

JULY 2023

GUIDE — AND — DIGEST



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Hershey's Mill Community TV
A fully self-supported nonprofit organization.

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HMCTV Guide and Digest
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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.



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Digest?***

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Cover photo: Citizens Bank Park Phillies Vs Red Sox. See Pg. 23

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Riddle Village

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From the Main Gate

Marc Fraser | Director of Security

Unfortunately, there are times when we need to call 911 to receive emergency medical treatment. Below is information that you should know to ensure a quick response by emergency personnel, as well as proper care for you or your loved one:

When dialing 911, you will be asked to provide:

1. **Your Name**
2. **Your Address**
3. **Your Township**
4. **Your Phone Number**
5. **A Cross-Street:**
 - a. Mill Road for Springton, Newbury, and Eaton villages.
 - b. Mill Road or Chandler Drive for Kennett and Franklin villages.
 - c. Jefferson Way for Wood Shop, Pool/Recreation, and Garden Areas.
 - d. Chandler Drive for all other villages, Community Center, and Sullivan House.
6. **Type of Emergency (describe your symptoms)**
7. **Age of the Patient**

Please Note The Following Addresses For The HM Amenities:

Community Center:

25 Hershey's Drive

Sullivan House:

35 Hershey's Drive

Garden Area:

8 Chandler Drive

Recreation Area & Pool:

9 Chandler Drive

Wood Shop:

11 Chandler Drive



When emergency responders arrive at your house, you will be asked to provide:

1. Patient's Medical History (stroke, cardiac arrest, diabetes, etc.)
2. Patient's Current Medications
3. Patient's Allergies
4. Copy of the Patient's Living Will (if applicable)
5. Recollection of Events Leading Up to the Emergency
6. Hospital Preference (for transport)

NOTE: Emergency responders rely on the patient's feedback to administer the proper treatment. From time to time, you may be asked if you can walk to the stretcher or ambulance. If at any time you feel that movement or walking would cause you undue discomfort or pain, explain to the emergency responders that you prefer not to walk and wish to be moved or lifted onto the stretcher.

We highly recommend making a list, or lists, containing answers to the necessary information listed above; and keep that list somewhere handy (kitchen counter, refrigerator, purse, etc.) so that emergency responders, friends, or family can easily find it in case of emergency. Also, please do not forget to update your list(s) with any changes.

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Residents Update

Please pull this page out of the Guide and Digest to include it in your 2023 Resident Directory so you have the current information.

All updates must be made in person through Security. The only exception is email changes which can be submitted via email to hmctv@comcast.net.

Brown, Karen
1084 Kennett Way

Chiapetta, Karen
78 Ashton Way

Cottingham, Eric & Eileen
1354 Troon Lane

Jen, Cheng-Der & Shaw-Jen
1431 Quaker Ridge

Nucifora, C. Gregory & Bernadette
380 Eaton Way

Richards, Alfred & Karen
606 Franklin Way

Sutter, Samuel & Elizabeth
140 Chandler Drive

Thomas, Wesley & Susan
686 Heatherton Lane

Walsh, Edward & Wendy
1607 Ulster Lane

Werner, Mary
864 Jefferson 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 July 20, 2023.




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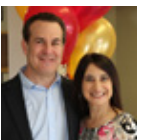
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HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

Our next meeting will be Thursday, September 14, 2023, in The Sullivan House at 2:00 p.m. At that time, we will be discussing *Horse* by Geraldine Brooks with Judy Klanderman leading the discussion. Since this book has 562 pages, we thought it would be good to have the whole summer for reading it.

Kentucky, 1850. A slave groom and a bay mare forge a bond of understanding that will carry the horse to record-setting victories across the South. When the Civil War erupts, an artist who is well known for his paintings of racehorses joins the Union Army. On a perilous night, he reunites with the horse and his groom, far from any racetrack.

New York City, 1954. A gallery owner known for taking risks on edgy contemporary painters becomes obsessed with a nineteenth century equestrian oil painting of mysterious provenance.

Washington, DC, 2019. A Smithsonian scientist from Australia and a Nigerian American art historian find an unexpected connection

through their shared interest in this horse. One is studying his bones for clues to his speed and endurance, the other is uncovering the history of the unsung black horseman responsible for his racing success. Inspired by the true story of the record-breaking thoroughbred, Lexington, this is a novel of art and science, love and obsession, and an unfinished reckoning with racism. Please contact Carol Barkovsky at:

for more information.

HERSHEY'S MILL CAREGIVERS SUPPORT GROUP

Robert Hughes | Franklin

There comes a time when you realize that you will need **HELP** in caring for your Loved One. There are many private companies in our area providing that service. Getting help is often a topic of our support group. In general, our group provides a forum for information-sharing 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

(continued)



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at 10:00 a.m. For further information, call Robert Hughes at

HERSHEY'S MILL KNITTING CIRCLE

Ruth Schick | Chatham

Have you been thinking, "I should get an early start on my holiday gift making?" If you are a knitter, crocheter, or needle pointer, why not join our group and be given incentive. Bring along your project, or materials to begin one, and join us at the pool. We meet on Thursdays from 1:00 to 3:00 p.m. In the summer we meet at the pool, however, in case of inclement weather, we meet in The Paoli Room at the Community Center where we meet during the rest of the year. For information about the HM Knitting Circle, contact Ruth Schick at



HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

Summer is peak time for a showy display of native wildflowers - Black-eyed Susans, Asters, Sunflowers, and many more. Hershey's Mill has an especially luxurious display of wetland flowers: Joe-Pye-weed, Jewelweed, Pickerelweed, Turtlehead, Swamp Mallow, to name a few. All are on display in the pondside and stream edge buffers that are left unmown to protect water quality. Take a walk around the Native Plant Garden to learn about them and then stroll the grounds to find them (and the pollinators that visit). Take some photos of your garden or your village common gardens and enter the HMNG Pollinator Garden Contest for 2023. Photos of the bees, butterflies, hummingbirds, and the flowers they visit should also be submitted to HersheysMillNature@gmail.com. Clean your bird feeders and remember to change the water in your birdbaths weekly. Links to the past Nature Group Zoom lectures and more are posted at hersheysmill.org/activities/hmng.

Photo captions left to right: Pickerelweed. Jewelweed.
Photos by Linda Kane, Jefferson

HERSHEY'S MILL MAC COMPUTER GROUP

Rene McNally | Devon

SATURDAY, JULY 22: THE NEWER USERS MAC GROUP WILL MEET FROM 10:00 a.m. TO NOON ON ZOOM. This is an excellent (and free) opportunity to learn about your computer, iPad, and iPhone. There is no membership obligation and you're welcome to join or leave at any time during the meeting.

If you wish to be included for meeting reminders and receive information about connecting on Zoom, contact Carol Campanelli at



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Karen Erickson

Gail Habbersett | Eaton

What I already knew about Karen was that she appeared to be one of the most energetic mermaids in our summer aquacise class at The Mill. Also, I discovered that we had other things in common, including our faith, our curiosity about nature, and our love of The Mill. Fast forward now to early spring of this year when we joined a group from The Mill who traveled to Marsh Creek in hopes of spotting male Woodcocks engaged in the unique mating ritual. Unfortunately, the shy Woodcocks were heard but not seen that evening. However, as we traveled home, another companion in our car asked where Karen was from. It was a typical question, followed by a less than predictable answer. She grew up in Africa!

Karen preferred that I did not jump into her unique upbringing without offering family background. Karen's parents, Richard Dunkerton and Barbara Fogg, met while attending Conestoga High School in Berwyn, and it was then that the two of them felt called to Africa to serve as missionaries. While their home church, Great Valley Presbyterian Church (GVPC), sponsored multiple missionary groups annually, the pair knew they needed to pursue higher education to serve effectively. Richard earned a degree in Teacher Education from West Chester State while Barbara earned one from Drexel in Home



Karen and Craig

Economics. After graduation, they were married at the GVPC, which subsequently sponsored this couple in their missionary endeavors with Gospel Furthering Fellowship.

