

DECEMBER 2022

GUIDE — AND — DIGEST



A PUBLICATION OF HMCTV AT HERSHEY'S MILL



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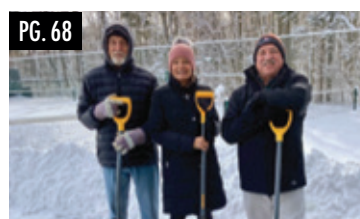
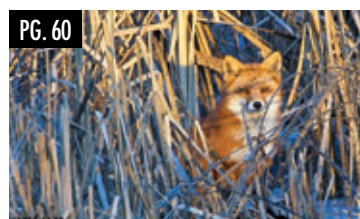
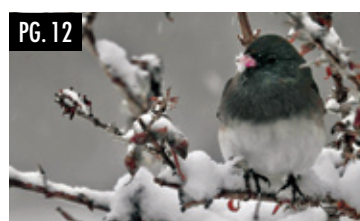
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HMCTV Guide and Digest
Telephone: 610-436-6429
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Volume XXVI Number 12 — December 2022

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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 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.



Cover photo by John Groch

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From the Main Gate

Marc Fraser | Director of Security

The Security Department is staffed by officers 24 hours per day, 7 days a week, 365 days a year, including round-the-clock on all major holidays. When there is impending inclement weather, officers will often spend the night or work multiple shifts in a row to prevent an interruption in service to the residents of Hershey's Mill.

Security officers respond to incidents including but not limited to; medical emergencies, vehicle accidents, fires, trespassing, searching for missing persons, and resident lock-outs. In 2021 alone, Security Department officers responded to over 1,100 alarms and over 600 incidents and emergencies.

Around the holiday season each year, residents are offered the opportunity to donate to the Hershey's Mill

Security Department Christmas Fund. The money donated funds a Christmas bonus to the officers as a "thank you" for their service to Hershey's Mill over the past year.

To contribute to the Security Christmas Fund, donations can be placed in an envelope and dropped off at the Main Gate Security Center by putting it in the Office/Customer Service Mailbox or mailing your donation to:

Hershey's Mill Security
1389 East Boot Road
West Chester, PA 19380

Checks can be made payable to 'Hershey's Mill HOA.'

The entire Hershey's Mill Security staff would like to wish you all a very happy and safe holiday season, and we look forward to serving you in 2023!



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Be seen.

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, so please make sure that Security has your current information because this information is included in the 2023 Directory.

Boyle, Bruce & Grande, Carolyn

655 Heatherton Lane

Oakes, Leonard & Diane

464 Eaton Way

Carey, Bob & Eileen

433 Eaton Way

Oppasser, Judie

1553 Ulster Circle

Skoog, Robert & Lee

DiRado, Ralph & Joan

17 Chandler Drive

106 Ashton Way

Sweeney, Gail

Evers, Paul & Maggie

675 Heatherton Lane

498 Eaton Way

Crowley, John & Pat
(NEW PHONE #)

Holly, William & Rhonda

884 Jefferson Way

358 Devon Way

McDonald, John & M. Suzanne
(NEW PHONE #)

643 Glenwood Lane





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Community News

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 December 15, 2022.

HOLIDAYS WITH THE CHESCO POPS! Chester County's Pops Orchestra

December 10, 7:30 p.m. at
Collegium Charter School,
Exton, PA

December 11, 3:00 p.m. at
Phoenixville Middle School,
Phoenixville, PA

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HERSHEY'S MILL ART GROUP

Martha Hanson | Franklin

Fanny Warren has been an active member of the Art Group for more than 15 years. Like many of us, she discovered a new hobby when she retired. Initially she was intimidated by the number of professional artists in the group but soon realized that there were others like her who just wanted to work at something they enjoy. Fanny's latest works hang in the Community Center and feature two distinctive-looking men whose likenesses Fanny captured in colored pencil. The Art Group is comprised of a variety of artists, professional and amateur, who love to create in a social environment. We meet in the Cove on Wednesday from 9:00 a.m. to Noon. All are welcome!

HERSHEY'S MILL MEN'S BIBLE STUDY

Bill Judkins | Chatham

A group of men meets every Wednesday morning at 8:00 a.m. (except during the summer months) in the Paoli Room in the Community Center for one hour of Bible Study. Our approach is to read and discuss a specific book of the Bible, verse by verse, alternating between the Old and New Testaments. Currently we're studying 1-2 Peter. New participants are always welcome! We look forward to you joining our study of the Bible. For info contact Ken Mertz at

HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

The HM Book Club will meet on Thursday, December 10, in The Sullivan House at 2:00 p.m. In lieu of

having to read a book during this busy holiday season, we will be enjoying our traditional *December Poetry Day*! You are invited to come and meet Carol Estornell and Constance Grael, two Mill residents who recently had some of their poems published in the first edition of *The Millstream Journal*. They will share their process and their poems, and you are invited to read one of your favorite poems, sharing what makes it special to you! Even if you are not into poetry, you will find listening to poetry being read a very enjoyable experience. Planning ahead: We will start the New Year on January 12, 2023, when Carol Barkovsky will lead us in a discussion of *The Paris Library* by Janet Skeslien Charles.

Paris, 1939: Young and ambitious Odile Souchet has a handsome police officer beau and her dream job at the American Library. When the Nazis march into Paris, Odile stands to lose everything, including her beloved library. She joins The Resistance with her fellow librarians and the best weapon she has - books. When the war ends, instead of freedom, she tastes the bitter sting of betrayal.

Montana, 1983: Lily, a lonely teenager, uncovers secrets from her elderly neighbor's mysterious past. United by a shared love of language, they never suspect that a dark secret from the past connects them. Based on a true story, this powerful novel explores the consequences of our choices and the relationships that make us who we are. That heroism can be found in the quietest places. Please contact Carol Barkovsky at: for more information.

HERSHEY'S MILL CAREGIVER'S SUPPORT GROUP

Robert Hughes | Franklin

What's a good Holiday gift for your loved one? Consider a \$75 'gift' to the Goshen Fire Department. Why? Unfortunately, there is a good chance that your loved one will suffer a FALL sometime. If you are lucky, you will be close enough to ease your loved one to the floor. Your best course of action then is to seek help by dialing 911, which connects you to both the Police and the Goshen Fire Departments. Tell 911 that your emergency is a 'lift-assist' request and an ambulance with EMTs will be dispatched. You will pay the ambulance cost UNLESS you have paid the Fire Department's 'subscription' fee of \$75. This annual fee covers ALL ambulance & EMT visits to your home during the year.

The HM Caregivers 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 The HM Community Center at 10:00 a.m. For further information call Robert Hughes at

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Do you need a break from the hectic time of preparing for winter holidays? If you're a knitter or crocheter, here is your answer: join the HM Knitting Circle in order to relax and knit or crochet while, at the same time, enjoying a lot of fun conversation. Bring your project along 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

HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

The HM Native Plant Garden is dormant, but the committee is in festive gear. Celebrate the shortest day of the year at the *Winter Solstice Happy Hour* on December 21 from 3:00 to 5:00 p.m. at the HMNG

(continued)



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Dark-eyed Junco, Tarrissa Hockenberry, Ashton



Winter Moonscape, Pam Mariani, Devonshire

Native Plant Garden. A wood fire will keep us warm. We'll roast some marshmallows and share hot chocolate and hot coffee. Bring your chair, your marshmallow stick, and BYOB. Share your garden successes, disappointments, plans and stories of all kinds with Sue Staas, Derek Stedman, Barb Crispin, Jim DiCarlo, and other garden advocates. The HMNG thanks Tom and Susan May of Yardley for the donated garden shed that will become the Native Garden Info Center. Watch for Jado Foot and her telescope at the birder

bench on the lagoon and join her to appreciate our visiting winter birds. The 2022 Photo Contest will close for entries on January 9, 2023. It is prime time for photographing Hershey's Mill sunsets, winter landscapes, and waterfowl. Or you can spend a dreary December day combing your 2022 photos to find your best entries. Send photos to hersheysmillnature@gmail.com. Thank you, Christine McCormick,



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Maria Edwards | Ulster

'Tis the season! Button up your overcoat, feel the chill in the air, and gather family and friends for holiday celebrations. This month is busy and filled with activities to enjoy and cherish for everyone.

