

NOVEMBER 2022

GUIDE — AND — DIGEST



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Hershey's Mill Community TV

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20 Hershey's Drive
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Telephone: 610-436-5922
E-mail: hmctv@comcast.net

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HMCTV Guide and Digest

Telephone: 610-436-6429
E-mail: editor@hmctvguide.com

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Editor Marie Knox

Assistant Editor Charlotte Potter

Editorial Staff Linda Browning, Steven Friedrich, Martha Hanson, Kate Lindsay, Dave O'Connell, Charlotte Potter, Helen Sherman, Walt Woerheide

Featured Writers Scott Burkhart, Lee Dastur, John Groch, Kate Lindsay, Christine McCormick, Don Trauger, Frances Waldron, Walt Woerheide

Pet of the Month Writers Louise Davidson, Marie Dolton, Karen Smith, Bron Yocum

Getting to Know You Writers Nora Liero, Arleen Romano, Gail Habbersett

Volunteer of the Month Writers Elizabeth Guilday, Bruce Decker

Advertising/Marketing Director Jack Keeley

Marketing Finance Linda Browning

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 submitted as Word documents. Photographs should be high-resolution and saved as JPEG's. 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.

Our apologies to Deb Charlesworth for getting her name wrong in the October issue in the Nature Group Birds of Prey article.

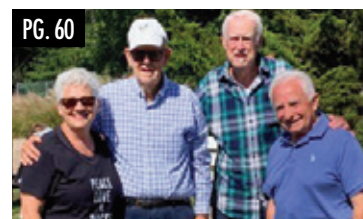
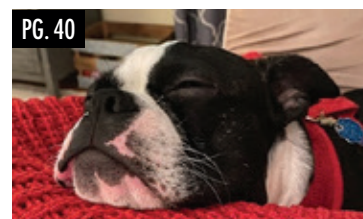
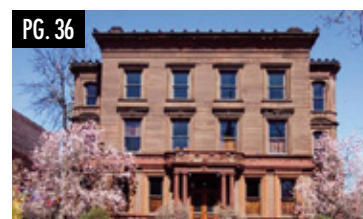
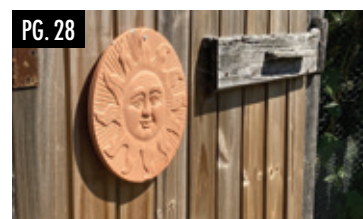
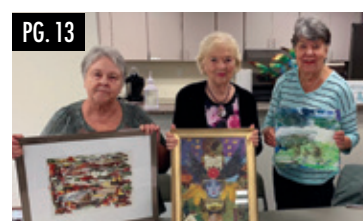


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Cover Photo: Autumn on the Nature Trail
by Art Ramont, Jefferson

Marc Fraser | Director of Security

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

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

Keep in mind that Hershey's Mill roadways also have 'blind spots.' There are various small rises in the road, curves, and other areas of poor visibility throughout the property. In these areas, pedestrians should use extra caution and be aware that drivers may have a tough time seeing them. Just because a pedestrian notices the vehicle coming toward them does not mean that the driver has also seen the pedestrian. Both parties should always use caution when sharing the roadways within Hershey's Mill!

Lastly, pedestrians, operators of automobiles, golf carts, bicycles, etc. utilizing Hershey's Mill roadways and walkways need to abide by the traffic rules and regulations of Hershey's Mill. *Thank you!*



HAPPY THANKSGIVING

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OUR READERS, OUR CONTRIBUTORS,
OUR ADVERTISERS,
AND THE MANY VOLUNTEERS
WHO MAKE
THE GUIDE AND DIGEST
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...



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Residents Update

Please pull this page out of the *Guide and Digest* to include it in your 2022 Resident Directory so you have the current information. The 2023 Directory will be published soon. Please make sure that Security has your current information, because this information is included in the 2023 Directory.

Bonella, Dawn

706 Inverness Drive

Crowley, John & Pat

358 Devon Way

Culver, David & Judy

1311 Robynwood Lane

Dianese, Barbara

368 Devon Way

Heyn, Pinhas & Gail

841 Jefferson Way

Hinson, Andrew & Claretha

1653 Yardley Drive

Kraut, William & Denise

1570 Vassar Court

Ratcliffe, Charles & Jeri

476 Eaton Way

Taylor, Elizabeth

265 Chatham Way





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IGC CONCIERGE JEWELERS

IGC Concierge Jewelers will be in the Community Center from 9:00 a.m. to 5:00 p.m. providing a wide range of jewelry services. IGC will be there 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 (just to name a few brands), as well as gold or silver coins and vintage paper currency. With their state-of-the-art service center and superior craftsmen, they can expertly repair your fine jewelry and fine timepieces. They also repair fine mantel clocks, wall clocks, or grandfather clocks. Some minor repairs and some watch battery replacement can be done while you wait. The experts from IGC will inspect your fine jewelry and fine timepieces free of charge.

Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you have any questions or wish to make an appointment, please contact IGC at (610) 876-6638. See you at the event!

IGC Concierge Jewelers will be in the Community Center from 9:00 a.m. to 5:00 p.m. on November 17, 2022.

YOU'RE INVITED! COMPLIMENTARY LUNCH & CONVERSATION

Tuesday, November 15, at 12:30 p.m. Hershey's Mill Community Center. White Horse Village is exploring programs and services related to living in active 55+ communities.

We would love to hear what is important to you about living at Hershey's Mill! Join the White Horse Village CEO & President and Vice President of Mission Enhancement for a delicious lunch and a casual discussion on your living style preferences. There's no sales presentation and no obligations. We appreciate your time and look forward to learning from you. Reply today! Limited spaces are available. RSVP by November 8 to Kelli Foley at 610-675-2047 or kfoley@whitehorsevillage.org.

HM BRANCH OF THE WOMEN'S AUXILIARY OF THE CHESTER COUNTY HOSPITAL

Kate Lindsay | Brighton

We are having a fundraiser. The event is 'Authors and Artists of Hershey's Mill.' It will be held in the Community Center Main Hall from Noon to 3:00 p.m. on November 20, 2022. We want to showcase some of the authors and artists living in our community. The authors will bring copies of their books and the artists will bring a few pieces of their art. Our artists work in different mediums which includes, oils, watercolors, photography, etc. We are inviting all the HM residents to come to the event and not only support our fellow neighbors, but maybe pick up a gift for the upcoming holidays. Our musical entertainment will be provided by Hershey's Mill The Elderberries throughout the event. Refreshments will be provided.

(continued)

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We are asking for a \$10 donation to the Women's Auxiliary of the Chester County Hospital which should be made by check or cash, we cannot accept credit cards. I hope you can join us.

GEMMA WHOLESALE JEWELRY & TOPHAT BEAUTICIANS & BARBERS

November 19, 2022 at the Hershey's Mill Community Center from 9:00 a.m. to 5:00 p.m., Gemma wholesale jewelry and Tophat Beauticians & Barbers are teaming up to bring Hershey's Mill residents a holiday shopping and beauty extravaganza. Gemma will be offering a wide variety

of accessories and cold-weather fashions for all of your holiday needs. There will be items available for snowbirds.

Tophat will be offering free makeup consultations and demos. Stylists will be ready to offer quick hairstyle finishes (flat iron or curl). Book your appointment in advance at 610-269-2427. Beauty products will be sold that day at discounted prices. We will be adding special discounts for future appointments at the salon if you book during the event. Please extend this event to family and friends. We look forward to seeing you and kicking off the holiday season in style!



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HERSHEY'S MILL ART GROUP

Martha Hanson | Franklin

"Creativity is contagious, pass it on."
- Albert Einstein

At a recent meeting of the Art Group, several members, Lee Dastur, Marlene Houston, and Beverly Sheppard shared another way to be creative, the art of collage. They presented three distinct styles of collage and encouraged us to 'play' and not worry about perfection. We used paper, textiles, magazines, calendars, tissue paper, and paint to each create a new artistic composition. While all the members of the group work in different mediums, this workshop presented us with an opportunity to try something new. If you'd like to try something new and explore your creative side, join us at the HM Art Group. We meet on Wednesdays in the Cove from 9:00 a.m. to Noon.



Photo captions top to bottom: 1. Collage artists Lee Dastur, Marlene Houston, and Beverly Sheppard
2. Tips from Marlene 3. Artists at work

(continued)

HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

The HM Book Club will meet on Thursday, November 10 in Sullivan House at 2:00 p.m. We will be discussing *After Anna* by Lisa Scottoline.

Dr. Noah Alderman, a widower and single father of ten-year-old, Caleb, is finally content after marrying Maggie Ippoliti. Maggie has not seen her daughter, Anna, since she was six months old. Maggie's unfaithful husband had taken her to Europe. Maggie is thrilled when she gets an unexpected call from seventeen-year-old Anna. After meeting Anna, she invites her to live with them. Just seventeen days after Anna moves in, Noah is accused of sexually abusing Anna and then killing her. *After Anna* begins on the tenth day of Noah's murder trial. The trial chapters are titled "Noah, After" and are interspersed with "Maggie, Before" chapters that tell the story of Anna from the reunion to the trial. Is Noah guilty?

Please join us as we unravel the mystery written by this popular local author. Please contact Carol Barkovsky at: _____ for more information.

HERSHEY'S MILL CAREGIVER'S SUPPORT GROUP

Robert Hughes | Franklin

As a caregiver, do you feel 'all alone on a windy street corner?' In the past several years there has been a significant increase of useful on-line help available for caregivers. Many states provide excellent information - see PA Dept of Aging and Virginia's

'dementia capable' questions for your Primary Care Physician. Some helpful web sites are: alz.com, AARP.org/caregiving, caring.com, agingcare.com, Arden-Courts.org and Seniorlifestyles.com.