In 1955, when Karen was a toddler, and her sister, a babe in arms, their folks accepted their initial assignment to Nairobi, Kenya. While stationed in this city, the entire family became immersed in British culture. Simultaneously, they were all coached in the local tribal language of Kikamba. Once school age, the children attended a British boarding school, one hundred miles away. Shopping trips were planned when taking the growing family of five children in the pickup truck to school. The pattern was three months in school, followed by one

(continued)



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Mission Station in Tanzania



Karen, age 12, with pet gazelle, Bambi

month home. On furloughs to the states, the grandparents, with whom they stayed, were amused by their British accents.

Eldoret, in northern Kenya, served as the family's second station. There, Karen completed second grade. This location, however, served only as a brief transition. Within a year, the family was sent to a mission station in Tanzania, which is shown in an accompanying photo. Karen's family was abruptly indoctrinated to living in the African bush.

Life there included subsistence farming, growing tropical fruit, raising chickens, functioning with a kerosene refrigerator and freezer, cooking with gas, well water, heating water over fire, lighting by generator, sewing, knitting, reading, board games, outdoor creative play, church events, and tribal friends clustered near the mission in an otherwise open valley. The area was also home to wild animals. Karen recounted a tense time when a leopard was discovered in the garage stalking the chickens.

Her dad, an accomplished hunter of necessity, killed the animal, but had to take the entire carcass to authorities to prove he was only defending himself, not stealing the hide. On many occasions, he provided the kill – often a wildebeest – for the church potluck suppers! Despite the potential danger, Karen realizes that one of her fondest memories was seeing herds of wildebeest, antelopes, giraffes, and zebras often quite close to their truck or crossing the road. They learned to ignore the howling hyenas in the evenings as they drifted off to sleep.

Karen's dad taught the Wafiomi tribe leaders how to establish churches, support ministry and spread the Good News of Christ. Both parents prepared young African men and women for this work. Karen added the encouraging update that, "We know the church is continuing under indigenous leadership, and that God is still at work there today!"

During Karen's elementary school years, she and her siblings attended Arusha School, a British boarding

school near Mt. Kilimanjaro in Tanzania. Her culminating studies in Africa were spent in Kenya at the Rift Valley Academy. All missionary students attended this accredited preparatory school to prepare for college in the states. One of their claims to fame is that Teddy Roosevelt ceremonially laid the building's cornerstone, though not during Karen's time. Karen left her home in Tanzania to study education at Houghton College.

In the summer after her freshman year, Karen returned to Africa to help develop the Child Evangelism Fellowship program, which is like vacation Bible school in the states. Upon returning to Houghton, she shared her experiences as a chapel speaker. Taken by Karen's presentation, Craig Erickson, a classmate, made a point of getting to know her. By the time they both graduated, they were making wedding plans!

In 2015, Karen and husband, Craig, joined our community when they found the perfect, smaller home suitable for retirement in Chatham. It is also near good friends from GVPC who live here. They spent the previous thirty years in Paoli raising their three sons: Steven, Christian, and Peter.

While many folks she knew were winding down their careers, Karen had a nagging urge to satisfy. She dreamed of opening and directing a preschool at the GVPC. To her credit, Karen chose to fill her empty nest each year with eighty children aged two and one half to five years old. Thus, the Preschool in the Valley was founded in 2004. Karen taught four-year-olds and directed the school until her retirement in 2022.

She suspects that being raised as a 'third culture kid' gave her insight into multiple kinds of people in a beneficial way and made her a more resourceful, creative person. The best part of her ministry was participating in a Christian environment where she was free to speak about the Lord.

You may come upon Karen enjoying aquacise, while Craig prefers biking through our community. Together, they sing in the GVPC choir, garden in their assigned plot, participate in Bible study, and tour local historical villages. I am quite sure that these activities are preempted when Steven and Nicole's children, Eislen and Ref, ages thirteen and twelve, or Peter and Emily's 20-month-old child, are in town.

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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/.

Fulton Theatre – Grease **Wednesday, July 5, 2023** **Cost: \$80**

Departs: 12:15 p.m.,
Contact: Mary Ann McCarry,

Join us at the Historic Fulton Theatre as we go back to Rydell High with the Class of 1959! Poodle skirts, leather jackets, bobby socks, pedal pushers, and lots of fun! It is the love story of Danny Zuko and Sandy Dumbroski with lots of singing and dancing.

Lehigh Valley IronPigs & Fireworks **Friday, July 14, 2023** **Cost: \$35 + Food** **Departs: 5:00 p.m.** **Contact: Marc Fraser,**

We will be traveling to Coca-Cola Park in Allentown to watch the Lehigh Valley IronPigs, AAA minor league team affiliate of the Philadelphia Phillies, take on the Charlotte Knights for a 7:05 p.m. game. We have great field level seats in Section 107, and we will enjoy wonderful fireworks after the game! Food is on your own at the many ballpark concessions, and your ticket includes a \$2 concession credit. Children age 8+ are welcome.

Delaware Park **First trip: Thursday, July 27, 2023** **Second trip: Thursday, August 31, 2023** **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. \$20 free slots play is given to everyone on the bus. Lunch is on your own.

Dutch Apple Dinner Theatre – Guys & Dolls **Friday, August 11, 2023** **Cost: \$85** **Departs: 10:00 a.m.** **Contact: Grace Reed,**

When Nathan Detroit needs money for his floating craps game, he turns to high-rolling gambler Sky Masterson. Nathan bets that Sky cannot get a date with a prim and proper missionary, but he ends up falling in love! From the bright lights of Broadway to the dance clubs of Havana, *Guys & Dolls* rolls the dice on love with the showtunes, “Sit Down You’re Rocking the Boat,” “I’ve Never Been in Love Before,” and the show-stopping “Luck Be a Lady.” The trip includes an all-you-can-eat buffet lunch with a full salad bar and a variety of entrees and desserts.

Philadelphia Phillies **Saturday, August 12, 2023** **Cost: \$70 + Food** **Departs: 3:00 p.m.** **Contact: Marc Fraser,**

Join us for the Phillies “Wall of Fame” induction night for an evening of baseball at Citizen’s Bank Park, as we watch our Philadelphia Phillies take on the Minnesota Twins in a 6:05

p.m. game. Seats are in Section 327, and food is on your own at the many ballpark concessions. Call right away, as our trips to see the Phillies this season have been extremely popular! Children age 8+ are welcome.

Historic Painter Mansion – Prelude to Freedom! **Thursday, September 14, 2023** **Cost: \$55** **Departs: 10:00 a.m.** **Contact: Priscilla Burt,**


The Hershey Mill’s Discoverers is offering its first of four *Road to Freedom* narrated bus tours. Author, historian, and Hershey Mill’s resident Bruce E. Mowday will speak on the events leading up to the American Revolution in Chester County. The bus will travel the path of the British soldiers to the historic Painter Mansion on the Landmark Brandywine Battlefield. You will dine (lunch included in cost) where British soldiers prepared to attack George Washington’s army. As America prepares for its 250th anniversary, next year the Discoverers will offer three additional tours of the Brandywine Battlefield, Philadelphia, and Valley Forge.

