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Hershey's Mill Community TV

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All submissions welcomed; with rights retained by the owner. Send to 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.

VOLUNTEERS NEEDED



HMCTV is responsible for publishing the monthly Guide & Digest, the yearly Resident Directory, the daily TV Scheduling for Channels 970 and 971, and the HersheysMill.org website. These venues help keep our residents aware of all the events in the Mill. The station also puts on the three free summer concerts known as, In the Park on Sunday

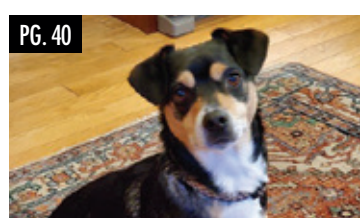
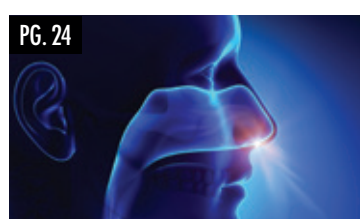
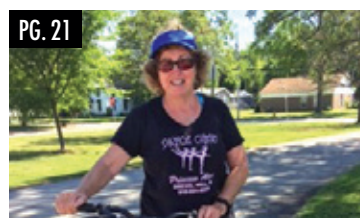
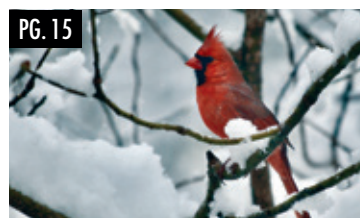
Nights. In addition, HMCTV also donates to Mill projects

as well as providing products and services for the benefit of The Mill residents.

Volunteers are needed to answer the office telephones and help residents that walk-in or call. Computer experience is not required but desired.

Volunteers are a valuable asset to all aspects of HMCTV.

Contact Don Trauger at 610-436-5922, if you would like to join our group.



Cover photo by Deb Charlesworth,
Princeton Village

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From the Main Gate

Marc Fraser | Director of Security

MID-WINTER WARNING

Please be VERY aware of 'black ice.' This almost transparent form of ice can be very treacherous for walkers and drivers. It accumulates on outdoor surfaces such as roadways and sidewalks and is extremely difficult to detect. During this time of year, the Security Department responds to a high number of emergencies that are the result of a person slipping and falling on black ice. While there may be Ice Melt or Salt stored in the carports or garages, storing Ice Melt or Salt in or outside the house by your front door is an excellent idea.

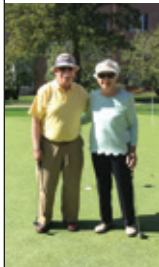
Because our villages use different snow removal companies, residents with concerns about the condition of the walkways or roadways within their village should contact their respective management company rather than Security, as Security does not have the authority to request snow removal services within a village.

Also, for the safety of other drivers and pedestrians, please remember to clean all snow and ice from your vehicle before driving.

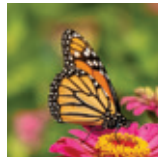




There are so many great changes happening at Riddle Village and we would love for you to be a part of it!



It has been an eventful time here at Riddle Village as we recently unveiled our newly enhanced courtyard, which now features an expansive putting green and a new tranquil butterfly garden.



We are also excited for the upcoming grand opening of our Thoroughbred Lounge. With this addition, our residents will now enjoy three restaurant options to dine in every night!



It is a great time to become part of the Riddle Village community and enjoy the excitement that is happening.



If you have been thinking about making a move, please reach out to learn more. We would love the opportunity to discuss your options and show you what is new at our community!



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Community News

IGC CONCIERGE JEWELERS

IGC Concierge Jewelers provides a wide range of jewelry services. IGC will be in the Community Center to purchase the following items: finished or broken gold, silver, or platinum jewelry items, gemstones, sterling silver flatware and sterling silver accessory pieces, fine timepieces such as Omega and Rolex, as well as coins.

We have a state-of-the-art service center to expertly repair your fine jewelry and fine timepieces. We also provide expert repair services for fine mantel, wall, or grandfather clocks. Some minor repairs and watch battery replacement can be done while you wait. Free jewelry cleaning and inspection is also available.

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 a.m. until 4:00 p.m. on the following dates through July of 2022: February 17, March 17, April 21, May 19, June 16, and July 21.

SOME MEDICARE ENROLLMENT CHANGES CAN STILL BE MADE THROUGH MARCH 31, 2022!

Joe Murphy | Glenwood

The name for this period keeps evolving although the allowable Medicare insurance changes remain the same.

For many years, this period was the **MEDICARE ADVANTAGE DISENROLLMENT PERIOD (MADP)** and focused on how to get out of a terrible experience with a particular Medicare Advantage HMO or PPO. Of late, this period is known as the **MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MAOEP)** and has the very same focus.

What can I do in this period (1-1-2022 to 3-31-2022)?

- If you are in a Medicare Advantage Plan's HMO or PPO, you can drop your Medicare Advantage Plan and return to Original Medicare. You will also be able to join a separate Medicare drug plan.
- If you are in a Medicare Advantage Plan's HMO or PPO (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

What can't I do in this period?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you are in Original Medicare.

Therefore, the most basic Medicare enrollment decision is whether to switch to Original Medicare as your Primary insurer with a Medicare Supplement Plan as Secondary or to stay within the potentially more expensive Medicare Advantage solution set.

continued

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Community News (continued)

Kaiser Family Foundation reports that over forty-two million of the sixty-four million people enrolled in Medicare in 2019 chose the Original Medicare solution in conjunction with a Medicare Supplement Plan.

Enrollees in Original Medicare (as Primary insurer) have access to an estimated 718,000 doctors/specialists and 6,023 hospitals across the USA, and they do not need to navigate the burdensome Medicare Advantage referral requirements and prior authorization steps.

This greater access to Original Medicare providers assures the individual the most favorable outcome, be it the use of multiple diagnostic opinions from the top docs in the medical specialties or a timely procedure in a top ranked hospital.

In contrast, Medicare Advantage enrollees must use providers within their locally-defined networks or pay more for out-of-network services.

Because Medicare Advantage networks often lack the top specialists, it is important that Medicare Advantage users confirm that their preferred specialists and hospitals are in an Advantage plan's network.

From a financial perspective, Original Medicare service expenses are always much lower for enrollees who encounter a serious illness and use multiple services.

In addition to the 'up to \$11,300' Medicare Advantage PPO member

liability, some of the area's Medicare Advantage PPO plans also have an 'up to \$1,500' annual medical deductible and an 'up to \$500' annual drug deductible before the plan pays one penny in traditional Medicare benefits.

In a worst-case scenario (in 2022) a seriously-ill Medicare Advantage PPO member would face a gigantic financial burden of 'up to the equivalent of \$1,108.33/month', which is \$13,300 divided by 12 months.

Additionally, once seriously ill as a Medicare Advantage member, the opportunity of switching over to Original Medicare is rarely available.

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Residents Update

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

Devlin, John
 & Maureen

1628 Yardley Drive

Fojtlin, Ronald
 & Donna

1573 Vassar Court

Frank, Ann Marie

467 Eaton Way

Guckes, Ida

1418 Springton Lane

Hicks, William
 & Susan

873 Jefferson Way

Kane, James & Janet

1705 Yardley Drive

Klein, Carole

655 Heatherton Lane

Lynch, Judith

283 Devon Way

Mahon, Pat

916 Jefferson Way

McKenna, John
 & Karen

1638 Yardley Drive



Photo by Patricia Binnion - Kennett

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FOLK SONG CIRCLE

Lynne Urian | Merrifield

The joyful sound of the Hershey's Mill Folk Song Circle rings out on the third Monday of each month at 7:00 p.m. at the Community Center. All singers and acoustic instrumentalists are welcome, and even those folks who would just like to listen. (PLEASE NOTE: for everyone's safety, ONLY those residents who are fully vaccinated, including the booster shot, should attend).

