residents who have pain for known or unknown reasons. The Clinic also offers Kinetic Stretch 360 where the first 30 minutes are free.

### Prologue

**Dr. Kresge will return to Hershey's Mill January 11, 2022, with a different seminar which will be held in the Community Center, Wooldridge Hall beginning at 1:00 p.m.**

Free Clinic appointments will be provided in Hershey's Mill. Description of Clinics: Free 15-minute orthopedic screens with Doctors of Physical Therapy from Kinetic Physical Therapy. These screens are meant to help diagnose and guide you in recovering from pain and injury, improving your quality of movement, and ultimately help you improve your quality of living.

Dr. Kresge and another Physical Therapist from Kinetic Physical Therapy will provide the free 15-minute appointments in **Hershey's Mill on January 27, 2022**, on a limited appointment basis. Appointments will be offered first, at the end of the seminar, to those attending the January 11 seminar. Watch for Community E-mails with more information.

The HM Technology Committee videoed and has placed Dr. Kresge's "Become Resilient" Seminar on the Hershey's Mill YouTube Channel. To view it enter this

into your web browser: <https://www.youtube.com/channel/UCSAAtV4Uk3Z7HWpQZwyk9qiW/> featured (bookmark this page and hit the Subscribe button to make the Hershey's Mill YouTube Channel easier to find in the future.) Once on the HM YouTube page, Look for Playlists, HM Sports, then click on View Full Playlist, then click on Dr. Kresge, "Become Resilient."

Dr. Kresge's enlightening "Become Resilient Seminar" was sponsored by the Hershey's Mill Sports Committee and was free of charge to Hershey's Mill residents.

## BOWLING

*Rosie Taylor | Princeton*

The bowling fun started October 19 and, hard to believe, the second half begins January 4. During the first half of the season, Million Dollar prizes, free sodas, bowling games, pizza, Philly pretzels, and 50/50 tickets were awarded to high games, low average, red pin striker and spare makers, and unusual trick shots like having two gutter balls...in the same frame but on different lanes! Don't ask. It will never happen again! The fun will continue in the second half of the season. With players leaving for warmer climates, we'll have openings to fill. If interested in joining the second half fun as a regular or a substitute, please contact Jim and Carol Burnham at

*Keep Rolling!*

## PADDLE/PLATFORM TENNIS

*Kay Ricker | Princeton*

Paddle really gets active in the cool weather. Our two paddle courts are

seeing lots of activity this season, especially with our inviting warming room available. The November Kick-Off Party brought out about 25 people – some who had not played for years and some who wanted to give this outdoor sport a try. It was exciting to see such interest. A clinic was run by Jim McMullen, Certified Instructor, aided by Joe Maranella, while games were played on the other court, giving all a chance to play. Refreshments were provided and the socializing had us all enjoying the afternoon.

Updates on our courts and lights along the walkway are nice additions. Lighting on the courts for evening play brought out some new players who like that option. Brisk weather is invigorating as we warm up quickly, but the warming room is available at open playing times. Open play means all levels are welcome and paddles are provided. Open play is Wednesdays 7p.m., Thursdays 1p.m., Fridays 3p.m., and Saturdays 11a.m. People can also form their own groups.

Don Evons has worked hard to get Paddle known to the community and has organized our activities and playing times. Building on the success of the November event, a Winter Paddle Party is planned for Friday, January 21, with a clinic, playing, socializing, and refreshments. Watch for further details.

## PICKLEBALL

*Tom Fant | Yardley*

January brings the colder months for our hearty Pickleball players. To paraphrase the USPS credo "... neither wind (if less than 50 MPH), nor rain

*continued*

(not) nor snow (after we shovel)...” can keep our Pickleball nation off the courts. As Meatloaf sings ‘...two out of three ain’t bad.’ Layering is the key to play an outdoor sport in colder weather. Like in nature, animals molt and shed their outer layers, we too shed layers as the weather, temperature, and competition dictate. We have five new snow shovels to clear the courts when Mother Nature decides to send us a present of a white blanket of the fluffy stuff.

Speaking of presents, it is also a great opportunity to showcase your holiday presents of new Pickleball and sports attire. Post-holiday time in the Pickleball nation results in some classy outfits showing up from named sports outfitters such as Nike, Champion, Adidas, ASIC and K-Swiss. Colors are of all segments of the rainbow and none are too bright to cheer us up on a dismal winter day. Hats, ear muffs and gloves are sometime needed in the colder weather, and on brilliant days the low southern sun requires hats with brims or visors and “changing sides at six” to leverage those sun-in-your-eyes lobs. It is great way to stay active all year round and have fun in the process.

## TABLE TENNIS

**Bob Schullery | Jefferson**

It is a great time of year to play table tennis. It’s warm and comfortable inside to enjoy the sport, meet some new people, stay active, and have fun. If you haven’t played table tennis (aka ping pong) in a while, refresher training is provided. Our goal is to match similar abilities, so that everyone is comfortable and has fun. The standard play times are weekly at 2 p.m. on Thursday, Saturday, and Sunday.