The HM Caregiver's Support Group provides a safe and caring forum for information-sharing and support for the Caregivers of Loved Ones with chronic conditions such as Dementia, Parkinson's and other related diseases. The group meets every first Thursday of the month in the Paoli Room of HM Community Center at 10:00 a.m. For further information call Karen Mulvey at _____ or Robert Hughes at _____

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

It's fall now with winter approaching, and the knitters and crocheters of the HM Knitting Circle are happily working away at their projects while enjoying the camaraderie of each other. Some are working on holiday projects, while others are making things for charities and still others creating things for their grandchildren or themselves. If you are a knitter or crocheter, why not bring along your project and join our group. We meet in the Paoli Room of the Community Center on Thursdays from 1:00 to 3:00 p.m. For information about the Knitting Circle, contact Ruth Schick at _____ or _____

HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

The ducks are returning to their favorite wintering spot - the HM Winter Storage Lagoon. Snowbirds



Buffleheads by James Davis, Yardley Village

take note and stay-at-homes take a walk around the lagoon to watch the Buffleheads, Ruddy Ducks, and more. Join us for the bus trip to Conowingo Dam on November 17 to see the Bald Eagles at another man-made gathering place. Jado Foot says we may see as many as 250 eagles. Remember when it was an event to even see one? Other attractions are the Visitor's Center and a 2.2-mile walking trail. The HM Nature Group Annual Open Meeting will be held on Wednesday November 22 at 7:00 p.m. in Wooldridge Hall. The agenda will include a recap of 2022 accomplishments, plans for 2023, and other topics that you request at hersheysmillnature@gmail.com. Robert Coldwell will share his fine photos of the Florida bird communities as a refresher for those who haven't left yet and a temptation for the rest. It is prime time for photographing sunsets, golden landscapes, and wintering waterfowl. Submit your entries to the 2022 Photo Contest and send your questions and photos to hersheysmillnature@gmail.com.

HERSHEY'S MILL NEWER USERS' MAC GROUP

Rene McNally | Devon

The HM Newer Users' Mac Group will continue to meet on the 4th Saturday of the month from 10:00 a.m. to Noon on Zoom. Remind your friends and neighbors that Bob Barton and Nick Iacona also answer questions about iPads and iPhones, and they are 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 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 to receive information about connecting on Zoom, contact Carol Campanelli at _____ or go to _____ for more details.



Complimentary Lunch and Conversation

November 15 at 12:30pm
Community Building at Hershey's Mill



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Getting to Know You

Wilbur Amand, VMD

Nora Liero | Merrifield

Wilbur and Judy Amand recently welcomed me into their Inverness home and offered me a seat on their canopied back patio adjoining the 14th fairway. Wilbur noted that this is his favorite spot as he can see and hear the birds and watch the resident chipmunk trace across the patio. Wilbur and Judy lived in Wawa for many years, had three sons, and moved to Hershey's Mill in 2010. They love the quiet, secluded feeling of nature surrounding them.



Wilbur Amand, VMD

The Philadelphia Zoo lured Wilbur back to Philadelphia in 1974. He was the zoo's vet for the next 14 years, receiving daily reports on more than a thousand animals.

He is a gentlemanly, white-bearded man who could easily be mistaken for a farmer in Lancaster County where he grew up. He was raised on a small farm with a variety of animals, a descendant of a multi-generational farming family. A high school science teacher inspired Wilbur to study science at Millersville State College. He began to see veterinary medicine as a career after shadowing a vet for small and large animals, and so he applied to the University of Pennsylvania School of Veterinary Medicine in his junior year. He was accepted despite being denied a diploma from Millersville because

he did not meet the then student teaching requirement.

And there began Wilbur's evolution from a small-town farm boy to a world-renowned expert in all aspects of veterinary medicine for mammals, birds, reptiles, and amphibians. After graduation he elected to remain in an academic setting and developed an expertise with birds. An internship in small animals and surgery followed. Eager for a broader 'clientele,' he soon developed a relationship with the Philadelphia Zoo's head of research. He continued to see zoo animals at his Penn clinic at night--monkeys, cheetahs, and lions were not compatible with his tamer day-time patients. Wilbur once headed a

(continued)

Getting to Know You (continued)

team of specialists to treat Massa, the oldest gorilla in a zoo, for a respiratory illness. In 1972, he undertook Cornell University's two-year course in comparative gastroenterology.

The Philadelphia Zoo lured Wilbur back to Philadelphia in 1974. He was the zoo's vet for the next 14 years, receiving daily reports on more than a thousand animals. He was the zoo's acting executive director from 1988 to 1992. He is the emeritus executive director of the American Association of Zoo Veterinarians, Association of Reptiles and Amphibians, and American Academy of Veterinary Nutrition.

As president of The Mill's Nature Committee, he is eager to share the importance of our birds, bees,

mammals, and butterflies. He sees the group's 250 members as a 'force for nature' by maintaining bird and duck nesting boxes, sharing our bird population statistics with Cornell University, coordinating with Temple University in their research on our serpentine pine barrens, and educating all residents in native plants and pollinator garden benefits. Wilbur hopes to increase membership in this group, encourage village landscape chairs to plant pollinator gardens, and develop an astronomy focus for stargazers.

What good fortune for The Mill's residents - human, flora, and fauna - that Wilbur has volunteered to guide the nature lovers around us. The chipmunk is lucky to live on this particular patio!



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Bus Trips

Please remember that the Guide and Digest may not reflect the most current Bus Trip information. The HM News sent to each resident via e-mail and the bulletin board on Channel 971 will be the source of up-to-date information about the Bus Trips. You can also view the information on www.hersheysmill.org/activities/bustrips.

Delaware Park
Thursday, November 3, 2022
Cost: \$20 + Lunch
Departs: 10:00 a.m.
Contact: Marge Bach,

Join us at Delaware Park for an exciting day at the races! Watch the horse racing or try your luck at slots and table games. \$25 free slots play is given to everyone on the bus. Lunch is on your own.

Philadelphia Orchestra –
Friday Matinee
Friday, November 11, 2022
Cost: \$20 + Admission (per show)
Departs: 12:00 p.m.
Contact: Priscilla Burt,

Live from the Kimmel Center, The Philadelphia Orchestra presents a fall series of concerts for all music lovers to enjoy. Cost is for bus only. **Riders should first call to ensure they have**

a seat reserved on the bus prior to purchasing their tickets. Tickets can be purchased 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, November 11, 2022: Bach & Handel: Handel *Organ Concerto in F Major*; Bach *Brandenburg Concertos*

Conowingo Dam
Thursday, November 17, 2022
Cost: \$30 + Lunch
Departs: 11:00 a.m.
Contact: Jayne Lytle,

November to February is the peak viewing time for Bald Eagles on this Nature Group trip to Conowingo Dam, which spans the Susquehanna River between Harford and Cecil Counties in northeastern Maryland. When the electric-generating plant's intake valves suck water and fish through the dam and into the river, the site becomes an excellent feeding source for birds. Jado Foot, our guide, says that we might see as many as 250 Bald Eagles and other wintering waterfowl. Our first stop will be the Conowingo Visitor Center where we can read information about the Dam and make a restroom stop



Photo captions clockwise:
 Group in front of mansion at Stoneleigh, original home of Haas family.
 HM visitors viewing lych gate at gardens.
 Nancy and Jim McMullen at Stoneleigh.
 Photos by Priscilla Burt

before our bus takes us to Fisherman's Park about 10 minutes away for Eagle viewing. **Please dress for very cold conditions and wear sturdy shoes.** Trip leaders Jado Foot and Linda Kane will answer our birding questions. Bring binoculars, scopes, and cameras. We will remain here about two hours so consider bringing a folding chair, drink, and lunch. Nearby is 2.2-mile Wild Flower Trail for the hikers among us. Our return time to Hershey's Mill will be about 5:00 p.m. **NOTE: Should storms be forecast for November 17, we will move our trip to Thursday, December 1.**

Ocean City, NJ & Historic Smithville, NJ
Saturday, November 19, 2022
Cost: \$30 + Lunch
Departs: 8:00 a.m.
Contact: Mary Ann McCarry,

You're invited to get out "Earlier Than the Bird" in Ocean City, NJ to start your Christmas/Holiday shopping at



the Downtown Shopping Extravaganza on Asbury Avenue which is located between 6th and 14th Streets, even in your Christmas/Holiday pajamas if you wish. There will be prizes for best dressed! Seasonal beach tags for 2023

(continued)

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Older Adults in the Quaker Tradition




Bus Trips (continued)

will be available to purchase at the City Hall Welcome Center, and tickets for the 2023 Summer Concert Series will be available for sale. Breakfast/lunch is on your own. To view photos from the 2021 event, search online, My Mayberry By The Sea Ocean City Sentinel. We'll also be visiting Historic Smithville, with over 50 shops and several restaurants in a colonial setting. Historic Smithville was built in 1787 and can be viewed online at www.historicsmithville.com or www.historicsmithvillenj.com.

**Philadelphia Museum of Art –
Matisse in the 1930's
Thursday, December 8, 2022
Cost: \$45 + Lunch
Departs: 9:00 a.m.
Contact: Priscilla Burt,**

The special exhibition addresses the methods of Matisse's multiple formats of painting, drawing, sculpture, and printmaking. Although internationally famous, his career was renewed when he was commissioned to redecorate the gallery of the Barnes Foundation in suburban Philadelphia. The visit will include time to explore the Museum's permanent collections, including the newly-renovated galleries of European Medieval Renaissance and Impressionism. Lunch is on your own at the Museum Café or Stir Restaurant. There will be a reduced fee for Museum members.