American Music Theatre – The Beach Boys **Saturday, September 16, 2023** **Cost: \$95** **Departs: 5:30 p.m.** **Contact: Mary Ann McCarry,**

The Beach Boys are one of the most critically acclaimed and commercially successful bands of all time. For more than six decades, The Beach Boys’ music has been an indelible part of

American history. Between the 1960s and today, the group has had over 80 songs chart worldwide, 36 of them in the US Top 40 (the most by a US rock band,) and four topping the Billboard Hot 100. Since the band’s co-founder, lead singer, and chief lyricist Mike Love penned the lyrics to The Beach Boys’ first hit, “Surfin’ USA” (1961), dozens of the band’s chart toppers have become eternal anthems of American youth: “Surfin’ USA,” “Surfer Girl,” “Fun, Fun, Fun,” “I Get Around,” “California Girls,” “Help Me Rhonda,” “Barbara Ann,” “Good Vibrations,” “Wouldn’t It Be Nice,” “Rock and Roll Music,” and “Kokomo.” Inducted into the Rock & Roll Hall of Fame in 1988 and recipients of The Recording Academy’s Lifetime Achievement Grammy Award in

(continued)



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Bus Trips (continued)

2001, The Beach Boys are a beloved American institution that remains iconic around the world. Join us for a fun trip down Memory Lane.

SERIES TRIPS

2023-2024 Walnut Street Theatre Series

Thursday & Saturday Matinees
Cost: \$285 (Series) or \$60 (Per Show)
Departs: 12:30 p.m.

Thursday Series Contact: Jayne Lytle, (Wait List Only)

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 the shows in the series. The Walnut Street Theatre's

2023-2024 Season includes the following shows for both series:

Thursday 10/26/23 & Saturday 10/28/23 - *Elvis: A Musical Revolution*

Thursday 12/14/23 & Saturday 12/16/23 - *Disney's Beauty and the Beast*

Thursday 2/1/24 & Saturday 2/3/24 - Edward Albee's *Who's Afraid of Virginia Woolf?*

Thursday 3/7/24 & Saturday 3/9/24 - *Groucho: A Life in Revue*

Thursday 4/18/24 & Saturday 4/20/24 - *Beautiful: The Carole King Musical*

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, passengers riding on the Hershey's Mill bus are not required to wear masks.**
4. Trip payment checks should be made payable to 'HERSHEY'S MILL HOA,' sealed in an envelope (noting trip name and date) and placed in the maroon 'Customer Service' mailbox next to the Security Center in the exit lane at the Main Gate.

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

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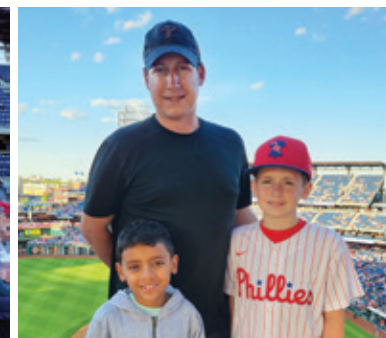


Photo captions from top, counter clockwise:

Citizens Bank Park Phillies Vs Red Sox: Top Row, L To R - Linda Davis, Marilyn Gallagher, Joan Evans, Karen And Tom Smith

Front Row, L To R - Bud And Linda Green, Elisa Lang, Jansen Wendell

Director Of Security Marc Fraser With Sons Eli and Noah

Ocean City Sports Memorabilia Show: L To R, Ken Kelly, Carolyn Wyler, Dolores Labowski, Anne Imperiale

Stoneleigh: Tour Leader and Manager of Stoneleigh talks to the group



Summer Memories

Scott Burkhart | Inverness

Summer is a month away as I begin writing this story, so I thought our boomer memories would be a good topic. I asked some friends, men and women, what came to mind when they thought of the summers of their youth. I wanted to see how their memories compared to mine.

Counting down the days until that final bell rang signifying school was out for the summer was number one. That was one of my favorite memories too, both as a student and a teacher. One lady hit the nail on the head when she recalled the freedom she felt getting up the next morning, pulling on whatever clothes were close by, and running out the door to spend the day playing with her friends. That is my meaning of carefree,

doing whatever seemed like fun. My friends and I used to ride our bikes to a nearby farm during hay baling season and plead with the farmer to let us ride behind the tractor and toss the bales of hay onto the trailer. We thought that was fun, the farmer thought it was free labor. Ah, growing up in the country.

Hand cranked ice cream was another memory. This reminded me of Sunday afternoons when my friend's father would clear the pasture of his cattle and set up a makeshift baseball field that we named *Cowflop Stadium* (for obvious reasons). He was always the pitcher for both teams, and we played until his wife came out with her ice cream crank and served us all this delicacy. Ah, growing up in the country.

Catching lightning bugs and tadpoles was a definite summer memory for many of us. They were easy to catch and interesting to watch. Did anyone put the lightning bugs in a jar with some grass and holes punched in the top or make a makeshift aquarium for the tadpoles? Were there any survivors?

Transitioning from kids to young adults happened when you or a friend got a driver's license. A whole new world opened. There were burger joints where your food was served on a tray that hooked onto your car window and drive-in movies where the speaker hooked on to your car window.

Down the shore (a Philly vernacular) evoked a lot of memories from

everyone. Spending the summer at Wildwood Crest, being lifeguards in Avalon, surfing at Diamond Beach, cruising in muscle cars and souped-up dune buggies, eating your way through a plethora of junk food on the Wildwood boardwalk and not getting heartburn, those were the days, to name but a few.

My favorite story was a memory a friend had of his first day as a lifeguard at a local swimming pool. No one told him the official lifeguard swimming suit was a speedo. After looking at himself in the mirror, he didn't know if he should back out of the dressing room or wrap up in a towel. Ah, growing up self-conscious.

Enjoy your summer and do whatever seems like fun.



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Local History

Green Hill Post Office

Bill Schultz | Chatham



Green Hill Railroad Station
and Post Office

The Green Hill Post Office was in West Goshen Township, which was incorporated in 1817. This office operated from November 2, 1891, to January 15, 1906, and then again from October 15, 1906, to July 31, 1919. It was located about three miles from Hershey's Mill.

Green Hill was a rustic village located about two miles north of West Chester. It began as a station on the Frazer branch of the Pennsylvania Railroad. When the station opened in 1891 it was called Patton's Station because an 18-year-old boy named Patton had been murdered in that area. Benjamin Green, who conducted a private school there, did not like the name. So, when the first train passengers got off, he pointed to the land around the station which had been owned by his family for generations and said, "This is Green Hill."

The post office was opened in the railroad station by Mrs. Hannah E. Skunk, who was appointed in November 1891. It was originally named Green Hill in honor of the early landowners. The name was changed to one word during the period of December 1, 1895, to December 1, 1905, when it was changed back to two words. Mail was sent to Green Hill via the railroad. Mrs. Skunk continued as the Postmaster until June 17, 1898, when Margaret B. Smith was appointed. She was succeeded by Florence F. Wilkins on October 30, 1905. After a brief closing in 1906, Ms. Wilkins resumed her role as Postmaster, a position she held until the post office was discontinued. The mail intended for this area was then delivered to the West Chester Post Office.

Medical-ese 101:

Talking to medical personnel and making the most of your appointment

Frances Waldron | Chatham

As an occupational therapist, I have the privilege and luxury to spend time with patients, getting to know them, what is important to them, and what we can and cannot change. Most medical personnel do not have this luxury. Reimbursement is such that doctors must move quickly to see enough patients to pay all the bills. Because their time and your time is limited, it is imperative to have clear, open, and complete communication.

Exactly how do you say everything you need to say and get all the answers you need? Here are some suggestions:

When a medical professional asks how you are, do NOT answer 'fine!' We are socialized to use that response, but if you are fine, why did you go to the doctor? If you just cannot stop using the cliched answer, at least follow quickly with 'except for' and state your list of symptoms or complaints. Remember, medical folks are required to document a chief complaint, so give one! Let loose! You are not complaining. You are informing.

Avoid catching white-coat syndrome. White-coat syndrome occurs when a patient tries to give the response he or she thinks the doctor wants. Medical appointments are not like the tests we took in school. There may be no correct or incorrect answer, just your personal one.