The table tennis tables are located in the Community Center on the second floor in the Ardmore Room above the library. Paddles and balls are provided. You must be vaccinated so everyone is comfortable in an indoor atmosphere. On your first day you are welcome to observe play. Our rooms have capacity limits, so please arrive on time.

Feel free to contact the leaders of our group with any questions. Please let us know if you want to be notified of updates and changes to the schedule as emails are sent to the players to keep you informed of any changes.

Contact Bob Schullery at  
or Dave Kagan at

**Marilyn Cale | Franklin**

The following are suggestions for seniors to get going and have fun.

■ Try a new restaurant. **Trattoria San Nicola** at 4 Manor Road in Paoli is a true touch of Italy. Delicious homemade recipes and great prices. **Nudy’s** at 309 Lancaster Avenue in Malvern serves hearty breakfasts and lunches. Outdoor seating is available in good weather. **The General Warren Inn** is a classic country Inn at 9 Old Lancaster Road in Malvern. Great for that special occasion.

■ Plan a movie night. Two near West Chester have reopened. They are the Movie Tavern in Exton and The Regal in Downingtown.

■ If you are single, start dating. Try: [www.eharmony.com](http://www.eharmony.com)

■ Visit family more often.

■ Try Local meetups. Install the “Meetup” App.

■ Go shopping. Flea markets, consignment shops, and thrift stores.

■ Go on a road trip by car or train. AAA and Roadtrippers.com can assist in planning.

■ Check out your local Senior Center. It is located at 530 East Union Street in West Chester.

■ Take advantage of Hershey’s Mill landscapes and trails. Walk the trails, go around the ponds, check out the villages and relax while exercising.

■ Check out local events in newspapers and online.

■ Become a member of an organization. Examples are local hospital auxiliaries,

Meals on Wheels, AARP, Score, The American Society on Aging, and the Red Hat Society. Travel where you have always dreamed. Visit: TripAdvisor.com. Kayak, and Expedia sites.

■ Visit local farmers markets. On Saturday, visit the **Growers Market** in West Chester located at the corner of North Church Street and West Chestnut Street. The most delicious and freshest variety of vegetables, fruits, cheeses and specialty foods for your family. The **Artisan Exchange** at 208 Carter Drive in West Chester opens at 10 a.m. on Saturdays. A variety of specialty food businesses offering authentic foods for a sustainable community. The **Amish Market** on Route 202 and 926 is open Thursday through Sunday at 8 a.m. Don’t leave without the freshly made doughnuts.

■ Track your nutrition. Sign up and download “My Fitness Pal.”

■ Perform chair exercises. These really get the blood flowing while being easy on the joints.

■ Explore a new diet. Some to try: The Zone Diet, Atkins Diet, Vegetarian diet, Paleo diet, Mediterranean diet, and a plant-based diet.

■ Create a home gym on a budget. Small portable equipment is best. Check out garage sales.

■ Track your steps daily. Download a free app or get a Fitbit.

■ Try Yoga. The perfect low impact exercise.

■ Participate in local charity walks.

■ Don’t forget to stretch every day

*Now, get going and have fun!*

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# When to Install a Feature Update In Windows 10

Don Trauger | Kennett

First, you need to check your version of Windows 10 to see if it is up-to-date or several versions behind. This can be important for feature security updates as well as new offerings. Windows Update will update your computer three times per month to keep your current installed version up-to-date. However, it doesn't always offer the latest version update that may be available for your computer. In a way, that is a good thing. Installing the latest version update can come with bugs and there is no reason you must be a guinea pig. For example, if a new version is offered to you, I would wait four to six months before installing it. To check exactly what version is installed in your computer read the following.

Open settings by left clicking the **Start** icon (lower left corner) of the Desktop screen. Move up to **Settings** and click it once. The Settings screen will open, then click on the **System** icon. Scroll down to **About** then click it. Scroll down to **Windows specifications** and note the version number. It will indicate what version you have installed. If you have an old version installed it will show the year and month it was released by Microsoft. An old version would be 2004 or older. It means the year would be 2020 and the month of release would have been April. Microsoft has been unable to keep the release date accurate to the month, so they changed it to six-month

periods. An example of the new coding system would be 21H1, indicating the year as 2021 and indicating it is the first half of the year.

Version 21H2 has been released but I would recommend that you avoid it and update to version 21H1 if you can. Staying a version behind is the safest way to go for reliability with little to give up for security reasons.

**Keeping your computer one version behind is the safest and most reliable way to ensure that you don't have to endure Microsoft's mistakes.**

Next, click **Home** at the top left of the **System** category window, then click the **Update & Security** icon. First, look for **Feature update to Windows 10 version 21H2**. It will indicate the version that will be offered. If you don't see it click **Check for updates**. If it is version 21H2 hold off installing it until February or March of 2022. The 2022 version should be available in the spring of 2022 with a version number of 22H1. Don't install it until August or September of 2022.

Keeping your computer one version behind is the safest and most reliable way to ensure that you don't have to endure Microsoft's mistakes.