The HM Folk Song Circle grew out of the Casual Singers group which met at HM but disbanded about a year ago due to the Covid pandemic. The new group has been organized by Paul Day, Lynne and Harry Urian, and Marie and Bill Dolton, all former Casual Singers who wanted to keep the music going. Bill and Lynne play guitar, Paul plays uke, and everyone sings. The five got together this past summer to play music and to revise the Casual Singers song book. They eliminated songs that didn't work out, and added others to produce a new song book that they feel reflects the broad range of folk music – contemporary, traditional, country, blues, gospel, and even a little rock and roll.

"This is the music I grew up with," says Lynne. "These songs are my soundtrack. Having the chance to play music like this with others is really fantastic. There's a lot of interest in music here at Hershey's Mill, and I'm hoping the Folk Song Circle will

give residents an additional new and inclusive, fun musical outlet to get involved with." Harry adds that he's "happy to see more music from the singer/songwriter era added to the new songbook."

So, what exactly is a 'song circle'? The concept is quite simple – the attendees gather in a circle, each person picks a song from the song book, a group leader starts the song off, and everyone joins in the playing and singing. It's a very casual, friendly atmosphere; anyone who doesn't want to pick a song can just 'pass' to the next person. If you want to just sit and listen, well that's ok, too. Marie and Bill, active members of the Philadelphia Folk Song Society for many years, have organized song circles at the Philly Folk Festival, and hope to bring this expertise here to Hershey's Mill. As Marie says, "after 48 years of going to Philly Folk Fest, one of my favorite parts of the Fest was the song circles – gathering around a campfire late at night, singing the songs we love, trying out new songs and just enjoying each other's company. In the parlance of bluegrass musicians, it's called 'Pickin' and Grinnin.' That about sums it up – picking a song to sing and then grinning at the end when we got it right."

The HM Folk Song Circle is looking for singers and acoustic instrumentalists (who play at any level), to join in the musical

(continued)



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Club News (continued)

camaraderie. Musicians are invited to show up a half hour before the regular start time to tune up and run through a couple of songs.

PLEASE NOTE: Due to concern about Covid transmission, the group will evaluate the safety of holding a Folk Song Circle on a month-to-month basis. They keep an email list, and will send out an email to those interested with the status of each month's meeting. Anyone with questions about the Folk Song Circle, or who would like to be added to their email mailing list, may contact Lynne Urian (), or call her at .

BOOK CLUB

Carol Barkovsky | Eaton

We will continue to meet via Zoom until we see if there is a continued resurgence of Covid cases during the winter. We will meet on Thursday, February 10 at 2:00 p.m. Please contact Carol Barkovsky at to receive the Zoom link.

Carol will lead us in a discussion of *Rules for Visiting* by Jessica Francis Kane. The novel is about searching for friendship in the digital age. May Attaway loves literature and her work as a botanist for a university. More at home with plants than people, May begins to suspect that she isn't very good at friendship and wonders if it is possible to improve with practice. Granted time off from her job, May sets out on a journey to visit with four long-neglected friends.

If you like to read ahead, Barbara Crispin will lead us in a discussion of *The Water Dancer* by Ta-Nehisi Coates on March 10, 2022.

KNITTING CIRCLE

Ruth Schick | Chatham

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

SPORTS MEMORABILIA COLLECTORS

Jerry Schneider | Jefferson

I am interested in starting a HM Sports Memorabilia Collectors Monthly Show & Tell. Share your baseball cards, autographs, sports equipment, photographs or any other sports cards or collectibles you have. To join, contact Jerry Schneider at , or

NATURE GROUP

Christine McCormick | Chandler

The Native Plant/Pollinator Garden is dormant, but the subcommittee is preparing species lists and garden

(continued)



Northern Cardinal | Deb Charlesworth, Princeton Village

planning information for residents who will be present on February 16 at 7:00 p.m. in Wooldridge Hall.

Bring your questions for a lively, interactive discussion. In early March, Dr. Erika Miller of the University of Pennsylvania School of Veterinary Medicine Wildlife Futures Program will share findings on the 2021 Mystery Bird Disease.

Continue to be a Citizen-Scientist and report bird sightings either on a walk or at your feeder to

hersheysmillnature@gmail.com. The photo contest judges are busy appreciating the 2021 entries showcasing nature in our community. We look forward to sharing them on the HMNG website and in the Guide and Digest in the coming months. Send your questions and photos for 2022 to hersheysmillnature@gmail.com. Links to the past Nature Group Zoom lectures are posted at hersheysmill.org/activities/hmng.

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Getting to Know You

Jannie Sirkin

Nora Liero | Merrifield



both parents. Her father said that what matters is the way you behave while you're here. Her mom was smart and had a strong work ethic. Her advice to Jannie was to allow herself to do whatever she wanted in life. One of the first decisions Jannie made

She states her philosophy as, "I have always been a forward thinker and I live in the present."

was to change her name from Janet to Jannie. She was in second grade at the time.

Jannie graduated with a B.S. in Home Economics and Education from Mansfield State. Upon graduating, Jannie spent the next 42 years in education with the Southeast Delco and Interboro School Districts. A satisfying career to say the least, she taught child development, food and nutrition, and home economics, and she guided students through many community service projects. Some of her students recently invited her to their class reunion.

Service to others has been a key signpost in Jannie's personal life. She has been a volunteer coordinator for Connect-By-Night, a church-

If you could slap a book cover on new resident Jannie Sirkin, she would be a bestseller in the Self-Help section. She is a delightful, friendly, and deeply spiritual woman, living her best life in The Mill. She states her philosophy as, "I have always been a forward thinker and I live in the present." She feels lucky to have fabulous friends and does not take anyone for granted. She believes no one is better than anyone else.

Jannie is the middle child between two brothers, and, according to her, the most social. Growing up in Springfield, Delaware County, she was guided by the example set by

continued



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Getting to Know You (continued)

directed program that feeds the homeless and provides a place to sleep. She believes that people want to help and all you need is to ask. This work has made Jannie happy as she has seen others better their lives. She still gets texts from those she came to know in this work.

At the start of the pandemic Jannie and her friends sewed 500 masks for health care workers and community members. One day, Jannie noticed another shopper in a grocery store and asked her where she had obtained her mask. The shopper wasn't sure. Jannie told her she was wearing Jannie's kitchen curtains!

One of her loves is travel. She has visited Europe many times and

traveled extensively in the U.S. Her favorite places are Sicily and the Rocky Mountain National Park. She regrets that her trip to Machu Picchu in Peru has been canceled twice.

Before moving to The Mill, Jannie lived in Drexel Hill for 30 years, raising three successful children, Jeremy, Nate, and Lexi. She plays pickleball, mahjonn, and is the costume committee chair for the Hershey's Mill Players. She loves absolutely everything about living here and says, "I love to laugh and have fun and I just want everyone to be happy and healthy and safe." Jannie's only disappointment is that her friends tell her not to sing!

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Celebrating Nose Cilia!