**American Music Theatre –
Christmas Show
Wednesday, December 14, 2022
Cost: \$90
Departs: 1:30 p.m.
Contact: Grace Reed,**

American Music Theater is proud to present its all-new Christmas Show,

Home for the Holidays. This live, original musical experience features high-quality, Broadway-caliber performances as in years past. *Home for the Holidays* is an unforgettable experience that's bound to leave you in the Christmas spirit. Dinner at Miller's Smorgasbord will follow the show.

SERIES TRIPS

**2022-2023 Walnut Street Theatre
Series – (Wait List Only)
Thursday & Saturday Matinees
Cost: \$60 (per show)
Departs: 12:30 p.m.
Thursday Series Contact:
Jayne Lytle,
Saturday Series Contact:
Priscilla Burt,**

We encourage you to sign up right away, as these series fill up very quickly! Cost reflects both per-person admission and bus fee for all five shows in the series. The Walnut Street Theatre's 2022-2023 Season includes the following shows for both series:

Thursday 12/15/22 & Saturday 12/17/22 - Rodgers and Hammerstein's *Cinderella*

Thursday 2/2/23 & Saturday 2/4/23 - Neil Simon's *Last of the Red Hot Lovers*

Thursday 3/9/23 & Saturday 3/11/23 - Tennessee Williams' *Cat on a Hot Tin Roof*

Thursday 4/20/23 & Saturday 4/22/23 - Jimmy Buffet's *Escape to Margaritaville*

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.

(continued)

Bus Trips (continued)

- All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
- Following current CDC guidelines at the time of this writing (September 2022), passengers are no longer required to wear masks while riding on the Hershey's Mill bus.
- 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.
- 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.
- Bus leaves promptly at the scheduled Leave Time. Please plan to arrive at the Recreation Area parking lot 10 minutes early for boarding.
- The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at .
- Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at .

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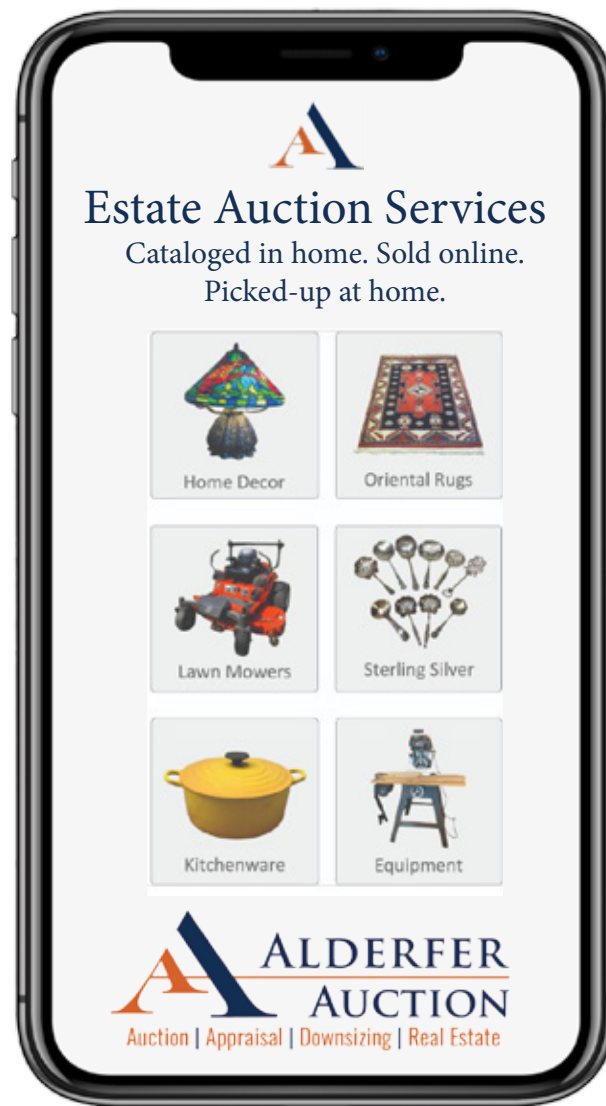
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Let's talk about low vision: *What the heck is that?*

Frances Waldron | Chatham

This month we will begin a series of articles on low vision, a topic near and dear to my heart. I am a low vision occupational therapist and have practiced in a low vision clinic for over 11 years. I am constantly told that we were hard to find and asked daily why no one sent my patients to us earlier. My plan is to arm you with information so that if you ever need help due to low vision, you will know where to begin.

Let's start with learning what low vision is. We all know about vision and have at least heard of blindness. There is an area in between: low vision. A functional definition of low vision is when a person's vision is no longer correctable to 20/20 with glasses. The standard 20/20 means that what you see at 20 feet, the standard eye sees at 20 feet. 20/40 means that what you see at 20 feet, the standard eye sees at 40 feet and so on. Most of us can use corrective lenses, aka glasses or contacts, to achieve 20/20 vision. With various eye conditions, that correction may no longer be possible.

Low vision has many causes, ranging from congenital defects to accidents, with the diseases of aging being the primary cause. In the United States, the leading causes of low vision are diabetic retinopathy, age-related macular degeneration, and glaucoma. Accidents, arterial blockages, and

strokes are also factors. We will explore the diseases and their effects in more detail in coming months. This column will not be a comprehensive medical discussion. It will address how various eye conditions affect vision, participation in valued activities, safety, and quality of life.

Corrective lenses, in all their forms, correct the shape of the eyeball itself and assure that the image of regard falls on the retina in the best place for clearest vision. If the retina is damaged, it may not be possible for lenses to make the image clear. When the image falls on a damaged section of the retina, vision may be blurry, or even missing. The results are annoying at best and hazardous at their worst.

There are many ways to deal with vision impairments beyond glasses, and the activities that make life worth living do not have to stop because of a vision impairment. Those activities just require patience and the willingness to make some changes in how they are done.

In coming months, I will address free and simple services in the community that make living with a vision impairment easier, ways to continue reading, tips for family members, and discussions of some of the high-tech devices seen on social media. If you have questions or comments, feel free to send them. If I can answer, I will. If I do not know the answer, I will admit it and try to find it for you.



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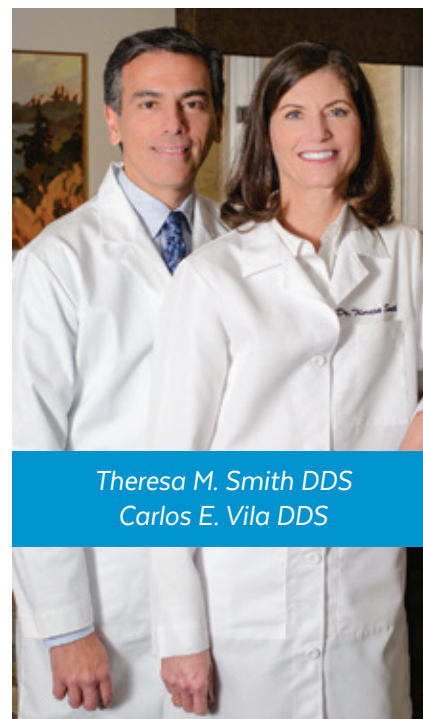
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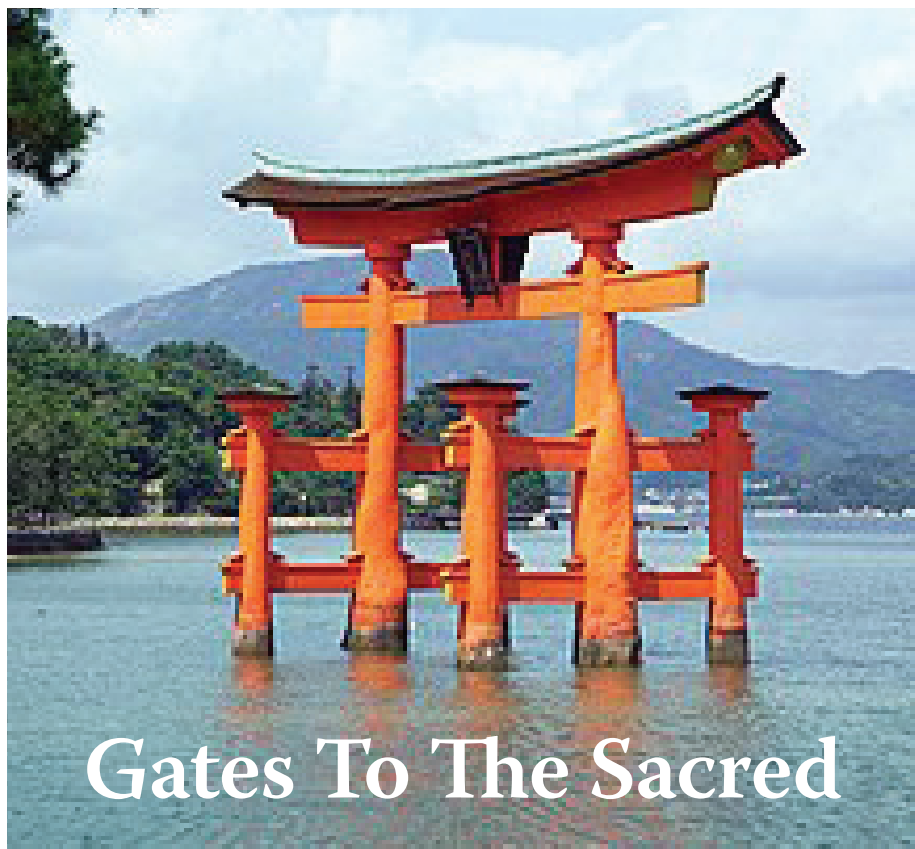
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Gates To The Sacred

John Groch | Chatham

Even a casual glance at the community garden from the lagoon path reveals a multitude of gates for entry to the individual plots. Some gates are plain, simple, and purely functional for keeping hungry critters out. Others are elaborate and even highly artistic. Gardeners sometimes place metal or wooden name plates on them, or affix an ornament to give them an individualized touch. Much like doors to houses that are decorated for holidays or special occasions, gates represent a symbolic point of entry into a special personal space.