Comment cards are always reviewed and discussed. Kindly remember to add your name while including written comments. These comments are shared with Lenny and his staff, who are always working to improve to be their best.



FLASHBACK: The Speaker Series, *Stealing Wyeth*, with Bruce Mowday and Mary Landa was a sell out on October 28. It was excellent and enjoyed by all who attended.

UPCOMING EVENTS: Mark your calendars...

BRUNCH with SANTA will be held on December 10. Santa will be on his 'glorious Santa chair' in the bar, where he will visit with the children and present them with gifts. Call for reservations.

HOLIDAY BUFFET is scheduled for December 15 with a repeat performance by The Old Towne Carolers. Call for availability and reservations.

SUNDAY BRUNCHES will be served on Sundays, December 4, 11, and 18. Call to reserve your table.

Many new events are being planned for the future and still are under discussion. Stay tuned for more details as we get further into the new year.

Stay Safe and Healthy, enjoying your family and friends.

Best Wishes for a very Merry Christmas, Happy Hanukkah, and a Happy and prosperous New Year 2023!!

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Getting to Know You



Carol Barkovsky

Nora Liero | Merrifield

Eaton resident Carol Barkovsky was surprised when approached about being profiled in the *Digest*. The choice was easy, anyone who leads an activity at The Mill deserves to be profiled in the *Digest*. Carol is the contact for the Hershey's Mill Book Club. We met on a late October evening where I learned reading is just one of her passions.

Carol is a petite, soft-spoken woman who is youthful and keenly aware of her blessings in her eighties. Each morning begins with a cup of coffee and a moment of gratitude. Each day ends with quiet reflection. Her close family bonds and a successful recovery from cancer are just two of the things about which she is grateful. To her, being a grandparent is the absolute best thing. Her granddaughters, Molly and Emily, live in Havertown. Carol

bakes with them and does not care how much of a mess they make. She hosts sleepovers, does arts and crafts, and of course, reads with them.

She is well-suited to teach and entertain her girls. Carol studied at St. Joseph's College for Women in Brooklyn and earned a master's degree in Early Childhood Education at Queens College. She taught kindergarten for twelve years in Astoria, and then moved to Chicago with her husband, where she taught children with severe learning disabilities. Another job transfer took them to Palos Verdes Peninsula, CA, where they welcomed a son and a daughter. As a young mother, Carol founded a book club for mothers in her babysitting co-op. That book club is now in its 46th year! Carol enjoyed the next 25 years teaching

(continued)

kindergarten in Redondo Beach. She says reading and singing to children are the best things she has ever done in her life.

Carol's daughter encouraged her to move across country to be close to her grandchildren. She arrived at The Mill in December 2015 where Carol found the library and joined the HM Book Club on her second day here. She has been a co-chair of the book club for four years, as well as a library volunteer. A fan of historical fiction, she counts Barbara Kingsolver's *The Poisonwood Bible* among her favorites. She also recommends Alison Pataki's *The Reluctant Empress*.

She notes that it is wonderful to be in a community of readers. The HM

Book Club is open to all residents and meets on the second Thursday of the month at 2:00 p.m. in the Sullivan House from September through June. Of the 50-plus members, there are usually about a dozen in attendance. Members suggest books that they have read and vote for each year's list. Poetry readings by local poets are held in December in lieu of a book discussion.

Carol enjoys taking the nature day trips offered here at The Mill and working on Eaton's landscape committee. One of her current goals is to visit all 36 public gardens named in America's Garden Capital Passport guide. She has 28 to go!



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I Have My 'Wanter' On

Barbara Crispin | Inverness

I have my 'wanter' on. It's not my fault. My husband, Sam, put this idea in my head and it has stuck, grown even, as I dream of possibilities.

We were taking a break in the newly-planted Native Plant Garden after raking wood chips on the path that swooped dangerously close to the always-damp, sometimes-flooded edge of the neglected woodland behind the community gardens. And we were dreaming. I said, "wouldn't it be wonderful if the tree-eating mounds of invasive rose, raspberry, and grape vine disappeared? We might catch a glimpse of the creek if the sun is just right." Then Sam, builder of many things, said, "it wouldn't be hard to build a boardwalk back to the creek. It's really not that far." And that was it. I may have squealed. I most certainly clapped in delight. I hope I kissed him for sharing his brilliant idea. I honestly don't remember because I was imagining what this boardwalk into the woods could be.

My 'wanter' is an elevated woodland boardwalk leading to a larger observation deck along the edge of Ridley Creek. Let me walk you through it. The boardwalk would actually start as a hardscaped path where it crosses the pipeline easements near the Native Plant Garden at the farthest end of the community garden lane. Both walkers and riders would have easy access from start to finish. The elevated walkway portion would be wide enough for wheelchairs to easily roll to the observation deck, while the deck would be large enough for a three-point turn



of a wheelchair or a bird watching group lecture. Benches would be built on two sides of the deck as a place for wanderers to sit among the trees, high above the sometimes-muddy ground and above the always-threatening poison ivy.

Everyone who stops by will bird watch. It can't be helped. The hawks hunt from the treetops, herons stride along the creek, and woodpeckers drill the snags standing just beyond the railing of the observation deck. Everyone who sits quietly and waits will know the peace that comes from being in the embrace of nature.

Maybe you have your 'wanter' on now too. I hope so. This woodland garden boardwalk will only happen if all of us wanters work together. The Native Plant Garden volunteers have been dreaming and scheming this year while we were working hard weeding and watering. We have signed Master Association understandings and gathered township encouragements. Finally, we have a path forward.

One day in the coming year we will begin to ask those who support this boardwalk project to contribute money to see it built. Please join us.

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.

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

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 in 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:**

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 is bound to leave you in the Christmas spirit. Dinner at Miller's Smorgasbord will follow the show.

**Pennsylvania Farm Show
Thursday, January 12, 2023
Cost: \$25 + Lunch
Departs at: 10:00 a.m.
Contact:**

Pennsylvania is proud to host the largest indoor agricultural exposition under one roof in the nation, with nearly 6,000 animals, 10,000 competitive exhibits, and 300 commercial exhibits every year. The event highlights the quality and breadth of Pennsylvania's agriculture industry and the people who make it thrive. The show offers visitors a tiny slice of the industry that employs nearly half a million people and contributes \$185 billion to Pennsylvania's economy every year. The Pennsylvania Farm Show offers something for everyone, young and old, farmers and non-farmers, foodies and just people who like to have fun. Aside from food and entertainment, the annual event offers the public an opportunity to get an up-close view of how our food goes from farm to fork, and learn about the diversity of Pennsylvania agriculture and the ingenuity of its people. Farmers show off what they do best, meet old friends and new, and check out cutting-edge farm equipment, supplies, and farming practices. Lunch is on your own at one of the food stands at the complex. Wear comfortable walking shoes!

**Kimmel Center –
Jerry Blavat & Friends
Saturday, January 28, 2023
Cost: \$120
Departs: 6:00 p.m.
Contact:**

Join us for a trip down 'Memory Lane' with Jerry Blavat, "The Geator with the Heater" "The Boss with the Hot Sauce" & His Friends. The Kimmel Cultural Campus presents Philadelphia's iconic radio DJ Jerry Blavat for the 21st year! Last year's scheduled special guests included Darlene Love, Frankie Avalon, Gary US Bonds, Eddie Holman, The Chi-Lites, and The Vogues. The Press Release listing performers for 2023 is expected in mid-December. There also may be dancing in the 'Commonwealth Plaza' in the lobby before 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:**

Saturday Series Contact:

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*

(continued)



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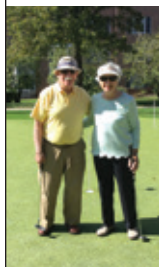


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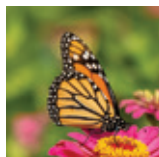
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There are so many great changes happening at Riddle Village and we would love for you to be a part of it!