Know your pain tolerance and report it realistically. The scale runs from 0 to 10. Zero is no pain at all, not low-level, tolerable pain. Ten is a crisis, requiring a trip to the emergency room. If you have chronic pain from any source, but say that it is zero, no one will ever be able to help you. If you rate a paper cut as a ten, no one will ever be able to help you! I am stoic about pain, and it has not served me well. Once I realized that trait in myself, medical intervention has been much better.

If you do not understand what you are being told, SAY SO! Most of us are thrilled to explain as often as necessary so that patients understand. If you do not understand, you may have trouble with the treatment protocol, which benefits no one! If your doctor is not able to educate you, ask for another staff member to explain. Also, ask for a contact to call after the appointment who you can reach out to with any further questions or concerns.

Write down symptoms, observations, questions, and concerns. Time is short, you may be nervous, or you may be asked questions that take the conversation in an unexpected direction, all of which can make you forget. Likewise, ask that your doctor write down follow-up visits, tests, prescription regimens, and anything else that may be important.

If you are expecting unwelcome news or just are not medically savvy, take someone with you. You would not swim alone, so do not think you need to manage everything in a medical visit alone. Sometimes, even if you are not expecting bad lab results, doctors can say things that suck all the air out of the room. The distraction can mean you do not hear anything else they say. A partner may not hear things the

way you do and may be better able to understand the rest of the information.

Do not lie! If you did not take your medicine, floss your teeth, or exercise, just say so. Your doctor or therapist might not be thrilled, but it will not waste time. Note, we always know anyway.

Tell the doctor ALL the supplements and drugs you are taking, legal or otherwise. Chemicals react sometimes, and making your doctor guess why you are having a particular result wastes time and may harm your health. Be honest about smoking. Tell the truth about what type and the quantity of alcohol you consume.

Do not try to be perfect. You are human. We all forget the antibiotic sometimes or just really need that

(continued)

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forbidden food. Mostly compliant is typically good enough, and all that is really expected.

Sometimes you need information, such as drug side effects, but please do not quote Dr. Google. As one of my doctors said, he is a great doctor, but he did not finish his residency! Your physician did!

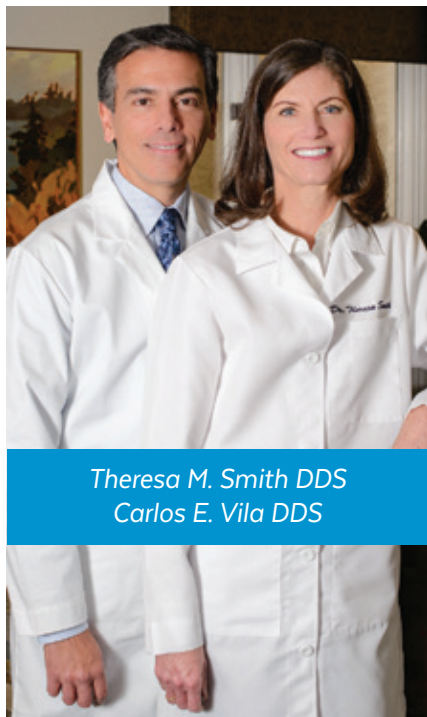
Say what you need to say. Before being released on the world, all medical professionals complete an internship as part of their medical education. Even the most newly minted have heard it all before. Even if you do not think you have the right words, remember that you are speaking to someone fluent in medical-ese. In general, they are excellent interpreters.

Do not be embarrassed by any condition, question, lack of knowledge,

or anything your body does or does not do. You are talking to a professional who knows you might be feeling that way. While the experience you are concerned about may be new to you, your medical team has seen it before.

Be honest about your concerns. If you cannot afford the medication prescribed, say so. There are programs that can help with the costs of medicines and medical devices. There are alternative medications for many conditions. If you are uncomfortable with a proposed treatment, say so. There may be an alternative treatment, but you will not know and cannot make an informed decision unless you ask.

Remember that doctors and other medical personnel are human. We may have to be told of your concerns more than once. Reminders are welcome.



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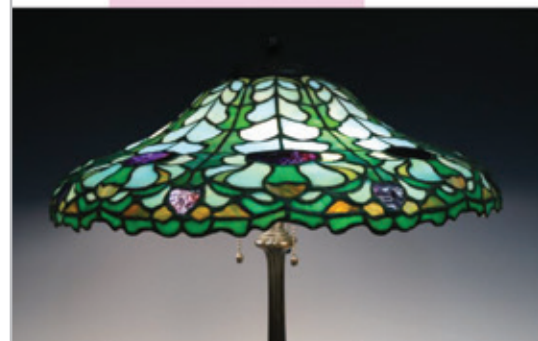
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Asuka – Right Here in Nearby Westtown

Bill and Patricia Schultz | Chatham Way

We recently dined again at Asuka - maybe the best Asian restaurant in the area. It includes Japanese and Chinese fare for both lunch and dinner. Asuka is located next door to the Giant supermarket in the shopping center at 1502 West Chester Pike.

We continue to be impressed with the food and the service. We come here regularly for sushi/sashimi, and they keep upping their game! Space is a bit tight as there are only about ten tables and a few counter seats, and service can seem a bit overwhelmed at times, but they are always friendly. Consistency in quality food can be hard to find - here it's a way of life. We have dined here at least once

We continue to be impressed with the food and the service. We come here regularly for sushi/sashimi, and they keep upping their game!

a month for over seven years, and the selections are numerous and well-prepared.

On our recent dining foray to Asuka, we tried a few things we had overlooked in previous excursions. We ordered the Sashimi Roll for \$17.50, which included spicy tuna, salmon, asparagus, and avocado topped with tuna, salmon, and yellowtail, wrapped in soybean paper (without rice). It was

delicious and filling. Also, we ordered a bowl of egg drop soup, one pork egg roll, and two small spring rolls as starters. We also splurged with one seaweed salad served refreshingly chilled and one garden salad. We skipped desserts since we were pleasantly satisfied with the array of dishes we enjoyed. For beverages, it is a BYOB so we had a house-brewed iced tea and a diet Coke with plenty of ice.

In prior visits to Asuka, we have tried a wide range of dishes, and based on our experiences we can wholeheartedly recommend the following choices: Foxy Lady roll, White Sashimi Tuna, Chicken with Cashews, Mongolian Beef with Onions, House Special fried rice,

Kung Po Chicken, Chicken Lo Mein, Salmon Breeze roll, Hot and Sour soup, Scallion pancake, Moo Shu pork, and the Kiss of Fire roll. All terrific choices, and we have never been disappointed with any selection we have made over many years. The Bento box lunch is a *real taste and price bargain* served every day except Sunday. It includes salad, soup, entrée, and one appetizer with a choice of white or brown rice.

The hours of Asuka are just fine; the one exception is, sadly, they are closed on Mondays. All other days they serve lunch and dinner.

The ownership team really tries hard to be warm and helpful. They treat you like you are important customers!



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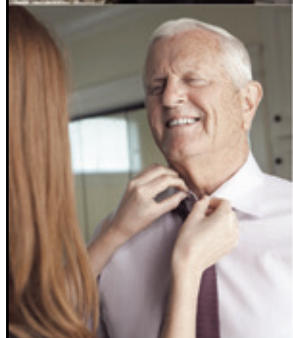
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Hershey's Mill Golf Club

Maria Edwards | Ulster

Summer is in full swing! Outdoor activities are taking center stage, and we are enjoying this time of year. July 2 will be an outdoor cook-out for July 4th. Look for an email with details. Just to circle back a bit, May was a busy month. Mother's Day and Kentucky Derby were both sold-out events and enjoyed with rave reviews. If you missed these events, put them on the calendar for next year! Memorial Day festivities were still in progress at the time of this writing. Always successful, I'm sure it was enjoyable, and Lenny spoiled everyone with his culinary talents.