A very elaborate and highly-symbolic example of a doorway is a *torii*, a traditional Japanese gate most commonly found at the entrance of a Shinto shrine, marking the transition from the mundane to the sacred. Though quite simple in structure, two upright posts of wood or stone with a cross piece on top, these simple elements can become quite intricate and complex in design. Great care is taken to mark the point of transition from the normal everyday to the spiritual and sacred. It may be an overstatement to claim that gardeners consider the realm in their garden space as sacred or spiritual, but it's



It may be an overstatement to claim that gardeners consider the realm in their garden space as sacred or spiritual, but it's highly likely that gardeners think of their plot as a special place where they find peace and contentment and witness the miracle of nature in its explosive display of fruit and flower.

highly likely that gardeners think of their plot as a special place where they find peace and contentment and witness the miracle of nature in its explosive display of fruit and flower. Many a mind, heart, and body are nourished by the scents, tastes, and sights that successful gardens provide.

As the seasons transition from summer and fall to winter, we migrate from the luxuriant colors and aromas of warmer times to the stark, colorless days of cold winds and snow. Although for many this is a melancholy period of loss and even depression, if we keep the doors of

our minds and hearts open to new possibilities and beckoning horizons, we just might find some calm and consolation on even the coldest and dreariest of days. Many place a plaque at the entrance to their homes with the words, "Peace to all who enter here." With the right attitude and frame of mind, we just might find that peace, no matter the season or the transition.

Photo captions from left to right:

Torii, a traditional Japanese gate, Wikipedia

Some interesting garden gates here at Hershey's Mill

Volunteer of the Month: Dave Nagurney

Elizabeth Guilday | Franklin

David Nagurney is a planner. Years before the move to Hershey's Mill that he and his wife, Jane, made from Glen Mills, Dave was envisioning a lifestyle which would enable him to exercise and travel more, to spoil his three grandchildren, and to become more skilled and knowledgeable about finished carpentry. Hershey's Mill afforded Jane and him the community they were looking for.

For the first 11 years of working life, Dave taught mathematics to children in Coatesville. He then went on to lead Information Technology professionals while his employer organization morphed from one banking entity to another. Dave's retirement in 2015 brought to a finish a wonderful career.

It's our good fortune here at The Mill that Dave also very much enjoys giving back. His lifestyle of generous giving began with volunteer activities while working, performing services

at organizations like Habitat for Humanity, Goodwill, and various food banks in PA and DE. Being a giver, not just a taker, is a high value for Dave. Presently Dave is busy with three formal leadership roles at HM along with an informal role as assistant garden-keeper for Jane and garden neighbors. His excellent abilities to plan and to execute come into play in all his roles.

Pursuant to his desire to become a better woodworker, Dave has worked at the HM Woodshop for the last eight years. He has been the Secretary of the Woodshop Committee for the last three years. Dave is proud of the work done by the woodshop. Members take on 'courtesy projects' throughout the year. One example is the 500 carpenter bee traps built over the last three years to prevent damage to HM homes from wood-boring pests.

As for his desire for more exercise in retirement, Dave discovered

(continued)



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Volunteer of the Month (continued)

pickleball back in 2014 when only about a dozen people played. This writer can attest that he is an excellent partner and a formidable opponent. He often plays along with the early risers of the Pickleball Nation. He goes above and beyond as Chair of the seven-person HM Sports Committee. Examples of the committee's work are the new shuffleboard courts on the East Lawn and our three new bocce courts.

Last, as a resident of Glenwood Village Dave is also a Glenwood Homeowners Association Council member. He and his compatriots are responsible for exterior maintenance and architectural review. As mentioned, he stays busy!

When asked about any downsides to volunteering, Dave could see none. When pressed, he shared that a lot of volunteers in the various groups across Hershey's Mill - HOA councils and supporting volunteers, sports leaders, library, nature group, gardening group, singers, beekeepers - volunteer in other groups as well. There seems to be a dearth of willing volunteers. And yet, what Dave sees clearly is that a lot of the groups and services run by volunteers at HM contribute directly to everyone's well-being: our mental activity, physical agility, and sense of community membership.

Hmm...let's do ourselves a favor and test the waters of a volunteer activity.



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Holiday Tree Lighting

The Hershey's Mill Holiday Tree Lighting tradition returns to the Community Center on Sunday, December 4 at 6:30 p.m. Thanks to the sponsorship of Hershey's Mill Community TV, we will once again kick off the holiday season with this festive event. Bring your children and grandchildren to see the tree come

alive with sparkling lights while the Hershey's Mill Singers lead us in joyful carol singing. The festivities will continue inside the community center with refreshments, holiday goodies, piano playing, and a sing-along! There will also be a special visit from Santa for all believers.

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Grover Cleveland Bergdoll

Jeff Smith | Princeton

In the latter half of the 19th century, a successful brewer in Philadelphia was Louis C. Bergdoll, Jr., a German immigrant. His City Park Brewery was successful across the country, making Louis a multimillionaire. A grandson, Grover Cleveland Bergdoll, the third of five children, was born in 1893 in

incident, an Ardmore policeman tried to arrest him for reckless driving. While the policeman was writing the ticket, Bergdoll sped off leaving the policeman clinging for his life on the running board. Because of his privileged status, he often received only a reprimand and minor fines for his violations.

Along with fast cars, Grover was also fascinated with airplanes. In 1912, he went to Dayton, Ohio where the Wright Brothers taught him to fly and sold him a biplane which is currently hanging from the ceiling at the Franklin Institute. He then built an airfield along West Chester Pike where the Manoa Shopping Center is currently located. He was the first to fly from Philadelphia to Atlantic City. Later, he flew with Pancho Villa's fledgling air force against General Pershing's army.

(continued)

He was declared a deserter in 1918 and eluded the authorities for two years before being captured at the Bergdoll mansion.

the family mansion. He never knew his grandfather and hardly knew his father since both were dead before Grover turned three. Raised by his mother, Grover was the quintessential spoiled rich kid. With money, no interest in the brewery business, and a fascination with speed, Bergdoll became a hell raiser around the city and suburbs. He constantly collected speeding tickets which he probably never paid. In one



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Local History (continued)

But for all his racing and flying antics, Grover's greatest legacy is as a draft dodger. In 1917, he received a draft notice. He ignored it. He was declared a deserter in 1918 and eluded the authorities for two years before being captured at the Bergdoll mansion. He was court martialed and sentenced to five years in prison but spent less than six months incarcerated before escaping. A nationwide manhunt failed to capture him before he reached Canada and sailed to Germany where in 1921, two U.S. officials attempted to capture him at a railroad station. Again, Bergdoll escaped. Two years later, bounty hunters made another attempt to arrest him, but Bergdoll killed one of the men and seriously wounded another. Once again, he got away.

While living in Germany, he married a German girl and fathered five children. He made secret trips back to the U.S. to see his mother, and yet again avoided apprehension. In 1939 he surrendered, was court martialed a second time, and sentenced to serve the remainder of his original term plus another three years in Leavenworth. While in Leavenworth, his wife gave birth to the couple's sixth child.

After his release in 1944, the family moved to a farm on Harmony Hill Road near West Chester and eventually to Richmond, Virginia. He divorced his wife and spent his final years in a psychiatric hospital with dementia. He died from pneumonia in 1966.



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November 1 – November 15 (7:00 p.m. show November 15 will not be shown)				
Programs				
Residents' Questions for Ed McFalls & Karl Grentz - Part 2 <i>With Jerry Pizzola</i> In a continuation of the October 1 program, Jerry poses questions submitted by residents to Ed and Karl, who are the President of Wooldridge Construction and the President of the Master Association Board of Directors, respectively. Ends 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.

November 16 – November 30 (7:00 p.m. show November 30 will not be shown)				
Programs				
Residents' Questions for Ed McFalls & Karl Grentz - Part 3 <i>With Jerry Pizzola</i> In a continuation of the November 1 program, Jerry poses questions submitted by residents to Ed and Karl, who are the President of Wooldridge Construction and the President of the Master Association Board of Directors, respectively. Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.

Movies Noon & 8:30 p.m.	November 1 to 7 The Sound of Music (G) (1965) <i>Julie Andrews, Christopher Plummer</i> A young novitiate is sent by her convent to become a governess to the seven children of a widowed naval officer. (Run time 2:52)
	November 7 to 15 North by Northwest (PG-13) (1959) <i>Gary Grant, Eva Marie Saint</i> A hapless New York advertising executive is mistaken for a government agent by a group of Russian spies. (Run time 2:16)

Movies Noon & 8:30 p.m.	November 15 to 23 The Sting (PG) (1973) <i>Paul Newman, Robert Redford</i> Two grifters team up to pull off the ultimate con. (Run time 2:09)
	November 23 to 30 Remembering Ellis Island <i>Hosted by Telly Savalas</i> (Run time 1:00)

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	

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

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.