Bonalyn Mosteller | Inverness Village



structures in the nose, called turbinates, work together to filter out particles and pollutants, such as pollen and toxic chemicals. These pollutants could cause an infection or irritation in your nose.

Like a giant conveyor belt, these nose structures move junk down the throat and into the stomach where it can be safely excreted. The nose structures also moisten and warm incoming air, which further benefits the body. What a miraculous body we have!

The frigid February weather forces us to take care of our delicate noses, which makes it the perfect time to appreciate our nose cilia. What a term! It is also a good time to remember the importance of nose breathing, versus mouth breathing, particularly when sleeping or exercising. Mouth breathing may signal one has sleep apnea. Apnea is serious as it contributes to such conditions as heart disease, inadequate time in deep sleep, diabetes, and high blood pressure.*

Let's consider how the nose cilia work. Cilia are the minute hairs that wave in a coordinated way as we breath. The cilia 'grip' is so strong that it can even defy gravity. Cilia and the bony

Mouth breathing bypasses these benefits. Nose breathing also helps decrease snoring, which emanates in the palette and the back of the tongue, deep in the mouth. If you wake up in the night with a dry mouth, you have been mouth breathing. Believe it or not, you can try taping your mouth shut! This will increase nose breathing and in turn decreases dry mouth and snoring. I have been doing this for over a year and have experienced better sleep and much less dry mouth. There is no need to tape your entire mouth to be effective, although doing so would likely be more beneficial. Just an inch or so of inch-wide first aid tape such as adhesive or paper tape

across the center of the mouth suffices. Online companies sell tape specifically for this purpose.

It is also beneficial to breathe through your nose when you exercise. Because nose cilia heat, clean, slow, and pressurize air, nose breathing helps the

Like a giant conveyor belt, these nose structures move junk down the throat and into the stomach where it can be safely excreted.

lungs extract more oxygen with each breath. So, as your heart rate increases when doing aerobic exercise, breathe through your nose until you become

out of breath and must succumb to mouth breathing. In addition to the benefits cited above, increased nose breathing will help to retrain muscles in your nose and sinuses.

After I began studying this subject, I noticed how frequently my mouth was hanging open while exercising or even while walking around the house. I had no idea! Many of you have probably observed how older people often have their mouths slightly ajar, which clearly means that they are breathing through their mouths.

*Much of this information comes from a 2020 book by James Nestor entitled *Breath*. The book includes many specific breathing exercises.

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Dining Out

BYRSA BISTRO

Nicholas Spennato | Eaton

Have you ever eaten at a restaurant named after a town in Tunisia? Well, you can answer “yes” if you dine at the Byrsa Bistro in Glen Mills. (For geography lovers, Tunisia is the smallest and northern-most country in Africa and was under French control from 1881-1957 when Tunisia gained independence.)

On the last Saturday in October, my wife Charlotte and I and two dear friends, Marlene and Michael, paid Byrsa a visit to taste what their menu describes as Western Mediterranean cuisine. The restaurant, in a gracious Victorian house, sits next to the now-defunct Glen Mills railroad station. A friendly hostess escorted us through several small dining rooms. At our table we were greeted by a pleasant young waiter who asked if he could open our wine bottles. It is BYOB, but has a bar with a collection of wines.

The Glen Mills restaurant has been open six years and was bustling with other patrons. There is a fixed price menu on Saturday evenings; three courses for \$48 per person. When making the reservation, however, we were told we could select a la carte.

This caused some confusion, but our waiter said he would let us select from the a la carte menu. The menu had four sections: appetizer, salads and soup, main course, and 12” pizza and flatbreads.

Our group chose two Caesar salads, which we all agreed were under-dressed and, in a word,

On the last Saturday in October, my wife Charlotte and I and two dear friends, Marlene and Michael, paid Byrsa a visit to taste what their menu describes as Western Mediterranean cuisine.

“underwhelming.” Charlotte selected beef Bolognese, Marlene the cavatelli and lamb, Michael, the Kennett pizza, and I the cheese tortellini with chicken strips. All three pasta dishes did not disappoint. Marlene’s tortellini were plump and tasty and the chicken was tender. Charlotte was also quite pleased with her Bolognese with pappardelle pasta. She remarked that the rich red sauce had an unusual flavor but couldn’t discern why. We asked our server to ask the chef, which he did, and said a

touch of sugar (to cut the acidity) and a bit of chili pepper were added. The three of us agreed we would order one of the three pasta dishes again.

Unfortunately, Michael’s dinner was unsatisfactory. It was served with plenty of mushrooms but little cheese and no tomato sauce. In a word, it lacked flavor. Michael, who is a pizza gourmand, said he only ate the pizza because he was hungry.

Some other details about Byrsa: Dinner is served Thursday through Sunday; lunch is served Saturday and Sunday. Interestingly, the main dining room has a number of unusual items displayed for sale, including men’s fedoras, wool socks, cocktail napkins, and a lamp with a fly-fishing

shade (which Charlotte will buy for her fly-fisherman son-in-law). Byrsa has an interesting, quirky, and eclectic atmosphere.

Upon leaving the restaurant, we felt the entrance was poorly lit and caution is recommended. Reservations are recommended. Average prices for entrees are \$28, pizza \$18, salads and soups about \$7-10, and desserts \$7.

For warm-weather dining, there are ten tables and chairs outside in a beautiful bucolic setting. We all agreed we would return for a second visit.





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.

Dutch Apple Dinner Theater (Lancaster)

"Singin' in the Rain"

Wednesday, March 16, 2022

Cost: \$85

Departs: 10:00 a.m.

Contact: Priscilla Burt,

See a live performance from the golden age of movie musicals.

"Singin' in the Rain" brings the starlet, the leading man, and a love affair that could change lives... and make or break careers. The story focuses on Don Lockwood and Lina Lamont, who are a hot item on the silent screen but, behind the scenes, things aren't always as they seem! Meanwhile, Lina's less-than-pleasant vocal tones make her an improbable contender for stardom in the new talking pictures.

The all-singing, all-dancing extravaganza includes a downpour of unforgettable songs such as *"Good Mornin," "Make 'Em Laugh,"* and of course, *"Singin' in the Rain!"* The trip and cost include an all-you-can-eat buffet lunch at the theater, with a full salad bar and a variety of entrees and desserts.

Dutch Apple Dinner Theater (Lancaster)

"Singin' in the Rain"

SECOND SHOW

Wednesday, March 30, 2022

Cost: \$85

Departs: 10:00 a.m.

Contact: Grace Reed,

See a live performance from the golden age of movie musicals. *"Singin' in the Rain"* brings the starlet, the leading man, and a love affair that could change lives... and make or break careers. The story focuses on Don Lockwood and Lina Lamont, who are a hot item on the silent screen but, behind the scenes, things aren't always as they seem! Meanwhile, Lina's less-than-pleasant vocal tones make her an improbable contender for stardom in the new talking pictures.

The all-singing, all-dancing extravaganza includes a downpour of unforgettable songs such as *"Good Mornin," "Make 'Em Laugh,"* and of course, *"Singin' in the Rain!"* The trip and cost include an all-you-can-eat buffet lunch at the theater, with a full salad bar and a variety of entrees and desserts.

SERIES TRIPS Philadelphia Orchestra

Friday Matinee

Cost: \$20 + admission (per show)

Departs: 12:00 p.m.