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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Bus Trips (continued)

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.
2. All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
3. Following current CDC guidelines at the time of this writing (October 2022), passengers are no longer required to wear masks while riding on the Hershey's Mill bus.
4. Trip payment checks should be made payable to 'HERSHEY'S MILL HOA', sealed in an envelope (noting trip name and date) and placed in the maroon 'Customer Service' mailbox next to the Security Center in the exit lane at the Main Gate.
5. Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.
6. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive at the Recreation Area parking lot 10 minutes early for boarding.
7. The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at .



HM Nature Group Bus Trip to Audubon Center
L to R, Pat Salmon, Betsy Berger, Beverly Sheppard, Carol Barkovsky. Photo by Priscilla Burt

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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Hershey's Mill's own Theresa Grentz Enshrined into the Naismith Basketball Hall of Fame

Robert Zink | Glenwood

Theresa Grentz of Glenwood Village was a three-time All-American basketball player at Immaculata College and led them to three consecutive AIAW national titles. She was named the National Player of the Year in 1974 and had her No. 12 jersey retired by the school. In 2001, Theresa was inducted as a player into the Women's Basketball Hall of Fame.

Theresa was enshrined as a coach into the Naismith Basketball Hall of Fame on September 10, 2022. Her presenters were her college coach Cathy Rush, her Rutgers successor C. Vivian Stringer, and...Charles Barkley.

Her whole family was there, and they were proud as could be! It was a wonderful tribute to one of Hershey's Mill's great people.

Theresa already had a foothold in the Hall as a star on the Immaculata College women's basketball team which was inducted in 2014.

Theresa started her coaching career at St. Joseph's in 1974 and finished in 2017 with 681 wins. She coached Team USA to a gold medal at the 1990 FIBA World Championships and a bronze medal at the 1992 Barcelona Olympics.

Hired by Rutgers in 1976 as the sport's first full-time women's

basketball coach, she turned the Scarlet Knights program into one of the best in the country and finished with a 434-150 record, a .743 winning percentage over 19 seasons. She led the Scarlet Knights to nine consecutive NCAA Tournaments, three Sweet Sixteens, and two back-to-back Elite Eight appearances in 1986 and 1987. And in 1982 Rutgers,

Theresa was enshrined as a coach into the Naismith Basketball Hall of Fame on September 10, 2022. Her presenters were her college coach Cathy Rush, her Rutgers successor C. Vivian Stringer, and...Charles Barkley.

with a 25-7 record, defeated Georgia Southern, Minnesota, Villanova, and powerhouse Texas to win the final AIAW Tournament -- the forerunner of the NCAA Women's Basketball Tournament. Overall, Rutgers had 20+ wins in 14 seasons and won four Atlantic 10 championships under Theresa. She was named Atlantic 10 Coach of the Year four times and National Coach of the Year after leading Rutgers to a 30-3 record during the 1986-1987 season.

Theresa coached at Illinois for 12 seasons and was the all-time winningest head coach there, having won 210 games, more than 30% of her career wins including one Big Ten title, ten postseasons and back-to-back Sweet 16 appearances. She finished with a 210-156 record and won Big Ten Coach of the Year honors twice, was the sixth Illini to be enshrined in the Basketball Hall of Fame, and first Illini women's coach.

Theresa was at the vanguard of the Title IX movement, and mentored several distinguished coaches, including Muffet McGraw, Chris Dailey, and Patty Coyle. She was also a founding member of the Women's Basketball Coaches Association, serving as an executive board

member, as well as president for two years.

Theresa's 577-227 record ranks her as the seventh in women's collegiate basketball.

She has also helped USA teams collect medals as coach of the 1990 Goodwill Games and World Championships (gold), 1985 Jones Cup (gold) and 1981 Maccabiah Games (silver). Theresa has also written a book called *Lessons Learned Playing a Child's Game*. She is also a great golfer, having won the Ladies Championship at HMGC in 2020 and 2021.

Congratulations, Theresa, for your great career. We're glad that you are our neighbor.



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Low Vision: What Does It Look Like?

Frances Waldron | Chatham


Using the working definition of low vision as vision that is not correctable to the 20/20 standard with prescription eye glasses, let's explore its effects.

What does low vision look like to the person who has low vision? Patients describe it in a variety of ways, but mostly as blur, blur, and more blur. Many people say that they want to "focus" their vision as one would focus a telescope, or to "wipe the film off a dirty window." Eye diseases that cause low vision make reading difficult, rob us of the ability to see faces, can cause intense glare issues indoors and out, steal peripheral vision, and generally make simple tasks very difficult. Oftentimes, everything looks washed out, with all the colors blending together. With all those missing parts, taking care of oneself becomes difficult, and treasured hobbies may become impossible. Some common activities become downright hazardous, like cooking and climbing stairs, because low vision can affect depth perception.

Difficulty reading is the overwhelming complaint of the low vision patient, but the part of the retina used for reading is used for so many other tasks. All of us read more than we think we do. We choose products at the store, prepare meals, manage money, read signs to navigate unfamiliar spaces, and manage our health. Quick reading of our favorite ice cream flavor is still reading!

Oddly, if seen with the undamaged part of the eye, small items may still be perfectly clear. One patient several years ago could see dust on the floor, but was not able to read. It caused family conflict when she appeared to be quite capable of critiquing a family member's housekeeping, but was unable to read her own mail, dial a telephone, or tell her medicines apart.

What can be done about reading problems? Several things! The first is the best prescription possible, the second is good lighting, the third is good contrast, and lastly, magnification.



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What can be done about reading problems? Several things!
The first is the best prescription possible, the second is good lighting, the third is good contrast, and lastly, magnification.

The best prescription glasses give the best chance at clarity. If what we look at is blurry, simply adding a magnifier creates bigger blur. Glasses are not always that helpful, but should give some assistance with reading, even if they do not make vision clear at a distance.

Lighting becomes more important with age. Task lamps, ones that are cantilevered or goose neck so that light can be directly positioned onto the page, are best. Lighting will be addressed in more detail at a later date.

Contrast is having the print be strikingly different from the page, usually some combination of black and white. Books have much better contrast than newspapers, with electronic readers, such as tablets and Kindles allowing the best contrast.

Magnification is making the object of regard larger, either with an optical magnifier of the Sherlock Holmes type or by making the print larger. These range from simple to high tech and will be discussed in more detail later.

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Life's Transitions

John Groch | Chatham



Many of us remember the sobering opening scene of the film Doctor Zhivago as young Yuri buries his mother on a frigid winter evening. We all shuddered with the young boy as he watched soil being thrown on his mother's body lying in the darkness of the open grave. Death remains one of the most dramatic transitions in our lives.

Since prehistoric times, societies have marked the winter solstice with rituals and observances that identify this event as a major seasonal transitional moment. This astronomical phenomenon, when the North Pole tilts its furthest from the sun, causing the longest night, has been identified either as midwinter or the official onset of winter. It held special

meaning for prehistoric peoples for whom it was necessary to take stock of food reserves for their very survival. In some societies, cattle were slaughtered at this time, both to save grain supplies for the human population and to provide meat for sustenance during the winter. Stonehenge is one of the most famous sites for marking this event by aligning openings in the stones with the final rays of the setting solstice sun.

Since the solstice marks the start of each day's lengthening, the ancients viewed the event as a rebirth of the year, a time of new beginnings. With the prospect of winter's frigid bleakness, however, many fail to see the optimistic connotations of that view. Instead, some of us suffer from seasonal affect disorder, aptly named SAD. In previous civilizations, this time of year was a truly depressing time of famine and agonizing discomfort. Today, the war in Ukraine will cause a great deal of anguish for many Europeans due to its impact on heating fuel supplies.