Jax of Inverness

Louise Davidson | Inverness

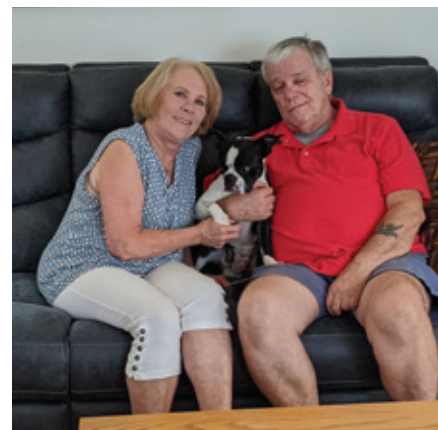
Jax is a little black and white Boston Terrier I have seen walking in Inverness Village and along Chandler Drive. One day I stopped to meet Jax, and he greeted me with much enthusiasm. Jax meets many residents on his walks and is friendly with everyone. He was a natural for a 'Pet of the Month' article.

When I visited, Jax happily greeted me at the door without barking. He is certainly not a watchdog, but he did 'talk' to me for attention during my visit. He repeatedly teased me when he approached me with a squeaky toy in his mouth, did his doggie play bow, and then ran away as I tried to snatch his toy from him. He obviously enjoyed playing this 'catch me if you can' game. What was especially amusing to me was to see this spunky little guy carrying his big dog bed

around in his mouth, even jumping up on the kitchen bench with it. Sometimes Jax lifts his bed onto his owner's bed when he goes to sleep at night.

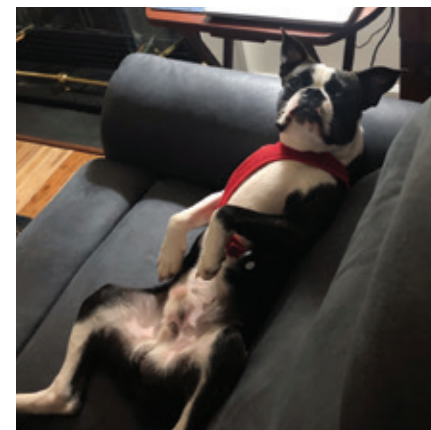
But Jax is not fun and games all the time. Although Boston Terriers are not in the 'Working Dog' classification, Jax barks at things that are out of place, helping Becky and Larry to keep a tidy home!

Jax was born July of last year and has become a 25-pound source of joy to his owners, who were heartbroken after the loss of their last dog. They always had Boxers, and Jax seemed like a smaller version of the breed. Jax spends time with Becky during the day, so when Larry comes home, Jax brings him a toy. The evening routine is Jax sitting on Larry's lap while they happily watch TV together. When it is time to go for his evening walk,



Jax barks to remind Becky and Larry. After every walk, Jax brings a stick home, but because the stick cannot come into the house, he leaves it outside at the front door. As I left, I noticed the stick from his last outing next to the door.


Jax's best friend is Dougie, a 140-pound Great Dane! Dougie belongs to one of Becky's daughters. The dogs play together by jumping on each other, and with Jax hiding under the bed. I have encountered Jax and Dougie on one of my walks and was really amused to watch them interact as though neither had the slightest idea of the dramatic difference in their sizes. Another of Jax's friends is



Dewey the Dachshund, Becky's other daughter's dog. Dewey stays with the Greens when their daughter is out of town, so Jax has a friend to play with all day long.

Visiting Jax was a special treat for me; I just adored his non-stop antics and his sweet nature. I love seeing him on his frequent daily walks. Becky and Larry are blessed to share their lives with this lovable little guy.


Would you like your pet interviewed for Pet of the Month in the *Guide and Digest*? Give us a call (610-436-6429) or email editor@hmctvguide.com and we will call you for an appointment.



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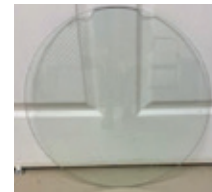
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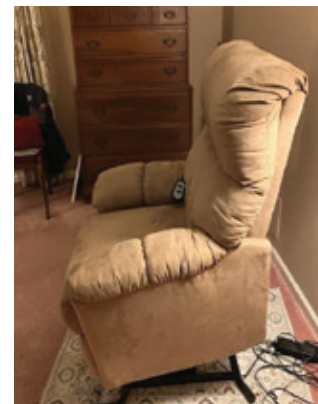
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(continued)



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FOR SALE: 2018 TREK 7.1 FX BIKE with lightweight (18 lbs) aluminum Chartreuse 20" frame, Platform Pedals, Bontrager SSR Saddle, H2 medium tires, 10 Shimano gears and powerful pull brakes. Ridden two times. \$345. For test ride, please give at least 72 hours notice. All inquiries: email



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transformers, landscaping, etc. Tells of mining coal in Tamaqua, transporting Jim Thorpe-Allentown-Philadelphia. HO: 1 diesel passenger, 3 steam freight, trolley Allentown-Jim Thorpe. Value \$3,000+ (when new). Asking \$500 or best offer as of November 30. Please contact:



FOR SALE: Vintage (1940's) Chinese Mahjong set. Locking faux alligator case, butterscotch Bakelite tiles, instruction booklet, keys. Excellent condition, \$400. Please call

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Recipes

Dorothy Koschmann | Quaker

Barbecue Sauce For Fresh Grilled Turkey

Ingredients

- 1/4 c vinegar
- 1/2 c water
- 1/4 c brown sugar
- 2 tsp prepared mustard
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper
- 1 tbsp lemon juice
- 1 medium onion - thinly sliced
- 1/4 tsp butter
- 1/2 c ketchup
- 2 tbsp Worcestershire sauce
- 1 tsp liquid smoke

Instructions

Combine vinegar, water, sugar, mustard, pepper, cayenne, lemon juice, onion, and butter. Simmer uncovered for 20 minutes. Add remaining ingredients and bring to a boil. Makes about 1 3/4 cups.

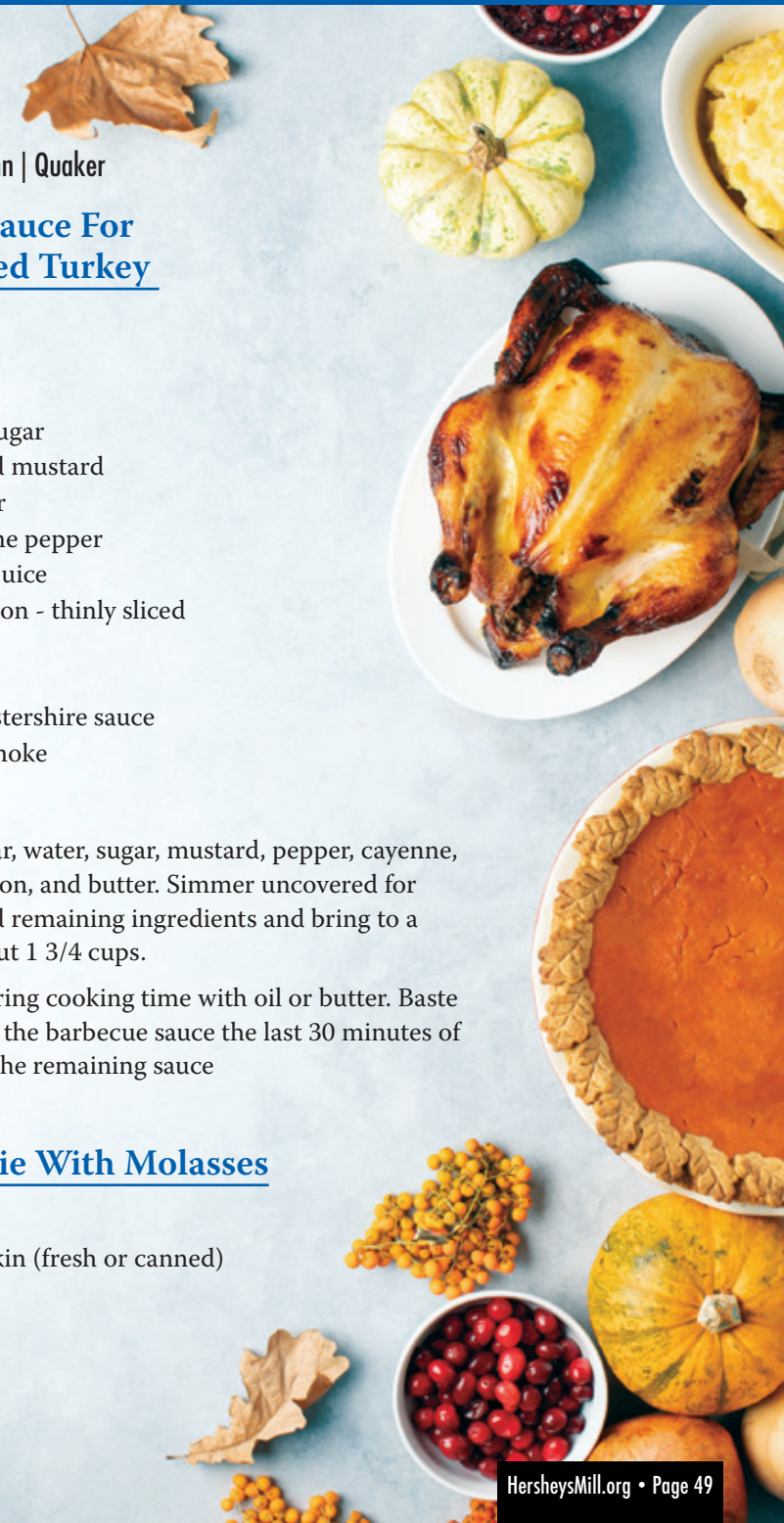
Baste turkey during cooking time with oil or butter. Baste generously with the barbecue sauce the last 30 minutes of cooking. Serve the remaining sauce with the turkey.