Contact: Priscilla Burt,

Philadelphia Orchestra presents 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 buying their tickets. Tickets can be bought by calling 215-893-1999 or online at www.ticketphiladelphia.org. For more information on the Philadelphia Orchestra, visit 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 conducts *Bruckner*

Symphony No. 7.

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, as these series fill up very quickly! Cost reflects both per-person admission and bus fee for remaining

continued

Bus Trips (continued)

shows in the series. 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" – The Story of Emilio & Gloria Estefan

NOTES:

1. Prior to making a payment, anyone who wishes to take part 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 writeup.
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 Departure 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

Pollinator garden, a life saver

Barb Crispin | Inverness

The Pollinator Garden has been a lifesaver for me since arriving in Hershey's Mill in May, 2020 during the COVID lockdown. I was hungry to get a spade in the soil after six years of garden-deprived apartment living in Germany. Jim DiCarlo gave me a helping hand when he welcomed me to take the last square of the Crazy Quilt Garden that was struggling to be fully reclaimed and replanted. My first interaction with fellow pollinator gardeners



Barbara Crispin

I was hungry to get a spade in the soil after six years of garden-deprived apartment living in Germany.

Derek Stedman and Sue Staas was in a socially-distanced circle of lawn chairs in the garden's gravel parking lot. With other gardeners, we discussed the benefits of a pollinator garden in the overgrown, abandoned area at the far end of the community garden.

This project has helped to fulfill my dreams, to cultivate my love of plants and wild spaces inspired by childhood

summers spent playing in the woods and fallow fields at the end of our dirt road where I grew up. Beginning with 4-H county fair entries like terrariums and dish gardens, I have never stopped tinkering with houseplants, herbs, and flower gardens. Living near the Chesapeake Bay most of my adult life sparked an interest in native plants and reclaiming habitat in the Bay watershed. Once my kids were grown, I discovered the University of Maryland's Extension Master Gardener program: 4-H on steroids!

Through this program, I was delighted to teach composting to second graders and answer gardening questions

continued

Award-winning memory care coming to Wellington

Wellington at Hershey's Mill is pleased to bring the award-winning **embrace** memory care program to our community. Using a combination of simple exercises, nutritional guidelines, sensory and mental stimulation, **embrace** provides your loved one with opportunities for:

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Derek Stedman and Sue Staas

at the local farmers' market. At an annual training session, I viewed Doug Tallamy's slides capturing his property's transformation as he added native plants year after year. Following his example, I witnessed how my plant choices in my back yard affected the wildlife in my neighborhood and beyond. Then I focused my attention on my broader community and helped address common areas degraded by invasive species, storm water erosion, and missing riparian buffers.

I was particularly impressed by Derek Stedman's work on the National Wildlife Federation's program recognizing Backyard Habitats (see garden article in the January Guide).

In recognition of one his success stories, my yard sign brought attention to the swamp milkweed in my rain garden which protected the creek from storm water runoff. Talk about a small world.

These days I work with Derek, Sue, Jim, and the other volunteers urging everyone to take an active part in improving our gardens and wild spaces. The best way to do this is by planting pollinator-friendly plants in pots, gardens, and village common areas. My goal is to one day earn the recognition of Tallamy's Homegrown National Park certification for Hershey's Mill.

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1

Call a friend and join the #OurHearts movement.



Day 2

Make a heart-healthy snack.

Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4

Sport red today for National Wear Red Day.

Day 5

Squat it out. Do 1 minute of squats..



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Visit Smokefree.gov to take the first step to quitting smoking.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart-healthy recipes](#).



Day 12

Reduce stress using [relaxation techniques](#).



Day 13

Give the elevator a day off and take the stairs.



Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Ask a family member or neighbor to join you for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](#).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute



Programs	February 1- February 14 (7 PM show February 14 will not be shown)			
	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Good Foot Concert in the Park These great musicians have fun playing together, and their fun is contagious. If you like dance music, R&B, Motown, oldies, rock, 80's, 90's, and some current hits, you will enjoy this music from the summer 2021 concert. Ends at 10:45 a.m. 4:45 p.m. 7:45 p.m. 12:45 a.m.				

Movies Noon & 8:30 p.m.	February 1 to February 7 MacArthur (PG) <i>Gregory Peck, Dan O'Herlihy</i> Biopic of General MacArthur covering his war exploits during World War II and the Korean War. (Run time 2:10)
	February 7 to February 15 The Net (PG-13) <i>Sandra Bullock, Jeremy Northam</i> A software engineer loses her identity to internet hackers and stumbles into a larger, far more dangerous plot. (Run time 1:54)

24 hours/day channel 971	Bulletin Board Times
12:45 a.m. - 10:00 a.m., 10:45 a.m. - Noon, 4:45 p.m. - 7:00 p.m., 7:45 p.m. - 8:30 p.m. on channel 970	

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	February 15 - February 28 (7 PM show February 28 will not be shown)			
	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Philately <i>With Jerry Pizolla and Bill Schultz</i> Our neighbor Bill Schultz shows his professional expertise regarding philately. Bill has won numerous awards regarding this subject. Hear about the -9-million-dollar 1856 British Guiana, 1 cent Magenta and the Inverted Jenny. Want to know what a philatelist does? Warren Buffet is one. Tune in!! Ends at 10:45 a.m. 4:45 p.m. 7:45 p.m. 12:45 a.m.				

Movies Noon & 8:30 p.m.	February 15 to February 22 Things You Can Tell Just by Looking at Her (PG-13) <i>Glenn Close, Cameron Diaz</i> Five California women struggle with personal problems as their own paths unwind in unexpected ways. (Run time 1:49)
	February 22 to February 28 Stalag 17 (PG-13) <i>William Holden, Don Taylor</i> Set in a German POW camp for enlisted American airmen, a spy is discovered living in one of the prison barracks. (Run time 2:05)

For **Programs and Movies**, go to NEW channel numbers **970 & 971** (Bulletin Board information appears only if neither is currently airing). Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

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

Timmy, the “Miracle Dog”

Karen A. Smith | Princeton

Timmy is a small, tricolor, three-year-old terrier. As a puppy, Timmy lived with a loving family in South Carolina and enjoyed his toys, walks, and playing with children.

Timmy sustained a spinal injury which left him in pain and his hind quarters paralyzed. His pet parents sought medical attention but were informed that an expensive spinal surgery was Timmy’s only hope of recovering his mobility. Unfortunately, his family could not afford to pay for the surgery, so their veterinarian recommended that they relinquish Timmy to a rescue that would address his medical and surgical needs.

Timmy was then transported to this area where he received surgery and proper medical attention to recover. His surgery at the Metropolitan Veterinarian Associates in Norristown was successful and miraculously his hind legs and tail began to function



Timmy

once again. Following a short recovery period in the hospital, he was transported to Conshohocken where he was placed in a foster home. His resilience was evident as he continued to recover, with his greatest challenge being not to run or jump before he fully healed.

In the meantime, Lisa and Peter Waitneight (Princeton Village) had

lost their beloved dog, Max, to old age. They missed having a loving companion and began exploring the

Timmy’s sweet face and perky personality project love and a zest for life, bringing joy to everyone, including Lisa. He really is a “miracle dog!”

possibility of adopting a rescue dog. Their daughters heard about Timmy and arranged for Peter and Lisa to meet him. It was love at first sight! Timmy became part of the Waitneight

family, adapting readily to his new home and routine. He quickly took to walking around The Mill, making new doggy friends, riding in a car, and begging for treats from the other dog walkers.