While life's transitions can cause both suffering and joy, the human spirit is challenged to make the most of it all. Perhaps the ancients held rituals and celebrations around the winter solstice to enjoy one last fling before the dreary times ahead. In addition to taking stock of food supplies and slaughtering livestock to prepare for the difficult winter ahead, many societies also completed the fermentation of wine and beer. This may, in part, have been because of the shortage of safe drinking water, but it certainly would also help to brighten the harsh darkness of winter. We've



Snowy Gardens

been encouraged to always look at the bright side of life. Certainly easier said than done, but given the choices of optimism and pessimism, optimism is worth a try. Besides, after the winter solstice, daylight will assuredly become ever longer, and hopefully, brighter.

Photos by John Groch

If you'd like to celebrate this year's winter solstice with members of the Hershey's Mill Nature Group, please join the group at the east end of the community garden on December 21 from 3:00 to 5:00 p.m.

Hot cocoa will be served, but you can supplement that with a 'spirit' of your choice.

Martha Hanson

Martha and Tony Hanson came to Franklin Village in Hershey's Mill for the same reason as many of us - children, grandchild, and parents. After being diagnosed with breast cancer, Martha elected to join Tony in retirement and they decided to join The Mill. Not only was the location perfect, but they were especially attracted to the many established activities and the beauty of The Mill. Since coming here, Martha has joined and become active in the Book Club, the Art Club and the Hershey's Mill *Guide and Digest*, as a volunteer editor. She also mentioned assisting the Paoli Women's Auxiliary by writing home descriptions for an upcoming house tour.

As a volunteer with the Book Club, Martha handles correspondence and is involved with book selection. As an editor for the *Guide and Digest*, she has edited articles on Health and Wellness, Gardening, Nature, and a variety of other topics. She laughed when she mentioned 'Nature' and 'Gardening' because she said she

cannot grow anything but enjoys everything in nature.

Even though Martha said she has no background in art, she particularly enjoys the Art Club because of the wide range of members from experts to amateurs in the art field. She feels that because she is a neophyte, others like her have felt more comfortable joining the Club. Throughout our discussion, Martha repeatedly returned to the enjoyment she gets from associating with the people of The Mill. Being a part of the Franklin and greater Mill communities is satisfying. Whether it is being a volunteer with the Decorating committee or working with the Pool, Martha enjoys the people with whom she works. Even during the COVID pandemic, Martha organized Zoom conferences with friends and family to break the monotony and to stay in touch.

Martha said that of all her activities she especially enjoys her work with the *Guide and Digest* because of

(continued)



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Volunteer of the Month (continued)

the people she works with, their wide range of interests, and the passion they bring to their subjects. Her experience as a career teacher encouraged her to jump in and get involved. She said that, "Your life here is what you make it."

Martha Hanson is a hometown woman having been born in Havertown and growing up in Delaware County. Her high school years were at Marple Newtown followed by undergraduate work in education at Cabrini and graduate work in special education at Penn State. Her first teaching job was with Devereux Advanced Behavior Health in Malvern, followed by a sabbatical of nine years to launch her family of two daughters. The rest of her special

education teaching career was in southern New Jersey.

In addition to her teaching duties, Martha volunteered actively in the Renaissance Program. This program encouraged students to get more involved in learning and brought in a wide range of interests. Once a year they held a 'People's Choice' event at which the teachers would each nominate a special student. The teacher would surprise the student with the award and tell the audience why the student was nominated. Martha also volunteered for the Future Teachers of America and the National Honor Society, Teacher of the Year celebrations, and Education week.



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SULLIVAN HOUSE HOLIDAY OPEN HOUSE

*Judy Molt | Yardley,
Sullivan House Committee Chair*

It is the holiday season, and as is the tradition at Hershey's Mill, the Sullivan House will be dressed in her holiday splendor. Start your holiday season by coming to the Annual Sullivan House Open House on Sunday, December 4 from 1:00 to 4:00 p.m.

Sullivan House will be aglow with sparkling and twinkling decorated trees, garlands, wreaths, bows, and

lovely poinsettias. This year the treasured third floor train display will be open and operating.

The East Goshen Historical Commission's Sullivan House commemorative ornament as well as Hershey's Mill seasonal and Sullivan House note cards will be available for purchase.

In addition to the magic of the house, holiday cookies and punch will be served.

Come one, come all, bring your children, grandchildren, and friends, to share the beauty of Sullivan House and the wonderment of the

season as well as share holiday cheer with your neighbors, new and old.

The Sullivan House Committee looks forward to welcoming you, your family, and friends to share the holiday wonderment and splendor of your historic Sullivan House, Once Discovered, Never Forgotten. See you on Sunday, December 4.

HERSHEY'S MILL SINGERS

Dolores Manion | Troon

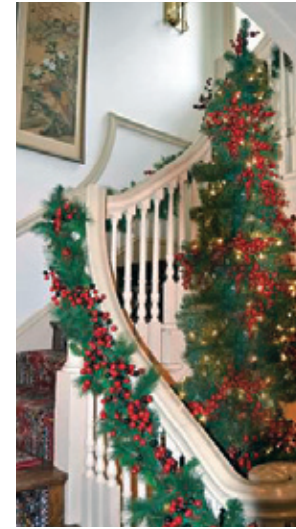
The holidays are on their way and so are the Hershey's Mill Singers! We singers, who have been practicing weekly on Wednesday evenings, are excited to present our annual holiday concert for all of you, your family, and friends. So, get out your calendars and note that we will be singing holiday favorites at St. Peter and Paul RC Church on Boot Road on Saturday, December 3 at 7:00 p.m. as well as on Sunday, December 4 at 3:00 p.m.

This is an open-seating event, with no ticket sales, although donations are gratefully accepted at the door.

Come one and all for some lively, melodious tunes and a healthy dose of good cheer.

HERSHEY'S MILL 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.



Frazer Post Office

Bill Schultz | Chatham

The Frazer Post Office located in East Whiteland Township (incorporated on Feb. 26, 1765) operated from Jan. 21, 1830 to May 31, 1938.

For over one century the Frazer P. O. existed with more than 26 different Postmasters. Located on Lancaster Pike (intersection of Rt. 29 and Rt. 30) in the initial years it was situated in the Steamboat Tavern (Hotel). The first Postmaster after the name change from East Whiteland P. O. was Jacob T. Minster as it continued to be housed in the Tavern. Henry Souders was appointed April 10, 1830. Then there was a flurry of Postmasters: John J. Jones, appointed April 23, 1831; Thomas H. Pearse, appointed April 3, 1833; Isaac Cochran, Jr., appointed May 1, 1834; S. Kersey appointed April 28, 1835; James Gamble, appointed March 17, 1838; William Few, Jr., appointed February 16, 1839; and Andrew Bear, appointed July 29, 1841, and he held the position for over 15 years even after he gave up tavern-keeping. He moved it out of the Tavern into a store in the village to be more convenient to the patrons. Lewis Henry was appointed December 30, 1856, until replaced by

Francis S. Fiss on October 13, 1861. Fiss moved the P. O. into his store north of the RR at Frazer Hill, then known as Garrett's Siding on the east of Lancaster Pike. Briefly Mrs. Jane Waldron was the postmaster from February 24, 1869, to March 31, 1869, when Fiss returned to the position until William K. Rumsey was appointed June 17, 1893. John G. Thomas was appointed October 24, 1901, and the P. O. was still in the Fiss store. Thirteen years later Edna S. Crouthers was appointed on March 30, 1914, followed by Benjamin H. Caldwell, appointed on August 26, 1915. The P. O. was then moved to a house across the RR on the south side. The following were Postmasters: James A Biddison, appointed May 4, 1917; Marion D. McCardell, Jr., appointed October 13, 1919, and he purchased the General Store and moved the P. O. to that location until a fire destroyed

(continued)



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both in 1935. The P. O. was then moved into another store and Fred J. Roye was the acting PM, followed by Mrs. Marguerite M. Follette and finally by Phillip McKnight. The P. O.'s Malvern and Immaculata served the residents of Frazer until a branch was opened in 1960.