Pumpkin Pie With Molasses

Ingredients

- 1 1/2 c pumpkin (fresh or canned)
- 1/2 tsp salt
- 1 tsp ginger
- 3/4 c sugar

(continued)



Recipes (continued)

- 1 tsp cinnamon
- 2 large eggs
- 1 tsp nutmeg
- 1 c milk
- 1 tsp cornstarch
- 1 tbsp molasses

Instructions

1. Pour into unbaked pie shell (homemade or store bought). Bake at 450° for 10 minutes. Reduce heat to 325° and bake for 45 minutes. To prevent crust from over browning use pie shield or foil to cover edges. Top with whipped cream.

Nut Or Dried Fruit Clusters

Ingredients

- 1 12-oz pkg semi-sweet or dark chocolate chips
- 1 6-oz pkg butterscotch or peanut butter chips

Instructions

1. Melt chocolate and butterscotch or peanut butter chips. Add nuts or fruit.* Drop on waxed paper. When firm, put into petit-four cups to serve.

*I use dried apricots or raisins. Pretzels may also be used. I often give these as gifts to friends or as hostess gifts.

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Janice Saunders | Eaton

The Hershey's Mill Library Board welcomes Tom Cassidy as our new Master Association liaison. We look forward to collaborating with Tom, and we welcome his insight and advice. Tom replaces Boyd Mackleer, who previously functioned as the Master Association liaison but will remain on our board as a member at large. Thank you, Boyd. We are extremely grateful for your dedication to our library.

Gift Basket Raffle

The library is getting ready to hold our popular gift basket raffle. The baskets will be displayed in the library starting on November 12 with the drawing on December 10. We expect to have a Christmas-themed basket this year, as well as baskets of fiction, mystery, and trade paperbacks. These

Mon. to Fri. 10 a.m. – 2 p.m.
Saturday 10 a.m. – Noon

HM Library contact:
Angela Linden
610-696-5374

www.hmlibrary.com

baskets will make great gifts for the holiday season.

Now that summer is over and the days are getting shorter, think about stopping by the library to pick up an enjoyable read for a chilly autumn evening. Over the summer months, the library purchased 41 new volumes in May, 50 in June, 53 during July-August, and 31 in September.

**“An original idea. That can't be too hard.
The library must be full of them”**

- STEPHEN FRY



Agent Josephine: American Beauty, French Hero, British Spy,
by Damien Lewis

This biography of Josephine Baker (1906 - 1975) is not a traditional biography, as the author primarily concentrates on Baker's activities as a spy for the Allies during WWII. After leaving her impoverished youth in St. Louis and further difficulties in New York City, Baker settled in Paris where she ran her own club, *Chez Josephine*. Because she was an entertainer, Josephine was able to work with little suspicion, providing intelligence to Britain's Secret Intelligence Service in France, an agency closely aligned with the Deuxieme Bureau, France's counter espionage service. Forced to flee Paris during the Nazi occupation, she continued with her Deuxieme Bureau supervisor (and lover) Capt. Jacques Abbey to work in remote locales throughout WWII. (Summarized from Kirkus Reviews)

NEW BOOKS

FICTION

Allen, Sara Addison - *Other Birds*
Donaghue, Emma - *Haven*
Feeney, Alice - *Daisy Darker*
Gurnah, Abdulrazak - *Afterlives*
King, Stephen - *Fairy Tale*
Maden, Mike - *Hellburner*
McCall Smith, Alexander - *A Song of Comfortable Chairs*
McEwan, Ian - *Lessons*
McMorris, Kristina - *The Ways We Hide*

O'Farrell, Maggie - *The Marriage Portrait*

Pearce, AJ - *Yours Cheerfully*

Robards, Karen - *The Girl from Guernica*

Sparks, Nicholas - *Dreamland*

Steel, Danielle - *The Challenge*

Strout, Elizabeth - *Lucy by the Sea*

MYSTERY

Abrams, Stacey - *Rules of Engagement*

Cleeves, Ann - *The Rising Tide*

Flowers, Ashley - *All Good People Here*

Flynn, Vince - *Oath of Loyalty*

Galbraith, Robert - *The Ink Black Heart*

Johansen, Iris - *Captive*

Kellerman, Faye - *The Hunt*

Krueger, William Kent - *Fox Creek*

Lupica, Mike - *Robert B. Parker's Fallout*

Patterson, James - *The Ninth Month*

Patterson, James - *Blow Back*

Robb, J. D. - *Desperation in Death*

NONFICTION

Bissinger, Buzz - *The Mosquito Bowl*

Macintyre, Ben - *Prisoners of the Castle*

Mann, Scott - *Operation Pineapple Express*

BIOGRAPHY

Wenner, Jann S. - *Like a Rolling Stone*

Core Isolation – Memory Integrity

Don Trauger | Kennett

Microsoft has implemented this Memory Integrity feature since Version 1803 in Windows 10, and it is standard in Windows 11. Its purpose is to provide isolation to Windows processes running in memory to guard against malware attacks. Look at it as additional layering protection under your anti-virus program. A simpler explanation would be when you drive up to one of our access gates you are allowed entry if you have a validated window sticker or access card. Applying the Windows technology, you are treated as potential malware until you are verified by the gate's security reader. Once in and home, you are isolated from other things going on outside. It's the same way for other Windows processes running at the same time.

However, as nice as this sounds, it comes at a cost - a possible significant cost in your computer's speed. I've experienced up to a 30% decrease in boot speed when I do a restart. Windows does have a Fast Start-up feature that is on by default which reduces boot time from a power on start.

Since there are many variables involved, you can try this easy test to see if it is worth it to turn off Memory Integrity or to leave it on. On Windows 11, to access it, click **Settings**, click **Privacy & Security**,

click **Windows Security**, click **Device Security**, click **Core Isolation Details**, and turn off **Memory Integrity**. Windows 10 versions may have a slightly different path. Restart the computer and then try opening

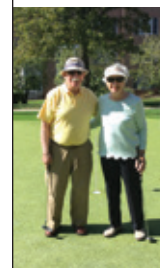
Its purpose is to provide isolation to Windows processes running in memory to guard against malware attacks.

several different programs one at a time to see if the response is faster. Try restarting it to see if it boots faster. If you don't see much change just follow the previous instructions and turn Memory Integrity back on. Wait until it checks your computer, then restart it. If you decide it works better with Memory Integrity turned off, you may see a yellow badge on the Windows Security icon on the Taskbar near the clock or click the little up arrow to see it. All that means is that it is notifying you the Memory Integrity is turned off. Go back to Memory Integrity and click **Dismiss**.

NOTE: To evaluate this test properly, make sure you restart the computer when turning Memory Integrity off or on. Do not shut down the computer as it will invalidate the results.



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, and now that spring has arrived our residents are enjoying the newly enhanced courtyard, which features an expansive putting green and a new tranquil butterfly garden.

We recently celebrated the 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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Basic Bridge

Walt Woerheide | Springton Village

To Ace or not to Ace, that is the question! When on lead, most beginners in bridge will lead an ace, so that they can take a trick. There are times when it might be appropriate to lead an ace. One is when your partner has bid the suit. A second is when you also have the king of that suit and on the opening lead you would like to look at the dummy before deciding what to lead next. A third reason is if you have a long suit and hope that your partner might have a singleton or void in this suit. The defensive value of an ace is maximized when it captures an honor, particularly a king. When one leads an ace in any other circumstance, there is a considerable risk of conceding a trick to the opponents.

In this month's hand, South has a one spade opening bid. West and East will be passing as both lack points and biddable suits. North, with nine high card points and three spades raises to two spades. South has sixteen high

card points plus given that spades are trump he has four distribution points because his singleton heart is now worth three points and the doubleton diamonds are worth one point. South jumps to four spades with this 20-point hand.

The defensive value of an ace is maximized when it captures an honor, particularly a king.

West has no reason to lead trump and he clearly does not want to give South a trick in hearts or diamonds by leading his aces, so he tries the jack of clubs planning to show the doubleton by playing the nine next if East wins the trick.

It turns out that clubs are the declarer's second suit. So, declarer plays the deuce from dummy and wins with the queen. He next pulls

three rounds of trumps, ending in his hand. He wants to establish his diamonds to discard his ten of hearts before an opponent takes the ace of hearts. To do this, he leads the eight of clubs to the ten in dummy and returns the eight of diamonds from dummy, playing the queen. West must take the ace in case declarer's queen is a singleton.

West now knows that the declarer has the ace, king, and queen of clubs and so started with at least four clubs. He also knows that declarer started with six spades because his partner had only one spade, he had three and there were three in the dummy. That is ten cards, which means that the declarer has at most three cards in the heart and diamond suits. Once West has played the ace of diamonds, the jack in dummy is good for a discard. So, if declarer started with two diamonds and one heart, West must take the ace of hearts immediately. If declarer started with one diamond

North Dealer, Everyone Vulnerable.

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				♥7543	
				♦KJ8	
				♣T52	
West				East	
♠863				♠2	
♥A982				♥KQJ6	
♦A432				♦T765	
♣J9				♣7643	
				South	
				♠AJ9754	
				♥T	
				♦Q9	
				♣AKQ8	
Bidding:		<u>North</u>	<u>East</u>	<u>South</u>	<u>West</u>
		Pass	Pass	1♠	Pass
		2♠	Pass	4♠	Pass
		Pass	Pass		

Opening Lead: J♣

and two hearts, then declarer can only hope when he takes his ace of hearts and leads a heart that his partner has the king. If he takes the ace of hearts, he holds the declarer to making five, if he does not, the declarer makes six.