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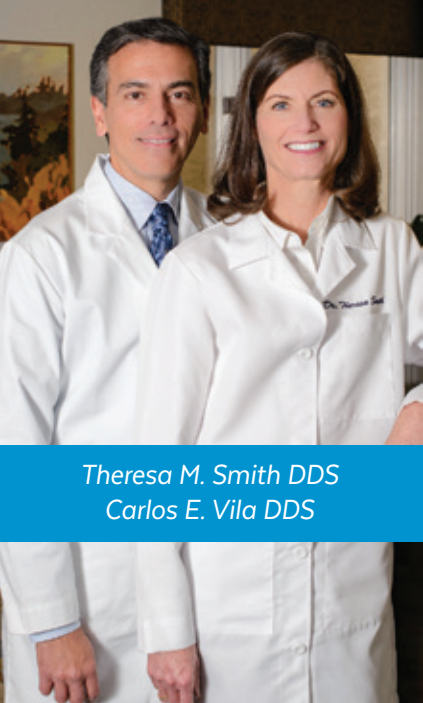
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Theresa M. Smith DDS  
Carlos E. Vila DDS

# Computer Tips and Tricks to Save You Time

Start 2022 right - with some valuable tech tips and tricks to help you save time. We love being efficient.

1. **Keyboard Shortcuts** - These helpful keyboard shortcuts will save you a monumental amount of time in the long run. Whether you need to search for text, select multiple items, cut or copy and paste, we've got you covered.

- Cut: CTRL+X to cut
- Paste: CTRL+V
- Paste as plain text: CTRL + Shift + V: Paste as Plain Text
- Search for text in documents: CTRL + F
- Close any Windows App: Alt + F4: Close Any Windows App
- Thesaurus Lookup in Word – highlight the word then depress: Shift + F
- Minimize All Windows: Windows Key + M
- Select Row in Excel: Shift + Space
- Print Out: CTRL + P

2. **Emoji Menu in Mac** - Wondering how to add some fun emojis to your text on your Mac desktop? Look no further than this helpful little trick - CTRL, Command, and Spacebar. Voila! Happy emoji browsing.

3. **Remote Desktops** - Working from your second home and forget a file on your home desktop. Never fear because the solution for a remote desktop is here! There's a slew of remote desktops on the market these days, so consider trying one, such as, Join.me, Splashtop or Real VNC.

4. **Password Managers** - Trying to remember your entire list of passwords? Gone are the days when you can use "Fido123". Consider investing in a reliable password manager that can automatically login for you. Google Password Managers for a list. Or, here are several to check out: LastPass, Keeper, Bitwarden, Dashlane, 1Password, RoboForm, Blur, KeePass.

5. **Narrow Your Search** - Sick of browsing through Google search results and can't find what you're looking for? Use quotation marks to narrow your results. For example, use "best password managers," and Google will return exact matches.

6. **Notifications** - Do all your iPhone notifications bog you down? Go into your Settings and choose Notifications and go through what notifications bring value to your life, and nix those that don't.

7. **The Second Monitor** - Investing in a second computer monitor for your desktop is a game changer. Not only will you save time going back and forth and minimizing screens, but it will save your eyes unwanted strain too.

8. **Share YouTube Videos at Precise Points** - Have you ever been watching a YouTube video but want to only share a precise point in the video with a friend? Now you can! Click the share button below the YouTube video and look for a checkbox below the link. This box will automatically display the time that you stopped the video. You can choose to select this time or choose a different time. Then just copy the link and share it. Your friends will thank you.

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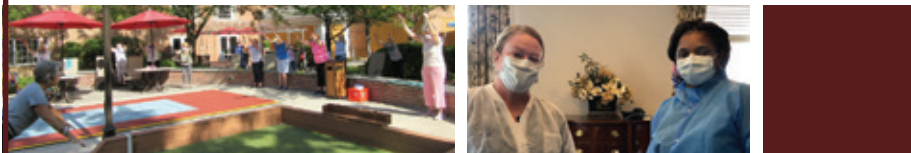
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## Activities Contacts

Art Group.....	Sara Hamilton.....
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.....
Cards & Games .....	Jacki Germscheid .....
Caregivers Support Group .....	Sue Staas.....
Chester County Hospital Auxiliary.....	Nancy St. Laurent.....
Cradle Stitchers .....	Donna Faunce.....
Dominoes (Mexican Train).....	Sheila Di Croce.....
Exercise to DVDs.....	Barbara Scott .....
Games & Cards .....	Agnes O'Leary .....
Gardens (Community).....	Jim DiCarlo .....
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.....
MerryMakers .....	hmmerrymakers@gmail.com
Nature Group .....	Christine McCormick.....
Paoli Hospital Auxiliary.....	Karen Gibson .....
Photography Club .....	Carol Poling .....
Pinochle Club .....	Ruth Dudt .....
Poker Club .....	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox .....
Singers (Hershey's Mill Singers).....	Dolores Manion.....
Social Club.....	Judith Dooling .....
Sports .....	Edie Taylor.....
Sullivan House (FoSH).....	Elaine Becker .....
Table Tennis.....	Dave Kagan .....
The Players .....	Shauna Flynn.....

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