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Programs <div>December 1 – December 15 (7:00 p.m. show December 15 will not be shown)</div>				
A Look Back at a Vietnam Experience <i>With Kay Ricker and John Sullivan</i> John Sullivan shares his memories of his military time in Vietnam in 1969-1970 with the Army Combat Engineers. He reminisces about the different bases, living conditions, his work, and the importance of his platoon - the men he worked with. 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.

Programs <div>December 16 – December 30 (7:00 p.m. show December 30 will not be shown)</div>				
Today's Health: The Lumbar Spine <i>With Edie Taylor</i> Do you have lower back pain? Even if you don't, you'll want to tune in to hear what Dr. Gabe Kresge, Physical Therapist, recommends to prevent this type of injury. He'll discuss exercises and physical therapy for the lumbar spine. Don't miss this informative interview. 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.	December 1 to 7 A Christmas Story (PG) (1983) <i>Melinda Dillon, Peter Billingsley</i> In the 1940's a young boy attempts to convince his parents, his teacher, and Santa that a Red Ryder BB gun is the perfect Christmas gift. (Run time 1:34)
	December 7 to 15 Miracle on 34th Street (PG) (1947) <i>Edmund Gwenn, Maureen O'Hara</i> When a nice old man claims to be Santa Claus he is institutionalized as insane, a young lawyer decided to defend him. (Run time 1:36)

Movies Noon & 8:30 p.m.	December 15 to 22 A Christmas Carol (PG) (1951) <i>Alastair Sim, Jack Warner</i> Ebenezer Scrooge, a curmudgeonly, miserly businessman, has no time for sentimentality and largely views Christmas as waste of time. (Run time 1:26)
	December 22 to 30 White Christmas (G) (1954) <i>Bing Crosby, Rosemary Clooney</i> A successful song and dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. (Run time 2:00)

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

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	

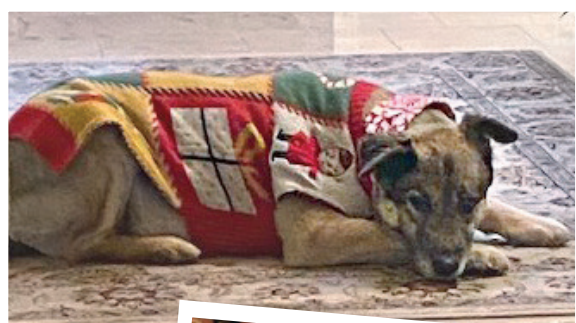
IMPORTANT NOTE: The calendar will no longer appear in the monthly Guide & Digest due to the new calendar program that can be seen on the website on a daily basis. To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

Winnie

Marie Dolton | Merrifield

Winnie is a sweet, charming girl, who loves to greet neighbors with a wag of her tail and an offer to give her a scratch on her head. She is a German Shepherd/Collie mix with long legs and a soft light brown coat, which can grow long and silky if she misses her spa appointment. Her face is dark brown with just a hint of white on her muzzle, and she has expressive deep brown eyes. Winnie is 14 years old and still trots along happily with her Daddy, Owen Kelly, on her four walks a day. She is always respectful and sits and waits if her Daddy stops to talk. She even goes running with Daddy sometimes, which is quite an accomplishment for a girl who is around 90 years old in people years. She is a Daddy's girl. She enjoys attending community gatherings and visits with all her friends. She wanders around the gathered humans, greets everyone, then lies down in the middle of the group and enjoys the conversations around her. She is a sweet, adorable dog who has come a long way from her first two years when she was abandoned and lived alone in San Antonio. Winnie is a rescue dog.

Her Mommy, Sloane Kelly, found her in May 2010 in the parking



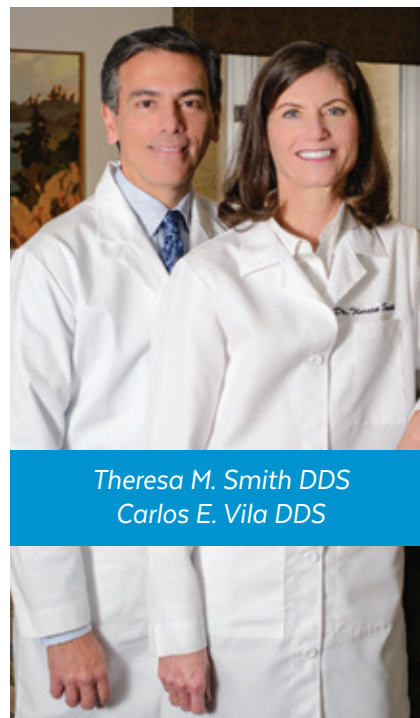
lot where she worked. There were three dogs with rough coats looking malnourished. Winnie was thin, hungry, thirsty, and large parts of her coat had fallen off because of the heat. Her paws were burned too. Sloane began feeding her daily, including weekends when she would convince Owen to drive her to her office to feed the dogs. When Sloane came to work every morning, Winnie would be waiting for her, sitting in her parking space. It was a case of

love at first sight. Winnie needed that love as much as the food. After three months of this dedication, she was adopted by her Mommy.

Winnie was approximately two years old when Sloane found her. The vet who examined her said she was probably owned by someone who abandoned her, because Winnie was housebroken. Sloane and Owen already had two cats. When they brought her home, Winnie adapted to them readily. She loved the back yard, and although she often tried to escape by digging under the fence, she did not escape for long. She would end up at their front door waiting for Mommy to come home. Owen had to put in a concrete barrier to stop her escapes. It was all a game to Winnie.

If you are looking for her, she is the one in the fancy collar or coat. Her Mommy dresses her up for all occasions in cute outfits and special flowers on her collar. At Christmas she has her 'Ugly' sweater and her own stocking. She always gets a present from Santa. Her Mommy and Daddy say although she was born and raised a Texan, she will always be a Pennsylvania Princess.

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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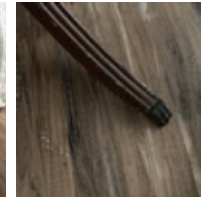
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FOR SALE: Raymour & Flanagan power lift & recliner. No marks and in complete working condition with manual and protection plan. 1.5 years left on warranty. Asking \$500 or OBO. Kristin



FOR SALE: Two wicker chairs and an ottoman for sale. In perfect condition. Asking \$150, call Tom Schlenker,

(continued)



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Recipes

Charlotte Potter | Yardley

These are some favorite holiday recipes from our family to yours. We hope you enjoy them!

Grandma's Canadian Crumb Cake

This recipe has been handed down for several generations in my family. While it is delicious any time, our tradition is to serve it with coffee or Mimosas on Christmas morning before we see what Santa has left us under the tree.

Ingredients

- 1/2 c butter
- 1 c sugar
- 1 egg
- 2 c flour
- 1 tsp baking powder
- 1/3 tsp salt
- 1/2 tsp cinnamon
- 2/3 c buttermilk
- 1 tsp baking soda (dissolve in buttermilk)
- 1/2 cup raisins

Instructions

Mix butter and sugar. Add beaten egg. Add sifted dry ingredients, then add buttermilk in which baking soda has been dissolved. Mix all ingredients well. Add raisins. Pour cake mixture into two 9" cake pans.

Crumbs for top

Ingredients

- 1/2 c flour
- 1/4 c brown sugar
- 1/2 tsp cinnamon
- 1/4 c soft butter (not too soft or it's hard to work with)

Instructions

Mix dry ingredients; then add butter and make mixture lumpy to form crumbs. Sprinkle on top of cakes. Bake at 350° for 25-30 minutes. (I often double the amount of crumbs because they're so good!)

Baked Beef Filet Roast

This is one of our favorite Christmas meats. This will yield a very rare piece of meat. Extend cooking time if you prefer it more well done.