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Scott Burkhart | Inverness

Do you remember listening to music before we could stream any song ever made? My first music memories are from television shows chosen by my parents. We listened to the Lennon Sisters and polka music every Saturday night with Lawrence Welk and his bubbles. There were the Crooners too. Perry Como, Dean Martin, and Frank Sinatra were a few that had their own shows that we watched. Let's just say that this genre didn't inspire me to learn to polka or swoon to the croon. Then Ed Sullivan had an interesting singer in 1956 named Elvis Presley. He sang *Don't Be Cruel* and *Hound Dog*. Rock and roll arrived and the place to hear it was on a radio.

AM radio was made for this genre. I had a little transistor radio that could pick up Philadelphia stations with rock DJ's Like Hy Lit, Joe Niagara, and the "Geator with the Heater" Jerry Blavat.

At the same time, another way to listen appeared - the 45-rpm record. If you heard a song you liked on the radio, you could buy it on a vinyl disc. I had a box-like player that allowed you to stack a number of these discs on a large spindle that would drop

**I wanted my music mobile,
so I started with a carrying
case full of 8-track tapes
which evolved into cassettes,
then compact discs, each one
smaller than the other.**

them into place one by one when a song was over. If you know what I'm talking about, like me, you probably also had to tape a penny on the needle arm to keep it from skipping.

Next came the 33 1/3 LP, a larger disc with more songs. My parents bought a console that played records and radio in stereo sound. Wow! It was like the musicians were in the room with you. That was nice, but if you wanted to play hours of songs (so you could turn it on once and party all night) you got a reel-to-reel tape deck. A friend had one, so his place was designated as the party house.

In the meantime, AM radio had morphed into FM radio, which allowed the DJs to pick their own songs, many of which were longer than those allowed on AM stations. This led to 'underground stations' for the too cool to listen to AM.

I wanted my music mobile, so I started with a carrying case full of 8-track

tapes which evolved into cassettes, then compact discs, each one smaller than the other. Music became more mobile with the Walkman. You could play a disc while you walked (hence the name). It was bulky and you could only play one disc at a time, but it was cool.

Next came the MP3 player. Small and thin, it could hold up to 10,000 songs and fit in your shirt pocket. Now we stream on a plethora of devices.

My cellar is like a museum of my musical journey with records, cassettes, and a gigantic quadrophonic setup collecting dust. All have been replaced by a woman named Alexa. Rock on girl!






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BIKE CLUB

Jeff Smith | Princeton



John DeVol, Pete Marcelli, Sheryl Kaufman, Helen Sherman, and Ann Lane. Photo by Jeff Smith.

On a Saturday in August when the temperature reached 90-plus, five intrepid members of the Hershey's Mill Bike Club set forth to ride the Schuylkill River Trail. As in past years, we rode from Conshohocken to the Philadelphia Museum of Art. Fortunately, much of the trail is shaded so we weren't in direct sunlight for very long. After a short break at Boathouse Row, we crossed the river on the Spring Garden Bridge and accessed Martin Luther King Jr. Drive, which is closed to vehicular traffic on weekends. After riding north for several miles, we crossed back over the river at the Falls Bridge and worked our way into Manayunk

where we stopped for a nice lunch before continuing back to our starting point in Conshohocken. On this same ride last year, we got caught in a heavy rain and were soaked by the end of the ride. This year's ride, although hot, was much more enjoyable.

The Bike Club is still looking for donated bikes. If another summer has come and gone and you haven't gotten your bike out of the garage or basement, you may want to consider donating it to us. We'll clean it up and make any necessary repairs in order to sell it and raise funds for the Hershey's Mill Sports Group. For additional information, contact me at or

BOCCE

Carroll Thompson | Princeton

The 2022 Bocce League Season ended September 26 on a beautiful fall day in brilliant sunshine! We had many residents present to cheer on their favorite team – Angelo and Marie DiCandilo versus Ed Bailey and Bob Bevan. In an incredibly tight match the WINNERS by 1 point - 12-11 - were ED and BOB. Congratulations to all four players – all talented and enthusiastic bocce regulars.

Meanwhile - take advantage of the beautiful crisp, cool days of fall to play a little bocce. The equipment is available in its container until Thanksgiving. Check Skedda for open court times and be sure to watch for information on the construction of the new bocce/shuffleboard/horseshoe courts. Construction will begin later this fall.



Marie DiCandilo, Bob Bevan, Ed Bailey, Angelo DiCandilo.



The winning team, Bob Bevan and Ed Bailey.

PICKLEBALL

Tom Fant | Yardley

What are Pickleball basics? Pickleball is a paddle sport played on a 20-foot by 40-foot court, which is about a quarter the size of a tennis court. The ball is the size and configuration of a wiffle ball with 40 holes, so it does not travel too fast. We always play doubles, so everyone has a partner to play with. The small size of the court, the lightweight ball, and doubles play make the sport available to young and not so young and every age in between. Not too much running, but rather strategy and smart play carry the day for a winning team in this sport.

When Can We Play? Open Play (everyone is invited) time is very liberal and daily in the morning and afternoon. As the seasons progress, we adjust the start time to adapt to temperature and sunlight. We play all year round when the courts are dry and safe to use. Start times are published in E-mails sent by the Technology team and also posted on the bulletin boards at the sports complex.

Where Is It? (Ah, one of my favorites) the Pickleball courts at The Mill are "Between Tennis and the Pool with a little Bocce on the side."

What is the 'Kitchen' we hear about so much? When it gets cold and damp next month, our discussion of 'The No Volley Zone (Kitchen)' will warm your Guide & Digest.

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Mackenzie's Brew Pub, Malvern

Marie Knox | Merrifield

I visited Mackenzie's Brew Pub on Route 30 in Malvern on a Tuesday evening. We were seated without a wait and served water immediately. Our waiter in training brought our wine promptly but had to be reminded to bring my husband his soda. I ordered the Key West Salad, but requested steak instead of the tuna listed on the menu. This was not a problem. My husband ordered the Chicken Pot Pie and our companions ordered a Burger, cooked medium rare, and a Shepherd's Pie.

The food came out quickly. My steak was medium, as requested, and the dressing was served on the side, as I prefer. The salad included oranges, candied walnuts, gorgonzola cheese, two kinds of lettuce, strawberries, mango salsa, and honey lime dressing. Very tasty indeed.

The Chicken Pot Pie was light and flaky. There were plenty of vegetables and lots of sauce. It was a very good down-home meal. Our companion's burger was cooked perfectly and the French fries were tasty. The Shepherd's Pie was good but slightly dry. Overall, service was prompt and friendly. The restaurant was not crowded or noisy. A pleasant place to spend an evening with friends.



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Green Hill Sewer Update

Eileen Hotte | Quaker

The past couple of years have been challenging ones for all of us. The various restrictions due to COVID, however, did not stop the many services we enjoy as residents of the Hershey's Mill community. While not often thought about, this includes the effective operation of our Green Hill Sewer plant.

The Green Hill Sewer Association Board of Directors, along with Managing Agent Ed McFalls and Plant Operator Jerred Golden, have been busy ensuring continued smooth operation of the Green Hill Sewer Plant. Here's an update on what's been happening.

1. The Board of Directors meets quarterly. Various subcommittees, including Operations, Finance, and Nominations meet as necessary and present their findings and recommendations to the Board for final approval. Decisions made affect plant maintenance, safety, capital improvements, and budget.
2. Of the recent operational challenges, a number stand out. One is the ongoing problem of 'flushable wipes.' Although 'flushable wipes' are advertised as safe for disposal, they end up clogging aerators, hindering the proper distribution of oxygen, and increasing the sludge in the treatment cells. We are not alone with this problem, and many

municipal sewer treatment plants also struggle. In 2007, GHSA installed a grinder and rotary screen to shred the waste, however accumulation of wipe material continued, eventually causing pump failure. A decision was made to replace the older 6 mm screen with a 3 mm screen to help eliminate this problem.

3. The breakdown of waste depends on oxygenation to maintain proper biological conditions. Our previous system was simply not keeping up. Another method for inducting air was identified, and the system was upgraded with an Air Diffusion System (ADS). The ADS consists of discs with tiny slits which provide a greater transfer of oxygen to the water. These discs were purchased and installed in the treatment cells along with new larger blowers and compressors.

4. Increasing oxygen flow also helps to diminish algae bloom, and a new aeration system was added to the winter storage lagoon. Application of algicide during the hot summer months was increased. All these actions also worked to control odor.

5. Maintaining the infrastructure is an important part of operations. With 17 miles of pipe connecting each home to the Green Hill Sewer Plant, each village is placed on a five-year schedule for video inspection of pipes for clogs

and leaks and for cleaning when necessary.

6. In addition to daily operations, the Green Hill Sewer Plant must meet state and local regulations, and operators continually work to minimize noise, odors, and impact to the environment. For those of us who enjoy the golf course, approximately 70 million gallons of treated effluent water from the plant are sprayed each year to keep the course green and beautiful. This also helps to recharge the groundwater shed.

7. One bit of good news is that improvements made over the past two years have resulted in

increased operational efficiency and a decrease in electricity usage. This is a real plus in light of inflation.

Now you might be asking yourself, what is this going to cost me as a homeowner? The good news is, through prudent financial management, the cost to you will be only an additional \$.55 cents per month to about \$27.23. This covers all costs related to the plant as well as reserves for future replacements and improvements. Each homeowner pays this through your HOA fees, and it is about 2/3 what local township charges for the same sewage disposal.