Sadly, Peter passed away in October, so Lisa is adjusting to her loss and is grateful to Timmy who continues to serve as a loving companion and comforter in this time of grief. Timmy’s sweet face and perky personality project love and a zest for life, bringing joy to everyone, including Lisa. He really is a “miracle dog!”



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Recipes

Norma Pare | Merrifield

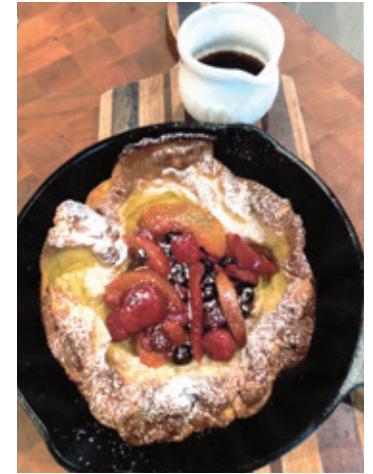
Dutch Pancakes

Ingredients:

- 4 eggs
- 1/2 cup granulated sugar
- 1/2 cup flour
- 1/2 cup milk
- 1 tsp vanilla
- Optional 1 sliced apple

Directions:

- **Step 1:** Place eggs in bowl and whisk. Add sugar, flour, milk and vanilla. Whisk together. Preheat oven at 400 degrees. I like using a cast iron pan, but you can use any pan you like.
- **Step 2:** Add 2 tablespoons of butter to skillet and place into hot oven. Leave in just long enough to melt butter.
- **Step 3:** Take skillet out of oven and pour mixture in. Bake for about 10 to 15 minutes.
- **Step 4:** Dust with confectionery sugar.
- **Step 5:** You can add fruit for topping.
- **Step 6:** You can also sauté sliced apples, brown sugar in skillet with about 3 tablespoons of butter then pour mixture on top and place in oven.



Mediterranean Cod

I like roasted fingerling potatoes with this dish, but you can serve this over pasta as well. Wilted spinach is really good with this recipe as well. Sauté fresh spinach in a little olive oil and a little garlic, salt and pepper to taste. Top with grated Parmesan.

Ingredients:

- 1 lb. fresh cod (loin)
- 1-8 oz can diced tomatoes (can use seasoned)
- 1 small jar artichoke hearts
- 1/2 c Kalamata olives
- 1/2 c chicken broth

(continued)

Recipes (continued)

- 1/2 c white wine (dry)
- 1 tsp Italian seasoning
- Salt and pepper to taste
- 1 tsp lemon juice

Directions:

Place cod on baking sheet. Drizzle with olive oil, salt, pepper and a little lemon juice. Preheat oven to 400 degrees, place in oven for about 20 min. In sauce pan, add all ingredients. Cook on med. heat for about 15 min. Plate cod and pour sauce over top.

Yield: 4 servings

Shrimp Scampi

Ingredients:

- 2 pounds (12 to 15 per pound) shrimp in the shell
- 3 tablespoons good olive oil
- 2 tablespoons dry white wine
- Kosher salt and freshly ground black pepper
- 12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature
- 4 teaspoons minced garlic (4 cloves)
- 1/4 cup minced shallots
- 3 tablespoons minced fresh parsley leaves
- 1 teaspoon minced fresh rosemary leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon grated lemon zest
- 1 tablespoon freshly squeezed lemon juice
- 1 extra-large egg yolk
- 2/3 cup panko (Japanese dried bread flakes)
- Lemon wedges, for serving

Directions:

- **Step 1:** Preheat the oven to 425 degrees F.
- **Step 2:** Peel, devein, and butterfly the shrimp, leaving the tails on. Place the shrimp in a mixing bowl and toss gently with the olive oil, wine, 2 teaspoons salt, and 1 teaspoon pepper. Allow to sit at room temperature while you make the butter and garlic mixture.
- **Step 3:** In a small bowl, mash the softened butter with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko, 1/2 teaspoon salt, and 1/4 teaspoon of pepper until combined.
- **Step 4:** Starting from the outer edge of a 14-inch oval gratin dish, arrange the shrimp in a single layer cut side down with the tails curling up and towards the center of the dish. Pour the remaining marinade over the shrimp. Spread the butter mixture evenly over the shrimp. Bake for 10 to 12 minutes until hot and bubbly. If you like the top browned, place under a broiler for 1 minute. Serve with lemon wedges.



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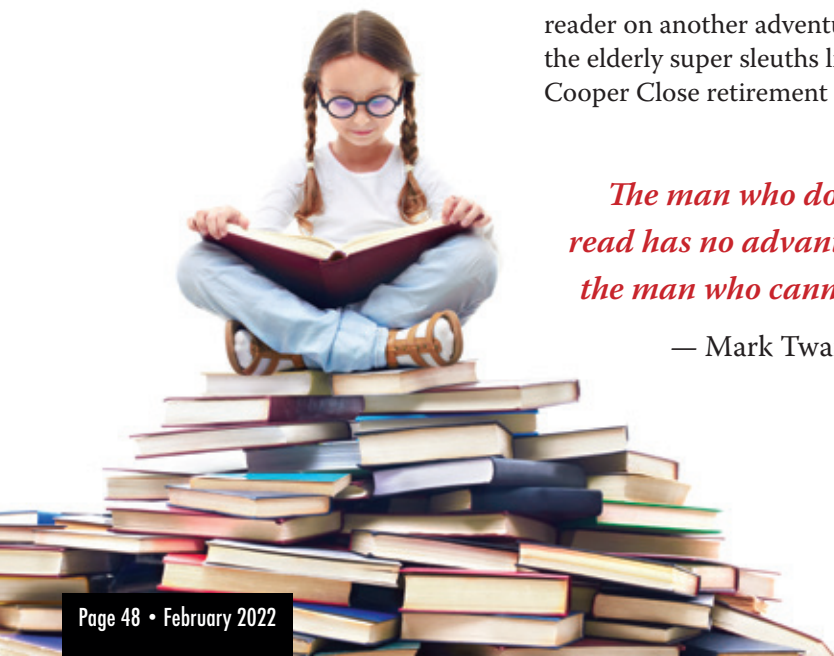
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The Man Who Died Twice

by Richard Osman

Fans of the Thursday Murder Club will find the second installment of this series just as entertaining as the first. Book Page Editors lists *The Man Who Died Twice* as one of 100 most highly-recommended books of 2021. Richard Osman's latest crime novel leads the reader on another adventure with the elderly super sleuths living in the Cooper Close retirement community.

*The man who does not
read has no advantage over
the man who cannot read.*

— Mark Twain

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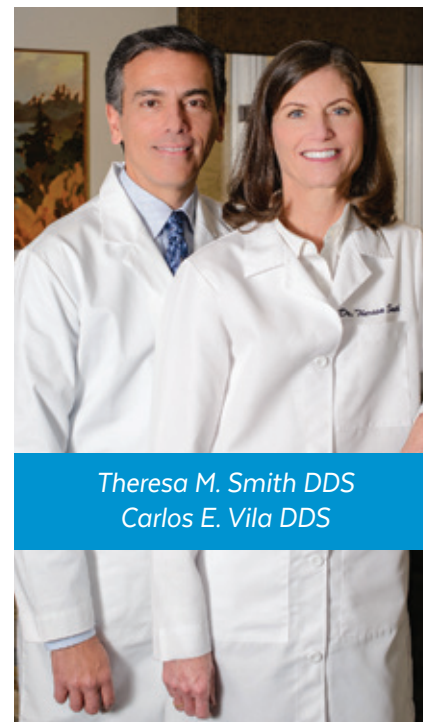


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The Underground Railroad in Chester County

Kate Lindsay | Brighton

Chester County played a pivotal role during the Civil War through support of the Underground Railroad that helped slaves reach safe destinations. Pennsylvania was not a slave state, and Chester County's proximity to Delaware and Maryland, which supported slave ownership, reinforced the ability to develop safe refuges. Chester County was also home to a small but influential Quaker community, known as the Society of Friends, that opposed slavery. It also had a large community of free African Americans living in the county at this time.