Ingredients

- 1 two-lb beef filet roast
- 5-6 garlic cloves



(continued)

Recipes (continued)

- 1 stick softened butter
- Worcestershire sauce
- sea salt
- pepper

Instructions

Remove meat from fridge; allow to rest until it comes to room temp.

Pre-heat oven to 425°.

Insert 5-6 garlic cloves down top center of roast.

Rub/cover filet with pepper, sea salt & Worcestershire.

Rub/cover meat with softened butter.

Bake at 425° for 15 minutes.

Reduce heat to 325° and bake for 10 more minutes or until probe reads 125°.

Remove from oven and let rest for 10 minutes.

Can be served with gravy or a creamy horseradish sauce.

Green Beans with Roquefort, Bacon, and Walnuts

(from *The New Basics Cookbook*, 1989)

With its rich flavors, this vegetable side goes well with beef or turkey.

Ingredients

- 1 lb fresh green beans
- 4 strips thick-sliced bacon
- 4 oz crumbled Roquefort cheese
- 1 1/2 c chopped walnuts (toasted if desired)
- pepper to taste

Instructions

Simmer beans until crisp/tender, about 3 minutes. Drain and rinse under cold water; set aside.

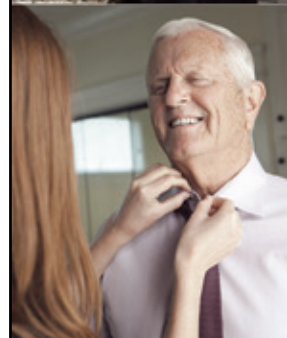
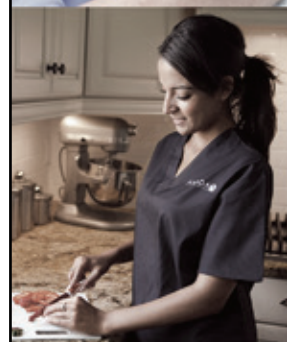
Cut bacon slices into 1/4" strips and cook over medium heat until crispy. Drain on paper towel.

Add beans to skillet and heat for 2 minutes.

Add Roquefort and toss until cheese just begins to melt.

Add the walnuts and sprinkle with pepper.

Serve immediately. This recipe can also be made ahead of time and microwaved just before serving.



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- RITA DOVE (AMERICAN POET AND ESSAYIST)

Janice Saunders | Eaton

There is still time to purchase tickets for our popular holiday book basket raffle before the drawing on December 10. This year's categories include children's books, trade paperback fiction, hardback fiction, history, a puzzle basket, and a Christmas-themed story basket. These baskets make great gifts for the holiday season, so stop by and take a chance. Raffle tickets are \$2 for one and three for \$5.

Two recent acquisitions to the library:

Fellowship Point by Alice Elliott Dark

Dark's novel describes the enduring friendship of two women spanning an 80-year friendship. Agnes Lee is a well-known children's author who is struggling to complete the final volume of her Franklin Square novels, written under a pseudonym. Polly Wister is a woman married to a professor of philosophy and mother of three grown sons. Since childhood, these women spent each summer in neighboring cottages on a peninsula situated along the coast of Maine called Fellowship Point. At the tip of the peninsula is a 35-acre tract of undeveloped land known as the Sank (short for sanctuary), where a developer intends to build a resort.

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While this is the central theme of the novel's conflict, the author explores contemporary themes of feminism, class differences, and the struggle to protect the natural environment.

The Last Chairlift by John Irving

For John Irving fans it has been a long seven-year wait for his 15th novel. *The Last Chairlift* chronicles the life of Adam Brewster, a writer growing up in Exeter, New Hampshire. As the narrator, Adam describes his life from the 1940's until near present day. In this 912-page novel, we meet Adam's mother, a lesbian ski instructor, and an odd assortment of characters, including Adam's grandparents, his aunts and uncles, and various ill-fated girlfriends. Through these unconventional characters, Irving explores themes familiar in his

past novels: wrestling, writing, sex, unconventional people struggling to exist in conventional New England towns, and uncertain paternity issues, all delivered with a dose of satire and absurdity. (summary from Rob Merrill, AP News, 10/17/22)

NEW BOOKS

FICTION

Atkinson, Kate - *Shrines of Gaiety*
Backman, Fredrik - *The Winners*
Baldacci, David - *Long Shadows*
Coe, Jonathan - *Mr. Wilder and Me*
DeMille, Nelson - *The Maze*
Grisham, John - *The Boys from Biloxi*
Hilderbrand, Elin - *Endless Summer*
Hoover, Colleen - *It Starts with Us*
Irving, John - *The Last Chairlift*
Jean, Emiko - *Mika in Real Life*
Kinsolver, Barbara - *Demon Copperhead*
Lien, Tracey - *All That's Left Unsaid*
Mah, Ann - *Jacqueline in Paris*
Michaels, Fern - *Falling Stars*
Ng, Celeste - *Our Missing Hearts*
Picoult, Jodi - *Mad Honey*
Shapiro, Dan - *Signal Fires*
Steel, Danielle - *The High Notes*
Turow, Scott - *Suspect*

MYSTERY

Alexander, Tasha - *Secrets of the Nile*
Box, C. J. - *Treasure State*
Christie, Agatha - *Marple: Twelve New Mysteries*
Connolly, John - *The Furies*
French, Nicci - *The Favor*
Krentz, Jayne - *Sweetwater and the Witch*
MacNeal, Susan - *Mother Daughter Traitor Spy*
Mayor, Archer - *Fall Guy*
Perry, Anne - *A Truth to Lie For*
Rankin, Ian - *A Heartful of Headstones*
Sandford, John - *Righteous Prey*
Stephenson, Simon - *Sometimes People Die*
Woods, Stuart - *Distant Thunder*

NONFICTION

Grandin, Temple - *Visual Thinking*
Holt, Nathalia - *Wise Gals: The Spies Who Built the CIA*
Case, Steve - *The Rise of the Rest*
Proulx, Annie - *Fen, Bog and Swamp*
Tyson, Neal - *Starry Messenger*

BIOGRAPHY

Meecham, John - *And There Was Light*
Newman, Paul - *The Extraordinary Life of an Ordinary Man*

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Toys Are Us

Scott Burkhart | Inverness

Last December I wrote about the 'joy' derived from my family's tradition of getting a Christmas tree. This year I will explore the Christmas toys with which we Boomers grew up. I am using a 1950's Boomer toy to predict the success of this story. I ask the Magic 8-Ball, "Will readers like this story?" The 8-Ball says "Very Doubtful." Never mind, I will try my Ouija Board later.

Boomers, those born in the years 1946-1964, experienced the following toys:

Characters: Mr. Potato Head using a real potato, Gummy, GI Joe.

Artistic Supplies: Play-Doh, Silly Putty, Colorforms, Paint-By-Numbers, Etch-A-Sketch.

Athletics: Hula Hoops, Wiffle Balls.

Games and Things to Make: Mousetrap, Cootie, Rockem-Sockem-Robots, Easy Bake Ovens, Creepy Crawlers.

Play-Doh was the best-smelling, worst-tasting stuff. The Wiffle balls were clearly the precursor to the pickleball. One was lucky to make a square with the Etch-A-Sketch. Do you know which toy introduced in 1959 is the biggest selling toy in the history of toys? Hint #1: over three billion have been

sold and Mattel says it sells three every second today. Hint #2: This toy lives in a mansion that is harder to put together than any IKEA product ever made.

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I have asked my Boomer Sisters and Brothers what their favorite Christmas toys were. Some toys used to be gender-specific when we were young, but bicycles were not. The types picked were Big Wheels, Wheelie



bikes with high handlebars and banana seats, the Schwinn Hornet, which was the Cadillac of bikes, and two-wheeler bikes with training wheels. One Boomer woman mentioned a unicycle, which neither my friends nor I recall. Very impressive!

Other unisex toys picked as favorites: Flexible Flyer sleds, Radio Flyer wagons, ice skates and roller skates for playing outside, Spring Rocking Horses, Kaleidoscopes and View Masters for when you had to be inside. For the builders there were radio kits, Lionel train kits, Lincoln Logs, Erector Sets, Tinker toys, and the still immensely-popular Legos.