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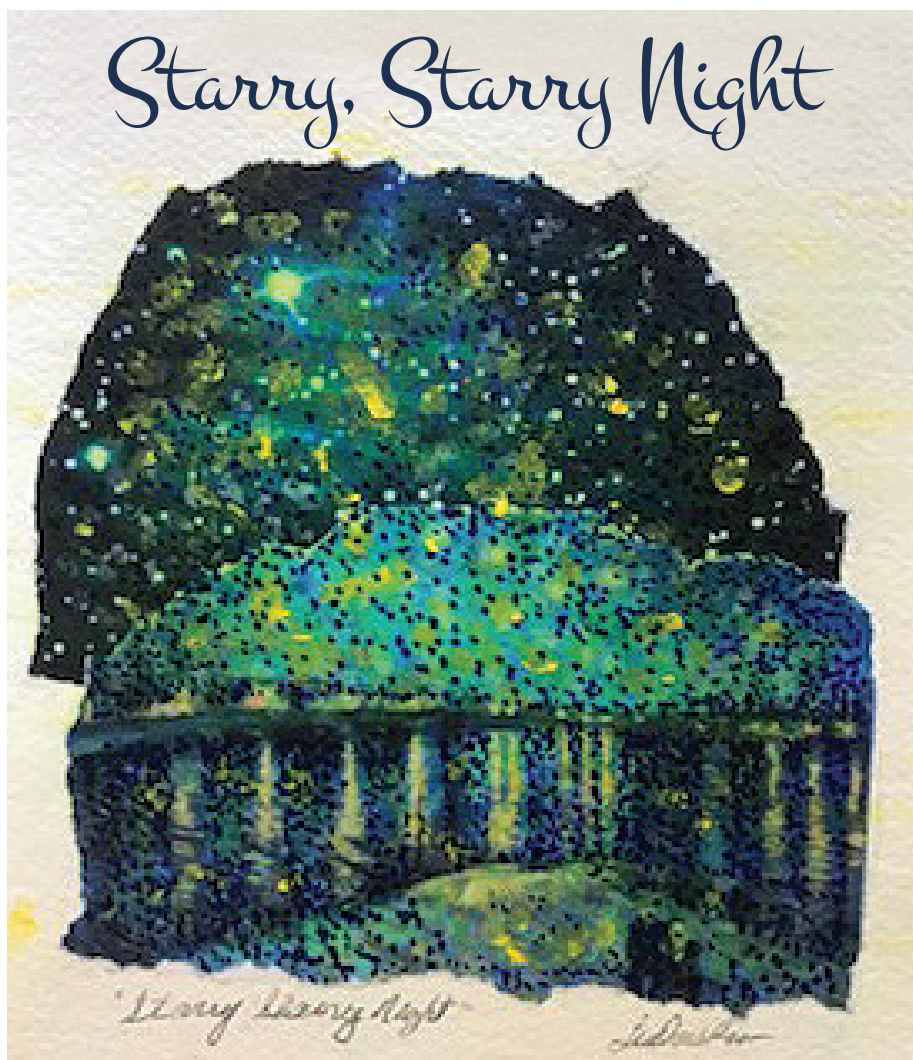
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Lee Dastur | Quaker

We are coming into the dark time of the year, when plants drop their leaves and animals hunker down into their dens. Our part of the earth is tilting away from the sun; the daylight seems thinner, the days shorter. December 21, 2022 will be the 'shortest day of the year' - the day of the winter solstice in the Northern Hemisphere.

Ancient peoples were well-attuned to the shifting patterns in the skies which indicated the various changes in the seasons. They could accurately predict solstices and eclipses and the likely arrival of comets. When the winter solstice had passed, they welcomed the return of the sun in underground chambers which had precise astrological designs, such

as the remarkable passage tombs in Newgrange, Ireland.

But less than three centuries ago, we began illuminating our cities with artificial light. In 1802, gas from coal was transported through pipes to London to fire up street lights. Eight decades later, Thomas Edison perfected the incandescent bulb. Fifty years later, our little planet was blazing.

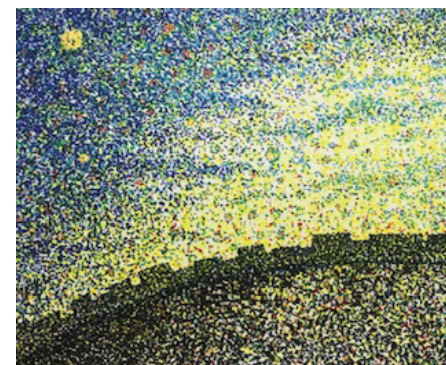
We have spotlights and floodlights and flashing neon signs. Lights blare from airports and parking lots and sports arenas and malls. These floods of artificial light have effectively obscured the stars and they have created a condition known as 'light pollution' - an over-abundance of light which affects the natural world.

All living things - animals, plants, and microbes - have built-in responses to the normal 24-hour cycles of darkness and light. These circadian rhythms affect our patterns of eating, sleeping, and reproducing. Too much light confuses migrating birds and night-flying moths. It affects the reproductive patterns of turtles. It may be disrupting human patterns of sleep.

Nearly half of all Americans report struggling with sleep disorders now. We spend five hundred thousand dollars a year on sleep medications.

Scientists believe that the blue light from our cell phones and computers may be bothering us. They recommend turning off electronic devices at least two hours before bed.

The International Dark Sky Association is a global community which has been formed to help in



raising awareness of the problem. They offer information, programming, and opportunities to become involved - reminding citizens to turn off the lights and to consider installing timers and dimmers, among other things.

The IDS works with communities to install less-intrusive public lights. It identifies areas where the skies are still dark - such as Cherry Springs State Park, in Potter County, Pennsylvania.

In recent weeks we have seen remarkable images from outer space, provided by NASA's recent Webb photography. These photographs reveal crystal-clear images of our vast and evolving universe. It's a universe teeming with comets, asteroids, clusters of stars, and thousands of galaxies, still evolving.

Yet, throughout the vast and astonishing reaches of outer space, our tiny little planet seems to be the only one which is home to turtles and trees and migrating birds.

Let's think about that for a minute.

Photo captions left to right:
Starry, starry night
Light pollution
Photos by Lee Dastur



Let the Music Move You

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Have you ever heard a song, and it immediately makes you feel something? It evokes a memory, and takes you back to another place and time. Music can even be therapeutic. Community Life Director Olivia Grandal, a certified music therapist, brings her passion for music to The Watermark at Bellingham.

Music programs empower residents to engage and socialize through educational experiences, singalongs, and playing instruments. Olivia’s favorite part: “It’s the smiles on their faces and seeing them come alive. They’re reliving memories from the best times in their lives.”

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Technology Committee

Clearing Your Web Browser’s Cache

Web browsers have an auxiliary memory that downloaded items are stored in for future use. This is referred to as cache. Cache, pronounced kaSH, is memory from which high-speed retrieval is possible. Cache sizes range from 64K to 256K.

Examples of things stored in cache are graphic images (such as buttons and icons), photos, and even entire web pages. When visiting a web page, the browser checks if a copy of the files on the page are in its cache already. If so, it will save some downloading, making web pages load faster. Some browsers refer to its cache as Temporary Internet Files. After clearing the cache, the ‘longer’ download time will be barely noticeable and will be well worth receiving the up-to-date information and data found on the web page being visited.

Cache Refresh Situations

There are some situations when bypassing your browser’s cache is preferred. Just clicking the refresh button (or hitting F5) won’t be sufficient, because this reloads the web page while still using the old files from the cache. *Clearing your browser’s cache forces it to download all the latest data from websites visited.*

If your web browser doesn’t appear to be loading a site, it could be that there’s some *data corruption in the cache*. Or it could be that you are tight on space and the invisibly-stored



cache data is taking up a lot of room. When you’re particularly *low on space*, *your device runs noticeably slower*. So, if you are having problems when browsing the web, clearing the cache is at the very least a good first troubleshooting step.

Caution! You don’t want to inadvertently introduce new problems or inconveniences, though. Clearing caches could also remove passwords that you think are being saved for you.

Instructions

Clearing the cache from Chrome and Safari. For clearing the cache on other web browsers, ‘Google,’ How to clear the cache on....’

Chrome

1. On your computer, open Chrome.
2. At the top right, click More.
3. Click More tools. Clear browsing data.

(continued)

Technology Committee (continued)

4. At the top, choose a time range. To delete everything, select All time.
 5. Next to 'Cookies and other site data' and 'Cached images and files,' check the boxes.
 6. Click Clear data.
- Safari on a Mac**
1. Click on the 'Safari' drop-down menu and select Preferences.
 2. Click the Advanced tab. Select the Show Develop menu in menu bar checkbox and close the Preferences window.
 3. Select the Develop drop-down menu. Click Empty Cache.
4. Note: You may want to also clear your browser history.
- Safari on iPhone and iPad**
1. Open Settings.
 2. Scroll down to Safari and tap.
 3. Choose Clear History and Website Data.
 4. Confirm by tapping the new Clear History and Data button that pops up.
- Unlike with the Mac, there is a visible indication that the cache has been cleared. The option for **Clear History and Website Data** is greyed out and unavailable.

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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: Fun Bridge.....	Kathy Martinides.....
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	Robert Hughes
Chester County Hospital Auxiliary	Kate Lindsay
Cradle Stitchers	Donna Faunce.....
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.....
Mah Jongg (Tuesday)	Carol Poling
Men's Bible Study.....	Ken Mertz
Mermaid Book Club.....	Karen Smith.....
MerryMakers	hmmerrymakers@gmail.com
Nature Group	Christine McCormick.....
Paoli Hospital Auxiliary	Judy Molt.....
Photography Club	Carol Poling
Pinochle Club	Kate Lindsay
Poker Club	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox
Singers (Hershey's Mill Singers)	Dolores Manion.....
Social Club.....	Judith Dooling
Sports	Dave Nagurney
Sullivan House (FoSH).....	Elaine Becker
Table Tennis	Dave Kagan
The Players	Shauna Flynn.....

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