Charlotte Longo was the recipient of the free drink pulled from the comment sheets each month. This is another reason to fill out a comment sheet! Sheets are found in a box on a side table in the lobby.

We continue to search for and advertise for wait staff as this is a

hindrance to the service you receive. We advertise locally and hope to include it online at the Next-Door Neighbor website.

Your comments on the comment sheets have been very helpful as we continue to give you the best dining experience available. Your comments, positive and negative, are shared with the House Committee and the Kitchen staff. It guides the staff in preparing, cooking, and serving your meals. Thank you for your appropriate comments and legible writing. We appreciate the addition of the date of your visit on the comment sheet.

*Here's To The Best Summer Ever!!
Take care and be safe out there!*



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*Blurred wings humming, heart fast-thrumming,
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Green back, white throat and breast,
A female hummingbird.*

*Another gemstone flashes past, this one a ruby jewel with gorget
so bright it stuns until the male turns left and all goes black—
an iridescent stunt more marvelous than magic sleights-of-hand,
technicolor trickery to woo a mate but hide with ease from rival eyes.*

FROM THE TRUTH ABOUT RUBY-THROATS BY DR. BILL HILTON JR.



Christine McCormick | Ashton

There is not much more that can be said about the beauty of the Ruby-throated Hummingbird, but Bob Coldwell's photos take awe to another level. Historically, bird books lamented the failure of the camera to capture the Ruby-throat in flight (70 wingbeats per second), but luckily for us, Bob has done that too.

From pea-sized egg to 3 1/2 inch marvel, hummingbirds rank at the top of the avian scale of amazingness. Red blossoms and specialized feeders attract them to put on a show that astounds even the generally disinterested. But they don't live by nectar alone. Hummingbirds, like their close relatives the swifts, are aerial insect hunters. Insect protein is essential to rearing the young as well as sustaining adults—another reason to eschew pesticides. Walnut sized nests accommodating only two eggs are made of tiny plant fibers and spiderweb silk (leave the patio cleaning to the hummers).

Capable of spurts of flight at 60 miles per hour, hummingbirds must eat every fifteen minutes. When sleeping, they reduce their metabolic rate to a state of torpor. How then, do they migrate to Central America each year? I don't know—no sleep, no food for up to 500 miles on a trip as long as 2,000 miles? But as Hershey's Mill snowbirds know, it is worth it.

Intrigued? Next year, plant some Cardinal Flower (*Lobelia cardinalis*), Beebalm (*Monarda didyma*), or Columbine (*Aquilegia canadensis*). Can't wait? Get a feeder and make an easy mix of 1 cup of sugar to 4 cups of water. There is no need to boil the water or to use food coloring or store-bought feeder food. Just sit back and enjoy the show.

Photo captions counter clockwise from left:
In flight.
Male Ruby-throated Hummingbird.
Hunting Protein.
Female Ruby-throated Hummingbird.

All photos by Bob Coldwell, Ulster

Summer fun at The Mill!

July, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	10:00 am Fun Bridge	9:30 am Fourth of July Sports Complex	9:00 am Art Group	10:00 am Caregivers	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Mah Jong	12:30 pm Social Bridge	1:00 pm Knitting	10:00 am Quilters	
	1:00 pm Cards & Games	1:00 pm Pinochle	1:00 pm Groff Mah Jong	1:00 pm Card Games	2:00 pm Scrabble	
Saturday, 7/1, no scheduled activities		4:00 pm DJ at the Pool			5:00 pm Moonlight Swim - Pool open late	
9	10	11	12	13	14	15
7:00 pm Summer Concert - Golf Club Parking Lot	10:00 am Fun Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Knitting	10:00 am Fun Bridge	
	10:00 am Photography Club	1:00 pm Pinochle	1:00 pm Groff Mah Jong	11:30 am Mermaid Book Club	10:00 am Quilters	
	1:00 pm Talking Bridge			1:00 pm Card Games	2:00 pm Scrabble	
	1:00 pm Cards & Games			2:00 pm Book Disc Group		
16	17	18	19	20	21	22
	10:00 am Fun Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Knitting	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Pinochle	12:30 pm Social Bridge	1:00 pm Card Games	10:00 am Quilters	
	1:00 pm Cards & Games		1:00 pm Groff Mah Jong		2:00 pm Scrabble	
	7:00 pm Folk Song Circle					
23	24	25	26	27	28	29
	10:00 am Fun Bridge	1:00 pm Mah Jong	9:00 am Art Group	1:00 pm Knitting	10:00 am Fun Bridge	
	1:00 pm Talking Bridge	1:00 pm Pinochle	1:00 pm Groff Mah Jong	1:00 pm Card Games	10:00 am Quilters	
	1:00 pm Cards & Games				2:00 pm Scrabble	
					5:00 pm Float Night	
					7:00 pm Bingo	
30	31	Color Legend: Ardmore Room, CC Cove at Pool H-CC Main Hall One Time Events: See Digest Article & HM E-mails Malvern Room, CC Paoli Room, CC Sullivan House Pool				
	10:00 am Fun Bridge					
	1:00 pm Talking Bridge					
	1:00 pm Cards & Games					

For Sports times, please check Skedda at www.hersheysmillhoa.skedda.com.

Please remember to call the Community Center Office to schedule a room - 610-436-6019.

<div> Programs <div> July 1 – July 14 (7:00 p.m. show July 14 will not be shown) </div> </div>				
What's New at East Goshen Parks & Rec? <i>With Edie Taylor & Jason Lang,</i> Director of Parks & Recreation East Goshen Township has won national recognition for its Parks & Recreation programs for four years running. Find out about the activities and travel opportunities for active adults that Jason has organized. He has an exciting year lined up which includes a sailing trip, a holiday bus trip to New York City, and even a trip to Italy. 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.	July 1-7 New York, New York (PG) (1977) <i>Liza Minnelli, Robert De Niro</i> An egotistical saxophonist and a young singer meet on VJ Day and embark upon a strained and rocky romance. <i>(Run time 2:43)</i>
	July 7-14 The Donner Party (R) (some violence) (2009) <i>A Film by Ric Burns</i> <i>Crispin Glover, Clayne Crawford</i> This haunting film tells the story of the ill-fated party of pioneers and their attempt to get to California. <i>(Run time 1:35)</i>

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	

<div> Programs <div> July 15 – July 31 (7:00 p.m. show July 31 will not be shown) </div> </div>				
Health Today: Stretching <i>With Edie Taylor</i> <i>Dr. Gabe Kresge</i> , Physical Therapist, discusses balance. As we age balance can be a problem. Dr. Kresge tells us how physical therapy and exercise can help us with our balance. 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.	July 14-24 Sense and Sensibility (PG) (1995) <i>Emma Thompson, Hugh Grant, Kate Winslet</i> Based on Jane Austen's novel. <i>(Run time 2:16)</i>
	July 24-31 Foxcatcher (R) (2014) <i>Steve Carell, Channing Tatum</i> Based on true events, Foxcatcher tells the story of the unlikely and tragic relationship between an eccentric multimillionaire and two champion wrestlers. <i>(Run time 2:15)</i>

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

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IMPORTANT NOTE: To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

Victory Gardens

John Groch | Chatham

Our celebration of independence and patriotism in July calls to mind the “victory gardens” of the past. Government encouragement of backyard and community gardens emerged during the food crisis in Europe caused by World War I. As European farmers were called to military duty and fields became devastated by war, the U.S. assumed responsibility for providing Europe with food exports. To help this effort, even before our entry into the War in 1917, the National War Garden Commission urged Americans to grow more of their own food on any available plot of land, including school and commercial properties, parks, vacant lots, and backyards.