Dolls chosen by the ladies included Chatty Cathy, Betsy Wetsy, Tiny Tears, Raggedy Ann and Andy, Barbie, Ken,

and Skipper. The big winner among the men was the BB gun with Red Ryder being the preferred one. One man finally got a leather basketball to replace his rubber one. It did not take him long to find out which one was better suited for his outdoor play. Another man said his Tonka Toy Ambulance was his favorite because his dad told him that would be his last toy because he was too old for any more in the future.

I hope my reminiscing about the toys of our youth brings back fond memories. My favorite toy was a tie between my Schwinn Hornet and my Red Ryder BB gun.

To all my Boomer Sisters and Brothers, Have a Joyful, Toyful Christmas.

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Computer Privacy

Don Trauger | Kennett

Did you know that cookies, digital signatures, trackers, and other technologies let advertisers, businesses, governments, and even criminals build a profile about what you do, who you know, and who you are at great levels of detail? Google and Facebook are the most notorious commercial internet spies, and among the most pervasive, but they are hardly alone.

Are you defenseless against these invasive probes for information? No, you are not. But you must take defensive action.

It's important to understand what is typically tracked. Most websites and services don't know it's you at their site. All they know is that your browser is associated with a lot of characteristics that can then be turned into a profile. Marketers and advertisers are looking for certain kinds of people, and they use profiles to do so. For that need, they don't care who the person actually is. Neither do criminals and organizations seeking to commit fraud or manipulate an election.

When you sign up at a web site, you're providing an easy way for them to build a profile about you. Be suspicious of their intent if they ask for personal information like your name, age, gender, address, and phone number. Facebook 'quizzes' can also be dangerous, as can posts that seem like innocuous 'games' but are

asking you to respond with answers you may use elsewhere for a security question. They will comb through everything they can in your computer to build their profile about your online activities. Your information may even be for sale across the internet. You can foresee that it will spread just like Covid.

Your choice of browser is extremely important in protecting your privacy. Choose one that is highly rated such as Microsoft's Edge or Mozilla's Firefox. Chrome is not the browser to use if you are concerned about how your information may be used.

To help you set up high level privacy on your MS Edge browser, please read my earlier articles about privacy in the February and June 2022 issues of the *Guide and Digest*. You can find these on the hersheysmill.org site by clicking on 'TV and Digest' and selecting 'Guide and Digest' from the dropdown menu.

When you are done, you can run an online test of your security by going to the following web site: <https://coveryourtracks.eff.org/>. Scroll down and click **TEST YOUR BROWSER**. Wait until the test completes. Scroll down to view your results. You should **see strong protection against Web tracking** in your results.

Yes, there are even more things you can do, but to keep privacy at a reasonably high level this will go a long way.



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Bunha Faun

John Groch | Chatham

A local favorite since 1991, Bunha Faun features French cuisine with an Asian touch. Though its exterior commands little attention on the strip of Lancaster Avenue between routes 29 and 352, it's certainly noteworthy for its expertly-prepared and elegantly-presented cuisine. Named after the Asian owner's wife and daughter, it features dishes in the refined French tradition with hints of Asian ingredients and flavors. The ambience might be described as simple candlelit elegance, and the food rivals the offerings of high-end establishments.

Dinner begins with rolls that give a new meaning to 'piping hot.' The warm outer crust holds within it a soft, steamy interior that absorbs melting sweet cream butter in all its



Photos by John Groch

freshness and flavor. A simple delight that leaves one anxious for more.

My wife and I split our appetizer, oriental noodles, a cold dish topped with carrots and broccoli, and flavored with a sweet and tangy sesame dressing. Our portions

were plated separately, adding to the elegance of the presentation.

My entrée was baked rainbow trout, stuffed with sundried tomatoes, mushrooms, and spinach set on a burgundy wine sauce. The trout was magically filleted without altering the original shape of the fish, with not a single bone to be found. The flesh was soft and flaky, without a hint of fishiness. The fish was complemented with delicious scalloped potatoes and tasty charbroiled green beans, cooked to perfection.

My wife chose sweet red pepper shrimp, served with a bed of rice and charbroiled green beans topped with a paper-thin sliver of carrot. The shrimp were artfully arranged in an arc, suggesting the care with which they were prepared.

We completed our meal with a shared cappuccino truffle and an espresso. The truffle was chocolate-encased ice cream on a bed of coffee-flavored cream sauce. Think of your best childhood experience of a Good Humor bar, on steroids!

As a BYO, Bunha Faun permits you to bring your favorite wine or other beverage without having to break the bank on a bar bill. A wide variety of starters range from \$8 to \$14; entrees go between \$18 and \$40, with all desserts a consistent \$8.

Bunha Faun combines inviting ambience, congenial wait staff, and high-quality cuisine at modest expense to provide an excellent dining experience.





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The Foxes of Hershey's Mill (*Volpes Volpes Fulva*)

Wilbur B. Amand, VM | Inverness

Most Hershey's Mill residents have at one time or another observed a red fox wandering through our villages or across the golf course. But how much do you really know about these animals and what role they play in our environment?

Red foxes pair for life and remain together from mid-winter through summer. In autumn, they become solitary but reunite in winter for mating in January/February.

The red fox is a handsome, shy canid about the size of a small dog and weighs between 6.5 to 11.5 pounds. Its coat is commonly red or yellowish red mixed, with black-tipped ears and a luxurious white-tipped tail. One molt occurs annually during spring and early summer. The fox is in prime coat (winter fur) from January to February when it often appears larger than it actually is. Males (called 'dogs') are generally larger than females (referred to as 'vixens'). Under natural conditions, these animals live three to five years.

The red fox in Pennsylvania is often found in bushy areas such as old fields, borders of pastures, and rolling

farmland. This canid is able to prosper in areas altered by human activities and is a valuable component of the natural ecosystem preying upon small mammals (rabbits, voles, mice), birds and bird eggs, frogs, snakes, and vegetable matter, especially berries. You may have heard their distinctive three-yip 'lost call' or their shriek reminiscent of a human scream. Its home may be in hollow logs and rocky caverns, but most usually nest in earthen dens situated on sunny, well-drained slopes.

Red foxes pair for life and remain together from mid-winter through summer. In autumn, they become solitary but reunite in winter for



Captions from top, clockwise: 1. Fox Kit by Paul Atterton, Jefferson 2. Handsome Fox by Linda Kane, Jefferson 3. Fox Family by Art Ramont, Jefferson

mating in January/February. The females bear only one litter per year. The gestation period is approximately 51 days. Four to six young are born in late March or early April. The pups/kits tend to emerge from the den by approximately five weeks of age, and by eight weeks, they are weaned. In

autumn, the family disbands, and the pups/kits become independent.

Natural predators are primarily large hawks and owls; however, humans and their dogs may have an impact on fox populations as they are hunted for sport and trapped for their pelts.

(continued)

Nature Group (continued)

Foxes may harbor several diseases that are similar to those found in dogs. Many of these diseases can be contagious to dogs and other pets were they to encounter a fox. The two diseases that are most important are rabies and mange.

Rabies is a virus of the central nervous system (brain/spinal cord) and may exist in two forms - furious and paralytic. Most, if not all, wild animals that exhibit signs of rabies will die. Two hundred twenty-five wild animal rabies cases were reported in Pennsylvania through September 2022. The good news is that during that time period only ten cases were reported in Chester County - five raccoons, four bats, and one fox. Nonetheless, it is important to have your pets receive a rabies vaccination to protect them from a possible wild animal bite.