You can visit several Underground Railroad sites throughout Chester County. One well-known stop was called The Pines, which was located near Route 1 in Kennett Square. The Pines was home to Bartholomew Fussell, an anti-slave activist and one of the original signers of the American Anti-Slavery Society's "*Declaration of Sentiments*," which was written in 1833.

A boarding school in Downingtown was another stop along the Underground Railroad. Zebulon Thomas used a building on the boarding school grounds to house those seeking freedom from slavery.



In Exton, John Vickers owned Vickers Pottery, which was another stop along the Railroad. If you have had dinner at Fitzwater Station in Phoenixville, you were at the site of another station for the Underground Railroad.

Along with these sites, the Society of Progressive Friends of Longwood worked to fight slavery. The group had speakers who energized the citizens of the county against slavery. Harriet Tubman, Sojourner Truth, and Frederick Douglass were among those who spoke at the home of the society.

The Kennett Underground Railroad Center has information about the Society of Friends of Chester County during the Civil War. These Quakers met with President Lincoln. After

urging Lincoln to free slaves, he wrote the Emancipation Proclamation. The Quakers who attended the meeting included Dinah Mendenhall, Alice Eliza Hambleton, and Thomas Garrett, who were active as stationmasters. Eliza Agnew, who was a relative of active members for the Underground Railroad and William Barnard, an abolitionist, rounded out the group. The group met with President Lincoln thanks to the help of the Pennsylvania Senator David Wilmot, who led the delegation.

The mighty efforts of a small group of people helped others and contributed to solidifying the pivotal role that Chester County played in protecting individuals during this period in history.



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Nature Group

Dirty Talk

Lee Dastur | Quaker

How do you make a handful of soil?

- Collect a few particles of dust that have drifted in from outer space.
- Add a handful of sand formed by the weathering of ancient rocks.
- Sprinkle in pinches of fungi and microbes.
- Toss in lots of decaying organic plants and dead animals.
- Add earthworms and burrowing critters to keep the mixture stirred.
- Top with frequent rain showers and lots of sunshine.
- Wait for a while – maybe a few million years. At the end of that time, you will have made a handful of soil!



Jeff Labondi, former neighbor and enthusiastic gardener, with a handful of enriched soil

How do you get rid of a handful of soil?

- Cut down the bushes and trees that hold the soil in place.
- Plow up any grasslands or prairies.
- Plant acres and acres of shallow-rooted, seasonal crops.
- Pave over wide expanses of land.
- Create large rolling lawns. Clip the grass frequently. Throw the clippings away.
- Irradiate the area with blazing summer suns. Alternate with violent rainstorms and powerful winds.
- In a decade or so, you will have disposed of several handfuls of soil.

Our thin layer of topsoil is only six to eight inches deep and we are losing this essential resource at a truly alarming rate. Two centuries ago, hard-working settlers plowed up the deep-rooted prairies that held the rich soil of our Corn Belt in place. Since then, roughly a third of that topsoil has eroded or blown away, declining the soil's fertility.

Today, farmers depend on chemicals and fertilizers and use weed killers and sprays for bug control. Unfortunately, these chemicals are often toxic to the rich biodiversity that once thrived beneath the soil.

continued

Nature Group (continued)

Nearly a hundred years ago, the Copelands of Mt. Cuba purchased a hundred acres of cornfield and began restoring the area to its more natural form. Now the area is a fertile haven for a variety of living things – including humans.

Our thin layer of topsoil is only six to eight inches deep and we are losing this essential resource at a truly alarming rate.

Twenty years ago, a little closer to home, environmentalist Doug Tallamy and his wife began restoring a neglected piece of land in Chester County. This led to the writing of Tallamy's best-selling book, *Nature's Best Hope – a New Approach to Conservation That Starts in Your Yard*. In this book, Tallamy calls on

everyone to become more aware of better ways to use our land. There are millions of acres of grassy lawns in our part of Pennsylvania alone, many of which are filled with exotic imported plants. These plants have nothing to contribute to our ecosystem.

The Nature Group in Hershey's Mill is committed to raising our understanding of this issue. They offer useful information on their website and in their meetings. Their Pollinators Group is busy creating a model garden on a stray piece of ground near the gardens and creek. Group members pull out invasive weeds, replace them with native plants, and create gentle, inviting pathways for us to visit.

You can find more information on the HM website, <https://hersheysmill.org/activities/hmng-nature-group/>. The HM site currently features details about an upcoming trip to Mt. Cuba.



mtcubacenter.org (photo courtesy of Mt. Cuba center)



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Basic Bridge

Walt Woerheide | Springton Village

It is best not to criticize your bridge partner. Consider a married couple who are playing and the husband goes down on a hand. The wife glares at him and says, "you blew that contract." The husband says he wants her to change the subject. She says, "Okay, the contract was blown by you."

When playing in no trump, it normally takes 25 points in combined hands to make a game of three no trump. An opening no trump bid requires 15 to 17 points and balanced distribution, which is what South has. Playing in a major suit is usually preferable to playing in no trump as it is often easier to make and is worth more points. The common way to try to play in a major after a no-trump opening is to use the Stayman convention, which is a bid of two clubs and simply asks if the opener has a four-card major suit.

In this case, West complicates this

convention by bidding two clubs. All is not lost. The double by North says nothing about clubs but says he was going to bid two clubs. South has no four-card major and says so by responding two diamonds. As South has nine points, he cannot be sure there are enough points between them for game, so he bids two no trump to invite to game if South feels he has a good hand. Even though South has only 15 points and lacks a diamond stopper, he makes an aggressive bid of three no trump. South anticipates that either North has a diamond stopper, the opponents will not lead diamonds, or neither opponent has five diamonds.

West leads the jack of clubs as it is the top of a sequence. If East gets the lead a club return will defeat the contract. South notes that West has the ace of clubs when East plays low on the opening lead. South would likely duck

the first club and then take the queen, hoping that East only has two clubs. He cannot lose the lead to East, but he lacks an immediate nine tricks. The best bet is to gamble and lead the nine of diamonds to finesse. If West puts up the jack of diamonds, South takes the trick and returns a low heart to his jack. If that finesse wins, South repeats the diamond finesse. After running the diamonds, South leads a spade back to the king. As West had made the two-club bid, it is likely he has that ace, but South will eventually win the king of clubs and queen of spades for nine tricks.

North Dealer, no one vulnerable.

				North							
				♠9743							
				♥Q96							
				♦AKT74							
				♣9							
West								East			
♠ AT62								♠J8			
♥T87								♥K432			
♦QJ2								♦85			
♣AJT864								♣32			
				South							
				♠KQ5							
				♥AJ5							
				♦963							
				♣KQ75							
Bidding:				North	East	South	West				
				Pass	<u>Pass</u>	1NT	2♣				
				<u>Dbl</u>	Pass	2♦	Pass				
				2NT	Pass	3NT	Pass				
				Pass	Pass						
Opening Lead: J♣											

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A Favor, Racquetball, and a Forever Match

Rosie Taylor | Princeton

It was June of 1980 when my friend Denise asked me if I would take her place in a doubles racquetball inter-club tournament. I jumped at the opportunity mainly because I loved playing racquetball but mostly because I had never played at that club before. The guy she was dating, Jeff Taylor, was to be my partner. I had seen Jeff at our club but never met him.