Through posters and civic group campaigns, Americans were urged to “sow the seeds of victory” and were provided with information about the best crops to plant and ways to ward off plant diseases and harmful insects. Even children were mobilized by the U.S. School Garden Army to become “soldiers of the soil.” In 1917 and 1918, a total of 8 million “victory gardens” were cultivated, resulting in an estimated 1.45 million quarts of



canned fruits and vegetables to help Americans get through the winter. This movement reemerged during World War II so that commercial crops and transportation systems could be devoted to food exports and troop and munitions transport. After food rationing began in 1942, Americans felt further incentives to plant crops wherever they could, even in window boxes and apartment rooftops. Despite resistance from the Department of Agriculture, Eleanor

(continued)



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Garden Reflections (continued)

Roosevelt insisted on planting a vegetable garden on the White House lawn.

The most popular produce included beans, beets, cabbage, carrots, kale, lettuce, peas, tomatoes, turnips, and squash. The federal government provided pamphlets advising amateur gardeners to plant crops in proper order to maximize yield and to report seed germination rates, plant diseases, and insect pests to minimize losses and waste and to improve future output. Gardens helped to boost

morale and patriotism and ease food shortages both at home and abroad. In 1942, about 15 million families participated in the effort, and by 1944, 20 million victory gardens produced about 8 million tons of food, or about 40% of all fresh fruits and vegetables consumed in the U.S. Today's recreational gardeners should feel energized by this historical tradition and regard their efforts as a personal "victory."

Source of information: history.com; Laura Schumm, Author
Poster from livinghistoryfarm.org.



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Extend Your Laptop's Battery Usage

Don Trauger | Kennett

As your laptop computer ages, so does the battery. Where you once got three to four hours or more out of one charge, after several years you may be down to one hour or less. You may even start to notice it after only a year or two. Each time you recharge the battery it takes a small bite out of its life expectancy.

Both Windows 10 and Windows 11 have ways to extend the operational charge of the battery so you can get your work done while it's not plugged in. First, for Windows 10 on

the Windows taskbar, clicking the battery icon opens what we know as the power slider. Here you can trade lower performance for extended battery life. Simply click the slider and drag it to the left side to extend the useful charge.

However, Microsoft decided that this convenient feature was too easy to get to (haha) so they moved it into **Settings** for Windows 11. Hold down the Windows button (the four-pane window button) and press the X key. In the menu, click **Settings**, go to **System**, click **Power & Battery**,

then scroll down to **Power mode**. On the right is an options button. Here you should see several options: **Best performance**, **Balanced**, and **Best power efficiency**. Click the button and choose the one that works for you.

Another feature in this **Power** section is that you can control when the computer sleeps. Adjust it for your needs. Scroll down to **Battery** and click **Battery Saver** to set the battery at a higher level above 20% that turns on the **Battery saver** earlier to help extend the existing charge during your unplugged session. Also, make sure **Lower screen brightness when using battery saver** is turned on.

There's also another factor in extending your battery's charge:

the internet connection draws considerable power from the battery. If you are working on a document or just using a program that does not require immediate Internet connectivity, consider choosing airplane mode. Again, this is available when you click the battery icon.

Lastly, another tip to improve overall battery life is not to leave the computer plugged in forever without doing a discharge down to 10 to 20% once every month or so. Unplug it and use it until you get a message that the battery is running low, then plug it back in. This helps in restoring battery chemistry.



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10 Ways to Get Better Cell Reception



If you have poor service, slow internet speeds, low-quality calls, or texts that aren't sending, try one or more of these tips:

1. Toggle Airplane Mode or Restart Your Phone

Once your phone has connected to a nearby network tower, it stops searching for a new signal. If you turn on airplane mode for 10 seconds and then turn it off again, your phone disconnects from the network and will have to search for the nearest, strongest connection.

2. Move Around or Go Outside

Less than great reception? Move to a different location in the house or building. Better yet, step outside! Better reception may be just steps away.

3. Take Off the Case

Obstructions can cause a weaker signal. If your phone is in a case, try taking the case off. If your case is

particularly thick or has any metal components, it may make it harder for your phone to connect to strong service. Also, try holding your phone a few different ways with your hands or sitting it down entirely to not block the antenna yourself.

4. Get a New SIM Card or Clean Yours

Remove the SIM card and gently clean it. Or visit your cell phone carrier store and have them remove and clean it. If the SIM card is damaged or you have had it for some time, replace it. (If using an eSIM instead of a physical SIM card, this technique won't work for you.)

5. Switch Between 5G and 4G/LTE

Slow speeds or a weak signal even on a 5G phone while in range? Disconnect from the 5G network and manually switch to 4G/LTE as you may be able to connect to a closer, stronger signal on a different network.

For iPhones, click on **Cellular**, under **Settings**, then **Cellular Data Options**. Then click **Voice & Data** and choose which network to use.

Android devices vary slightly. Under **Settings** find **Connections**, **Wi-Fi** and **Internet**, or a similarly named setting. Locate the mobile network/SIM network settings.

6. Use Wi-Fi Instead of Cellular

Try using Wi-Fi - it could be faster. In addition to mobile data, it may be possible to call and text message over Wi-Fi. Enable Wi-Fi calling or texting in **Settings**.

7. Charge Your Phone

When your phone battery is low, your phone will not search for the strongest available tower. Instead,

it'll preserve remaining battery life.

8. Update Your Software

Been putting off a software update? It can affect your call and text performance.

9. Reset Your Phone's Network Settings

Consistently experiencing connectivity issues? Restoring its original network settings could help.

10. Buy a Cellular Booster

If you have consistently poor service, investing in a cellular signal booster is a good option. This is a physical device that you can set up in one specific area to amplify the cellular service used by your carrier. Mobile models are also available.

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The Hershey's Mill Players

Valerie Schmidt | Eaton

The Hershey's Mill Players are hard at work writing their next show. In the meantime, we need some relaxation and fun. Right? All work and no play... We just enjoyed our spring event. This time next year we will be deep into rehearsals. But this year we need a break from all the prep for our 2024 show. So, we partied like it was 1926, and we had a good time! One might say it was 'the cat's pajamas.' That means it was good, but you already knew that.

Our ladies dressed in their flapper best, and our gents came in tuxes and other choice attire of the 1920's. We had a live band, The Blackbird Society Orchestra, who could not have provided better music!

The HM Diva Dancers performed the Charleston for us, and then we all joined. Throughout the evening we had dances of many varieties by our fun-loving group of Hershey's Mill Players.

A surprise to all were the gifts for the 'best 1920's outfit!'

We had a Charleston story told by one of our own, and we had fun flapper



Photo captions top to bottom: Dancing Divas. Best Dressed

facts shared. We even had one of our crooners offer up a song with the band.

We welcome all who want to be a part of Hershey's Mill Players. Our new play for the spring of 2024 is almost complete. We will have auditions in October, which is not that far away. We are currently searching for a director, musical director, and a producer. Interested? Please contact us at

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Left to right: Bill Dolton, Jeff Smith, Seth French, Helen Sherman, Bette Ann Oppenheim, Bill Oppenheim, Valarie Arms

BIKE

Jeff Smith | Princeton

May 17 kicked off our first ride of the season. Nine of us rode the Chester Valley Trail from Exton to Wegman's in Malvern where we stopped for a beverage and bathroom break before starting our return trip. Two of the riders were on e-bikes. The Chester Valley Trail is a flat paved trail that parallels Route 30 (Lancaster Pike) from Exton to Malvern where the trail swings northward and then parallels Route 202 into Norristown where it intersects with the Schuylkill River Trail.

An excellent Consumer Reports article on bicycle helmets has been posted to the cycling web page at <https://hersheysmill.org/hmsg-organization/hmsg-cycling/>. If you are in the market for a new helmet, this article is full of good information on what to consider before purchasing one.