Mange is a parasitic infection caused by a sarcoptic mite. One of the telltale signs of mange is missing patches of fur which may extend to the entire body, including the head and tail. It is difficult for the wild

fox to recover from mange. Mange may be contagious for dogs and several wild canids. There have been efforts to treat fox mange with a drug (Ivermectin) that is injected into a food item such as a meatball, hot dog, or hard-boiled egg that is put out for the fox to ingest. However, for the drug to have its full effect, it must be administered repeatedly which is difficult to achieve. Note that this drug may be toxic to certain breeds of dogs (collie family, old English sheepdogs, Jack Russell terriers); therefore, it is important to ensure that only the affected fox receives the medication. Any treatment regimen should be undertaken with the oversight of a veterinarian.

Finally, we need to address the topic of feeding wildlife. To get a closer look at a red fox or have them visit often, some residents provide food. **This is to be discouraged.** Such a practice disrupts their normal hunting behavior, creates a reliance on people for their food, and increases the chances for close contact with people and pets.

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Extended Warranties worth while, or a scam?

When you buy a TV, blender, smartphone, or other electronic device in a retail store or online, you'll be asked if you want to purchase an extended warranty or see a message asking you to purchase an extended warranty.

Warranties can last a few months or years. While each warranty is a little different, they all follow a similar pattern. Warranties tend to fall into two categories, less expensive and more expensive.

Less expensive warranties, in general, may offer protection plans that cover items for normal wear and tear, defects in workmanship and materials, and mechanical and electrical breakdowns. If you break it yourself, the warranty will not cover the repair. This is standard.

Inexpensive warranties don't tend to cover much. Dig through the details and you will find that they are simply extended durations of manufacturer defect warranties.

That doesn't mean inexpensive warranties are bad or that the

warranties are worthless. If you have a device that you plan to use for five years or more, it's nice to know any defects that pop up will be covered.

Manufacturer defects

In general, most manufacturer defects become apparent shortly after using a device. If the defect is something that could render your purchase unusable, it will most likely happen early on. The standard one-year warranty on most products should cover this.

Coverage

Less expensive warranties come in handy if the manufacturer issues a warning due to wiring or power issues for electronics since that comes down to a safety issue. These cases are few and far between.

More expensive warranties, in general, offer more than just a simple manufacturer warranty extension. They tend to offer longer warranties

with extended protection. Instead of only protecting you against manufacturer errors, these plans cover spills, drops, accidents and more.

The biggest telltale of a bad warranty is a dirt-cheap price. Less expensive warranties typically run a few dollars and are rarely more than \$10. More expensive warranties are sometimes triple the cost, which in contrast can look like a bad purchase — but they cover much more than standard warranties.

Warranty reviews

When researching a particular warranty, look online at reviews for that same warranty. You may find a mixture of ratings. Some warranty reviews may be based on users mishandling the product that nullified the warranty.

Warranty companies prefer not to replace a product, which costs them money. They'll require proof to fulfill the warranty before they cover problems.

Warranty purchase decision

Most problems will pop up relatively soon. The standard one-year warranty should cover those issues.

Don't pay for a warranty that doesn't add any additional coverage. If it doesn't lower your associated risk with the product, it's not worth the money.

The bottom line is to consider the product's value vs. the warranty cost. Paying \$20 to insure something worth \$50 would not be worth the cost. When an item costs you hundreds or even thousands of dollars, an extended warranty might be considered.



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Hershey's Mill residents checking out Pedego E-Bikes.

BIKE CLUB

Jeff Smith | Princeton

With the interest in Pedego electric bikes shown by HM residents last May, Pedego returned on Saturday October 15 once again. Those with an interest in e-Bikes stopped by to learn more about them and take a demonstration ride. It was a beautiful Saturday, and the Pedego representatives were kept busy explaining the benefits of e-Bikes and giving demonstration rides. Some people simply rode around the parking lot by the tennis courts, but several took longer rides and rode effortlessly up the hills on Chandler Drive. Pedego makes a range of models from conventional

two-wheeled bikes and tandems to three-wheeled tricycles and folding bikes. The latter folds up to the size of a suitcase and can be easily stowed in the trunk of a car.

Bicycling is an excellent way to get exercise, and more people would have an interest in biking if it weren't for the hills. Electric bikes can overcome this aversion. If you're thinking of purchasing an electric bike, do your homework as there are many aspects to consider. The following link may answer many of your questions: <https://pedegoelectricbikes.com/faq/>.

BOWLING

Jeff Taylor | Princeton

The first half of the HM Bowling League is coming to a close. December 20 is our closing awards luncheon, and what a half it has been. We've celebrated strikes, spares, 200 games, 100 games, 500 series, 250 series, making spectacular splits, and just showing up! Many prizes like free games, slices of pizza, soda, Philly pretzels, and Million Dollar chocolate bars were awarded for all types of bowling accomplishments.

Second half fun starts on January 3, 2023. With people leaving for warmer temperatures, spots will be available. If interested in joining our great bowling league as either a regular or a sub, please contact Jim and Carol Burnham at

no later than
December 22 so we can put you on
the schedule.

Happy 2023 from the Hershey's Mill Bowling League – the BEST winter activity in Hershey's Mill!



Scott Burkhardt, Dawn Kowalchuk, Dave Nagurney

PICKLEBALL

Tom Fant | Yardley

Pickleball anywhere? The courts at most seashore venues like Stone Harbor-Avalon tend to get overcrowded during the summer months. The Fant family, led by patriarch Tom Fant, a seasoned veteran Pickleball player and HM resident, took matters into their own hands. Son Terry ordered a Pickleball net from Amazon and built the family's own court on the 96th street cul-de-sac in Avalon in front of the Fant Family rental last August. Voila, let there be Pickleball!

Pickleball is a sport that is enjoyed by a multi-generational population from grandparents to grandchildren and is played year-round outdoors at HM. We adapt for the EDT time change, later sun rises, and weather by changing our start time and additional communication. Beginning November 15 start time for morning Open Play changed to 11:00 a.m. to

1:00 p.m. daily. Snow is not a problem as volunteers show up and shovel the courts and mother nature does the rest to dry the courts. Since weather and court conditions can be variable, we have an email notification system to keep everyone apprised of court conditions and any changes to play time. Please let Dawn Kowalchuk

know if you'd
like to be included on an email
distribution list to adapt to weather
conditions this fall and winter. For
those who opt in, email updates will
be posted on days when we need to
update court conditions, adjust our
playing time, or ask for assistance to
clear the courts.

TABLE TENNIS (AKA PING PONG)

Bob Schullery | Jefferson

Ping Pong is now called Table Tennis. New members will be taught to play doubles, which is great fun. Many of our members hadn't played for at least 50 years and quickly learned the skills required. We will provide professional paddles and balls for your play. Water is always available. If you are uneasy about playing when you visit, you are welcome to observe. Resting players will applaud and congratulate you as your skills increase.

Stop by to see us on Thursday, Saturday, or Sunday at 2:00 p.m. above the Library in the Community Center. Open play is on Fridays if you bring your own partner. We also have a ball machine that you can use to practice without an opponent. Make an advanced reservation, and we will provide an instructor to run the machine.

(continued)

Cold and wet weather is coming, and we challenge outdoor sports participants to attend. Our paddles and balls are smaller than those you normally use for outdoor play but we promise not to intimidate you!

TENNIS

Dave Clewell | Robynwood

Happy Holidays from the Tennis community. We had a great year of expansion in the tennis program in 2022. We had as many as two to three courts of active tennis play each day. The summer holiday events of Memorial Day, Fourth of July, and Labor Day had all four courts in action with over 20 players signed up to participate. Tennis is increasing in participation this year with several

new players joining the active tennis community. It looks like the 2023 season will bring additional activity and new players to our sport. Two courts are reserved for Open Play every day from Monday through Saturday from May to October. The automatic ball machine is in steady use for players to hone their skills and increase participation. You can reserve courts and the ball machine for personal use through Skedda, the Hershey's Mill reservation system. Enjoy the holiday season, and we look forward to seeing you in the spring.




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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.”

Join us for the interactive History of Music Series on the second Tuesday in October, November, and December. Call 610-235-2415 to learn more.



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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 Gersscheid
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
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Table Tennis	Dave Kagan
The Players	Shauna Flynn

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