Our eight-person team met at the club and started to warm up. Jeff and I planned our strategy and I told him, if he wanted a shot, to just call it. For each doubles team, the tournament was best two games out of three. We easily won the first game. The opponents took the second and it was 'game on' for the rubber match. I suppose Jeff's competitive juices started to flow because he was taking his shots and my shots. Finally, I had enough. I called a time out, pushed him up against the wall and threatened to 'take him out at the knees' if he took one more of my shots without calling it! This brought nothing but laughs from Jeff and everyone who was watching. You see, Jeff and I were the Mutt and Jeff of racquetball. He's just over 6 feet and I'm just under 5 feet. In the end, everything ended well. We won our match, our

team won their matches, and Jeff's knees were intact.

Afterwards, the team celebrated our victories with burgers and beers. After everyone left the restaurant, Jeff and I stayed and continued talking for

**I called a time out,
pushed him up against the
wall and threatened to
'take him out at the knees'...**

what seemed like hours, discovering we had a lot in common. We were about to leave when Jeff took my hand and asked me to marry him! I pulled my hand away, stuttered, stammered and told him he was out of his mind for a number of reasons. First, he was dating my friend, and second, we didn't know anything about each other. I soon learned that Jeff doesn't take no for an answer. After he told Denise he wanted to date me, we started to see each other. I told him it would be casual and don't ever again say the word 'marriage.' At that time, I was six-years divorced after a nine-year marriage and resolved never, EVER to get hitched again.

After two years of an 'on-and-off' again relationship, it was time for me to end it for reasons I've long forgotten. Our last date was to Longwood Gardens. I was walking ahead of Jeff when I turned, looked at him in his gray cowl-neck sweater and realized I loved him. I walked right up to him and asked him to marry me and he said "yes!"

Our next big decision – when? He wanted a June wedding. I said November. The deciding factor was the January XVIII Superbowl between the Raiders and the Redskins. If the Raiders won, June was the month. November if the Redskins were victorious. The Raiders won 38-9. We got married in April...but that's another story!

We had two weddings. The first, the official ceremony, was for immediate family. Jeff's older brother Jerry, an ordained minister, officiated. The second ceremony was held the following month. We had a 'racquetball wedding' sponsored by our racquetball club. Jeff and I wore matching sweat suits and the bridesmaids had flowers strung through their racquets. Jerry officiated again, except this time he was dressed as a referee and the vows were written in racquetball terminology. A good time was had by all, including Denise, who remains a good friend to this day.

Call it fate, life, or karma. Whatever it was sure knew what it was doing when our paths crossed that day. For

the last 40+ years Jeff and I have raised a family, started a company, spoiled grandchildren, and traveled the world. Each and every day we count all the blessings of being 'us.' As for racquetball, it's been replaced by golf - now I wish he would take my shots!



Valen-Tunes

Scott Burkhart | Inverness

Valentine's Day is one for Hallmark cards, candy, flowers, gifts, and romantic evenings. It is a special day dedicated to those in love. I thought it only appropriate to try my hand at a love story. This will be a little different because it is composed only of lyrics from songs by various artists.

Here goes:

TRACK 1: LONELINESS

HIM: I'm just a lonely boy, lonely and blue. I'm all alone with nothin' to do. I got everything you could think of, but all I want is someone to love.
(Paul Anka, *Lonely Boy*)

HER: I was feeling so bad, I asked my family doctor just what I had. I said, "Doctor, Mr. MD, can you tell me what's ailing me?" He said "Yeah, yeah, yeah, yeah, Yes, indeed all I really need is good lovin'."
(Young Rascals, *Good Lovin'*)

TRACK 2: LOOKING FOR LOVE

HIM: I was lookin' for love in all the wrong places, lookin' for love in too many faces, searchin' their eyes, lookin' for traces of what I'm dreaming of.
(Johnny Lee, *Lookin' for Love*)



HER: Somebody help me. I'm looking for a love, I'm looking here and there, I'm searching everywhere, I'm looking for a love to call my own.
(J. Giles, *Looking for a Love*)

TRACK 3: POSSIBILITIES

HIM: I've just seen a face; I can't forget the time or place where we just met. She's just the girl for me and I want all the world to see we've met.
(The Beatles, *I've Just Seen a Face*)

HER: From the very first time I rest my eyes on you boy, my heart said follow through.
(Annie Lennox, *Waiting In Vain*)

BOTH: Cupid, draw back your bow, and let your arrow go, straight to my lover's heart for me.
(Sam Cooke, *Cupid*)

TRACK 4: FIRST DANCE

HIM: Do you wanna dance under the moonlight, hold me baby all through the night? Oh baby, do you wanna dance?
(Beach Boys, *Do You Wanna Dance*)

SHE: Shut up and dance with me.
(Walk the Moon, *Shut Up and Dance*)

TRACK 5: TAKING THE NEXT STEP

HIM: I'd give up forever to touch you 'cause I know that you feel me somehow. You're the closest to heaven that I'll ever be, and I don't want to go home right now.
(Goo Goo Dolls, *Iris*)

HER: Stay awhile, stay as long as you can.
(Edie Brickell, *Stay Awhile*)

TRACK 6: TOGETHERNESS

HIM: It's late in the evening, she's wondering what clothes to wear. She puts on her makeup and brushes her long blonde hair. And then she asks me, "Do I look all right?" and I say, "Yes, you look wonderful tonight."
(Eric Clapton, *Wonderful Tonight*)

HER: When I wake up in the morning love, and the sunlight hurts my eyes, and something without warning love, bears heavy on my mind. Then I look at you, and the world's all right with me. Just one look at you, and I know it's gonna be a lovely day.
(Bill Withers, *Lovely Day*)

THE END

*Here's wishing you all have
a lovely Valentine's Day!*

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PLATFORM TENNIS (PADDLE)

Don Evons | Princeton

This is the second article in a series about the wonderful sport of Paddle.

The Mental Side

The *Inner Game of Tennis* written in 1974 by Timothy Gallwey has sold over 700,000 copies. There is so much in that book that every racquet sport player should have it in their library and study it. It is amazing how your game will improve.

Anyone who is interested in improving their game has asked “how can I get better?” We read about strokes and we take lessons and practice. What we do not do is study the “mental side of the sport.”

The mental side of racquet sports is concentration, studying body language, self esteem, and sportsmanship. The best part about learning these skills is you’ll play and enjoy the game more, on both good and bad days. The key to having self-confidence is the combination of the mental side and your abilities.

Lost points on unforced errors are caused more from your technical and mental errors than your opponent’s skills. When choosing your shot,

pick one with reasonable expectations within your skill set. Using your strengths and reducing low percentage shots will improve your game.

Take a lesson: If you are constantly hitting balls out or not using the center of the racquet/paddle, take a lesson. A lesson will help you be able to establish good skills, reduce bad habits and reinforce them through repetition. Practicing your serve is the best skill to refine and depend on to consistently get the ball in play. “Aces” are rare, and “let” serves are an unforced error and a wasted opportunity.