You can avoid mechanical trouble with your bike by taking some simple precautions before setting out on a ride. Check your brake pads and replace them if they are worn. Check the condition of your tires and the pressure. The recommended pressure is printed on the edge of the tire. Fully inflated tires will make pedaling much

easier, particularly up the hills. If your bike has been stored for an extended period of time, the tires may be dry rotted and in need of replacement. Also, your wheels should be true with no broken or loose spokes.

Your drive chain and derailleurs should be clean and lubricated with the proper chain grease.

Packing a few essential items can salvage an otherwise lost ride. Carrying a tire repair kit or an extra tube is a good idea. The repair kit should include tire patches, tire levers, and patch rubber glue. And don't forget a good bicycle pump. Lastly, a couple of zip or wire ties can come in handy if something comes loose or breaks.

Anyone interested in riding with us that is not already on our E-mail list can contact me at _____ or by E-mail at _____ and request a copy of our schedule.

Hope to see you on future rides.

BOCCE

Carroll Thompson | Princeton

The Bocce League is off to an ever-bigger group of enthusiasts! In May the League signed on 102 two-person teams, making a record number of 204 players excited to begin the season.

The new bocce courts will be a challenge for seasoned and beginning players alike as the new surface is more like artificial turf than the green

carpet we previously experienced. The turf is a good 5/8" high which certainly makes the roll of the balls more difficult.

Thanks to the Woodshop and Bob Milano's skills we have three new score clocks, framed with sides and a roof to ward off the weather that so damaged our previous score boards. All in all, an exciting competitive and enjoyable social season is expected. Come and join the fun as a player or spectator, and cheer on the participants!

BOWLING

Rosie Taylor | Princeton

It may be July and thoughts of a 300-bowling game are far from your thoughts, but the 2023-24 bowling season is only a couple of months away. Be on the lookout in late August/early September for notices and sign-ups.

Maintenance Tip: For those who own their own ball, consider 'baking' it to remove excess oil and rejuvenate it. The easiest method is the Dish Water Method. First, cover the finger holes with waterproof tape, then fill a large bucket with hot water and a few drops of Dawn dish soap. Submerge your bowling ball completely in the water. Let the ball soak for about 30 minutes, making sure it is immersed completely at all times. Spin the bowling ball every few minutes to help the oil come out. Once the 30 minutes are up, remove the ball and dry it off with a towel. If your bowling ball still has oil on it, repeat the process. How often should this be done? According to the experts, every 55 to 75 games.

Roll on...



PICKLEBALL

Tom Fant | Yardley

There are different manners for playing Pickleball: level play, tournament play, and recreational play.

In level play, the players have either self-determined or have tested to be considered beginner, intermediate, or advanced level players. Games are organized to match like-leveled players to play within their skill brackets. The advantage is that similar levels of players can play competitive games, challenge each other to 'up their skill level' and learn from their peers, in a non-intimidating manner. Tournament play is competitive and sometimes aggressive, while playing inside the rules. Players advance to the next bracket by winning games, losers are eliminated, and ultimately a 'champion' or 'winner' is declared.

At The Mill, we prefer recreational play where the different levels of players ease up, as appropriate, for the safety of our many happy seniors. In recreational play, everyone wins by having fun by way of safe exercise and socializing with everyone on and off the courts. Usually, the players self-regulate their style of play or choose to play with like-skilled players present. Clinics are available throughout the summer for beginner players to learn the sport and gain skills.

(continued)

Developmental clinics for established players are also available to refine their skills and learn new techniques and strategies for game play.

SHUFFLEBOARD

Sandy Deckard | Jefferson

Welcome to summer. Shuffleboard is a wonderful summertime sport. It is a great way to make new friends from other villages as well as a morning out to enjoy fellowship with familiar acquaintances and get a bit of exercise.

Traditionally, we play on Wednesday and Saturday mornings. We may change the times we play depending on the morning temperatures, so remember to check your E-mails the days before we are scheduled to see what times we are currently playing.

If you're new and/or would like to get on our E-mail address list, please send me a message at either or

. A phone call or text to will also work. If you are new to the list, please also send your village address, land line, or cell phone number, and your birthday – never mind the year. We like to honor our birthday celebrants each month in some way. I will monitor the weather forecasts and keep you informed as best I can of our playing times or cancellations in case of rain.

TENNIS

The Sport of a Lifetime

Marie Derby Ed.D. | Jefferson

It's mid-summer, the weather is great, and you are thinking about learning



or relearning how to play tennis. But is that a promising idea? Too old for tennis...think again! The sport of a lifetime boosts physical and mental health while providing socializing fun. Read on to find out more.

According to Kevin Leck, a Sport Psychology Consultant, balance, flexibility, and coordination improve while playing tennis. It can help to reduce weight gain, blood sugar levels, increase bone mass, and increase your hand-eye coordination. Even doubles play, he said, can burn over three hundred calories per hour.

In addition to boosting your physical health, tennis improves your mental health through strategizing, staying calm, persevering, keeping score (we help each other with this) and staying positive. These attributes boost your mental health and keep you sharp.

Tennis supports physical and mental health while increasing our time with others. I can personally attest to the joyfulness of socializing with fellow tennis players here at HM. Making new friends and visiting on Friday afternoons (pour at 4:00) is a highlight of my week. By changing partners and opponents, this naturally socially distanced sport provides the opportunity to meet more people and

make new friends. You already have one thing in common... you enjoy being outdoors, playing, laughing (a lot), and having fun—you just happen to have a racquet in your hand.

So, I've convinced you to dust off your

racquet, or borrow one at the court. Now what? You'll want to avoid injury by stretching before and after play, stay hydrated, forget about running up to return a drop shot, and consider playing every other day if your body is signaling a rest. Not sure if you should come down to the courts? Start off slowly, come to a clinic, and check with your doctor. *See you on the courts!*



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Attention Veterans:

WE WANT YOU for a day of honor and recognition which you truly deserve! Honor Flight Philadelphia, a local non-profit organization, is currently looking for World War II, Korean War, and Vietnam War veterans who would like to travel with us to Washington, D.C. on September 9, 2023, where they will have the opportunity to visit the memorials dedicated to honoring those who have served and sacrificed for our country. Transportation, breakfast, lunch, and dinner as well as a USO show will be provided at NO COST to the veterans. We can never repay you for all that you have given, but we can show you our appreciation! For more information, please call Andrew at 610-662-1812 or email him at andrew@honorflightphiladelphia.org.

MAIL CALL

"A nation reveals itself not only by the men it produces, but also by the men it honors, the men it remembers."

President John F. Kennedy

Honor Flight Philadelphia is asking citizens of this great nation, young and old, to take a moment to write 'thank you' letters to our American veterans, which will be delivered to them on September 9, 2023, their next mission to Washington, DC where they will visit those memorials dedicated to their service and sacrifice. Although we can never repay them, this tour, these letters, are just a small token of our appreciation for all that they have endured so we can live in a free society.

Deadline for Letters: August 9, 2023.

For more information, please contact Andrew at _____ or andrew@honorflightphiladelphia.org

Please mail all letters to: Honor Flight Philadelphia
819 Hinchley Run, West Chester, PA 19382

ITINERARY



Honor Flight Philadelphia

This is our tribute to you for all the sacrifices you have endured so the rest of us can live free. Enjoy your "Tour of Honor" to your memorial and be treated with the honor you so richly deserve. It is going to be a long day but I assure you a rewarding day filled with memories.