Off the Wires: If you ever expect to have confidence hitting off the wires, you need to practice. It is an advanced skill in Paddle and one you need to hone outside of a game and integrate into your skill set. Game play is a great opportunity to introduce newly-learned skills attained through practice. Game play is usually not the time to experiment with new shots such as “off the wire” since it leads to bad habits and unforced errors.

There are endless stories about self-confidence and positive thinking and how they have changed lives. The good news is that regardless of the score you’ll feel better about yourself and have fun.

BOWLING

Jim Burnham | Oakmont

It might be cold outside but it is steaming hot at the Palace Bowling Lanes in Downingtown. HM’s bowling league is having a blast winning Million Dollar prizes, free sodas,

pizza, Philly pretzels, and 50/50 tickets! Every other week the red pin pops up with the opportunity to win a free game – donated by Palace Bowling Lanes. Regardless of how you bowl or your average, the HM Bowling League has proven to be one of the most fun and hottest winter groups you can join.

If interested as a regular or a substitute this season or are thinking of the 2022-23 season, contact Jim and Carol Burnham at

Keep Rolling!

PICKLEBALL

Tom Fant | Yardley

Let it snow!

The weather outside might be frightful, but little deters the Pickleball Nation from completing their appointed play. Snow removers in the PickleBall Nation...we’ve got some! The “roll-up-their-sleeves” group of Pickleball players routinely clear any snow from the courts and let Mother Nature dry them off with a breath of a breeze and a little solar encouragement. With five new snow shovels, the group is armed and ready



Carole Packer, Dawn Kowalchuk, Judy Dale

to deal with any snowfall this winter to keep Pickleball play going year-round.

Pickleball is led by Dawn Kowalchuk and Tom Fant, accompanied by the Committee of Sorts (CoS), leading the Pickleball players to stay active and enjoy our mutual camaraderie having fun all year. Please bundle up in layers in the colder months and come out and join us in the great sport of Pickleball.



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Improve your Web Security When Using Microsoft Edge

Don Trauger | Kennett

Microsoft Edge, a Chromium-based browser, has recently implemented a new security setting. Here's how to set it up:

- Launch Edge and select the three dots in the upper right corner.
- Scroll down and select Settings to go into the Settings menu.
- On the left side select 'Privacy, search and services.' Scroll down to 'Enhance your security on the web.'

- Select Strict, which boosts security for all sites.

If you have issues with any site, you can select Exceptions and add websites you want to exclude from this setting. I have not had any issues with the **Strict** setting. Above the right-hand edge of the **Strict** box there is an on/off switch. Make sure it is in the right-hand position to ensure the **Strict** box is active (with

blue border around it). Turning it off disables not only **Strict** mode but also **Balanced** mode.

I recommend you review your settings from time to time to make sure they remain at the same point that you set.

Other selections that I recommend be adjusted are as follows:

Scroll all the way to the top and under 'Tracking protection,' select the **Strict** box. Make sure the switch above the **Strict** box is in the On position (blue).

Scroll down to "Privacy" and turn on

'Send do not track' requests. Turn off 'Allow sites to check if you have payments methods saved.'

Scroll down further to 'Search and service Improvement' and turn it off.

Turn off 'Personalize your web experience.'

Further down, all items under 'Security' should be turned on.

The final category, 'Services,' should have all items turned off.

After making the above changes, the security level of Edge will be improved. I recommend you review your settings from time to time to make sure they remain at the same point you set.




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12 Things You Should Never Do Online

(Summarized from and full article - <https://www.komando.com/tech-tips/12-things-you-should-never-do-online/557071/>)

Everyone is vulnerable and can be caught off guard.



1. Don't give correct answers when setting up security questions.

Anyone who knows personal details about you, will easily be able to answer security questions. Also, it is easy to collect personal information needed to answer security questions accurately online. Chose incorrect answers for security questions.

2. Did an ad send you to a new site? Don't click any download buttons.

You click on an ad box. That leads to a new site with more to buy and that site has ads, too, and so on. Don't download anything from any ad site. Click it, and you might be taken to a new site filled with malware.

3. Don't fall for fake posts.

If you get an email solicitation to participate in a survey or for a money-making/work from home opportunity you didn't sign up for, don't click the links.

4. Don't skip 2-factor authentication.

Use two factor authentication any time a website or app offers. It protects you if someone tries to access your accounts. This should be done for any financial account, your email and any service that has your payment information.

5. Don't reuse passwords or password formulas.

Never use a password like "123456," "abcd1234," or "password," or "website+birthdate," as in google1225. Use a safe and secure password manager instead.

6. Don't use public Wi-Fi.

Be careful when using a public network. Especially save the banking for a trusted network.

Use a VPN (virtual private network) which creates an encrypted connection through a secure server that allows you to browse the internet.

7. Don't fight on social media.

Research shows social media can make us depressed, angry and isolated. Don't post anything that could come back and haunt you.

8. Don't post sensitive photos online.

Don't post photos of your kids or grandkids. Child predators set up fake social media profiles and troll pages looking for innocent victims.

Change your privacy settings on Social media to include only your closest contacts. Don't share full names or specific locations.

9. Don't post vacation photos or updates while you're away from home.

These postings say, "I'm out of town. My house is empty. Go burglarize me."

10. Never diagnose yourself on WebMD or similar sites.

You have a persistent cough and search online. Conditions with similar conditions include, pneumonia, tuberculosis, lung cancer, heart disease, acid reflux and chronic bronchitis. Instead, use Medical reference sites to learn more about what your doctors tell you.

11. Shopping online.

Many credit cards and banks will send a text alert every time something is charged to your card. If someone gets hold of your credit or bank card and makes purchases, you'll get alerts if they go over your limit.

12. Don't take quizzes online.

Taking an online quiz is handing over personal information. These quizzes, help websites create profiles about you and most sell your information.

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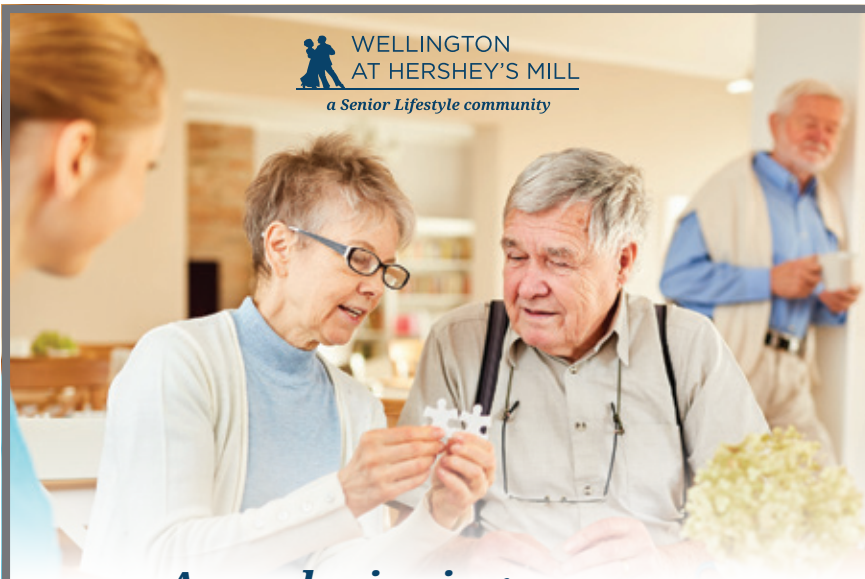
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Activities Contacts

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 Stitches	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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