September 9, 2023

Itinerary

4:30am-5:30am **Check-in** (Coffee/Donuts)

Saints Simon and Jude Parish
8 Cavanaugh Ct.
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West Chester, PA 19382

5:30am	Bus departs for Washington, DC. Breakfast/Snacks are served on the bus.
9:00am	Arrive at Arlington National Cemetery for 9:30 Changing of the Guard
11:00am	Air Force Memorial/Lunch
1:00pm	World War II Memorial
2:00pm	Korean and Vietnam War Memorial
3:15pm	Bus departs Washington DC
6:30pm	Arrive at Sts. Simon and Jude/Dinner and Entertainment

*Please keep in mind all times are approximate
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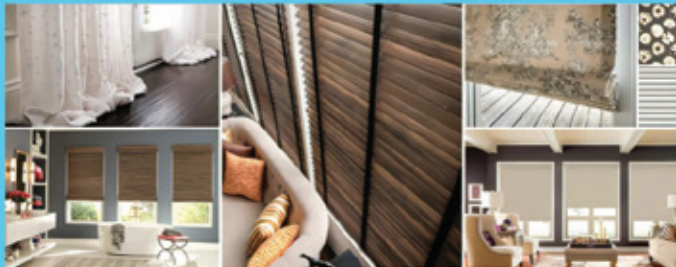
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FOR SALE: Vintage Vinyl Record Albums...various artists from country to opera. Email for list and prices. Contact



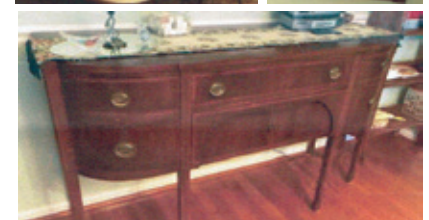
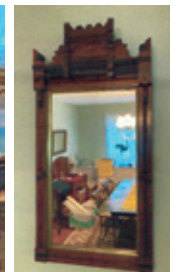
FOR SALE: Large Redhead duck decoy. 17" long, 5 pounds. Great carving & hand painting. \$75 or best offer by end of month. Call and leave message please.



FOR SALE: Magic Chef Compact Refrigerator, great for keeping bottles of water, soda, and left-overs. Best offer or \$50. Contact Lisa Groff at



FOR SALE: Great condition. Silver fox collar \$125, white fox collar \$75, mink collar \$50, Persian coat with mink collar (not pictured), can be repurposed, best offer. Please call and leave message.



FOR SALE: Items from moving sale:
1. Slightly used home office paper shredder, \$15.
2. Black-only printer plus spare toner insert, \$15.

(continued)

Classifieds (continued)

3. Back to Life machine for stretching back muscles, \$45.
 4. Golf clubs, men's senior classic with graphite shafts plus golf bag, \$15.
 5. Golf clubs, women's set of woods, driver through 15 wood plus golf bag, \$15.
 6. Light weight Taylor golf bag, \$7.50.
 7. Black Max tennis racquet, \$2.50.
 8. Dining room set: 38" x 81" table, 6 captains chairs, + mahogany highboy, 23" x 69" x 37 1/2" highboy, \$450.
 9. Mahogany mirror to match highboy, \$20.
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FOR SALE: Men's golf clubs consisting of 1 King Cobra #3, 1 King Cobra #5, and 1 King Cobra #9, plus 1 Callaway Big Bertha. Also a set of 6 Max irons and 1 Odyssey putter, and even a HMGC navy golf bag. Priced fairly, sold individually or as a set. For more information call .

WANTED: Used car for college student, manual or automatic transmission. Call Mary Ellen at . or email .

WANTED: Seeking clean reliable smaller 4-door sedan for high-schooler going to college. Please contact John, .

WANTED: Hershey's Mill resident is seeking a driver for errands and appointments in her SUV. Will pay by the hour. Please call .

WANTED: Fun Group (#4752196) Celebrity Cruise to S. Caribbean, February 12-22, 2024. Includes gratuities, WiFi, beverages. \$3,569 to \$4,585 double. \$450 pp refundable deposit until October 2023. Group cabin discount \$800 now. Rhonda to book. Info .

WANTED: Garage rental to house classic car. Call .

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Recipes

Farro Salad With Tomatoes And Herbs

Terry Marran | Inverness

Ingredients

- 4 c water
- 10 oz farro (about 1 1/2 c)
- 2 tsp salt, plus more to taste
- 1 lb tomatoes, seeded and chopped
- 1/2 sweet onion (recommended Walla Walla) chopped
- 1/4 c snipped fresh chives
- 1/4 c finely chopped fresh Italian parsley leaves
- 1 large garlic clove, minced
- 2 tbsp balsamic vinegar
- freshly ground black pepper
- 1/4 c extra-virgin olive oil

Instructions

Combine water and farro in a medium saucepan. Add 2 tsp salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 30 minutes. Drain well, and then transfer to a large bowl to cool.

Add the tomatoes, onion, chives, and parsley to the farro, and toss to combine.

In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat.

The salad can be refrigerated overnight. Bring to room temperature before serving.

Makes 6 servings.

Clambake On A Baking Sheet

Pam Hudson | Eaton

Ingredients

- 2 ears of corn - husked and chopped into thirds
- 1 lb red potatoes - chopped into 1" pieces
- 2 lbs little neck clams, scrubbed
- 1 lb large shrimp, peeled and deveined
- 12 oz Andouille sausage sliced in 1/4" medallions
- 1/2 red onion, sliced
- 2 - 4 lobster tails
- black pepper to taste
- 1 lemon, cut into wedges
- 1 c butter, divided
- 3 tsp minced garlic
- 1 tbsp Old Bay

(continued)

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Instructions

Preheat oven to 425° and grease a large, rimmed baking sheet.

Combine potatoes and corn in large pot, cover with water, and bring to a boil. Cook for about 8-10 minutes. Drain and transfer potatoes and corn to large bowl. (Alternately, instead of boiling, you can cook the corn and potatoes on the baking sheet in preheated oven for 25-35 minutes until tender.)

Add clams, shrimp, sausage, onions, lobster (if using), and black pepper to the bowl along with the potatoes and corn. Melt 1/2 c butter, stir in garlic and Old Bay seasoning. Pour over seafood and veggies and stir to combine.

Spread everything out on your prepared baking sheet. Add lemon wedges to the pan. Cook for 12-18 minutes until clams have opened and shrimp turn opaque.

Melt remaining butter over medium-high heat. Continue to cook 3-4 minutes longer until butter turns from pale yellow to golden in color.

Sprinkle with chopped parsley and serve with browned butter sauce and lemon wedges (for squeezing on top). Enjoy! (I serve with crusty bread.)

Antipasto Salad

Pam Hudson | Eaton

Ingredients

Vinaigrette

- 3 tbsp red wine vinegar
- 1 small garlic clove, minced
- 1/2 tsp sugar
- 1/2 tsp salt
- 1/8 tsp black pepper
- 6 tbsp olive oil

Salad

- 2 c water
- 3 tbsp red wine vinegar
- 2 tbsp sugar
- 1 medium red onion
- 2 hearts of romaine (12 oz) torn into small pieces
- 1 c loosely packed parsley
- 1 (8 oz) jar of roasted peppers
- 2 (6 oz) jars of marinated artichokes, drained
- 1 c of assorted brine-cured olives
- 1 c drained bottled pepperoncini (5 ounces)
- 1/2 lb cherry tomatoes, halved

Instructions

Vinaigrette: Whisk together all vinaigrette ingredients until combined well.

Salad: Bring water, sugar and salt to a boil in a 1-quart saucepan, then add onion and simmer until crisp tender, about 3 minutes. Spread romaine on a

large platter and scatter with parsley, peppers, olives, artichokes, pepperoncini, tomatoes, and onions. Drizzle vinaigrette on the salad.

Lemon Poppy Seed Zucchini Muffins

Pam Hudson | Eaton

Ingredients

- 1 lemon
- 1 c granulated sugar
- 2 tsp poppy seeds
- 1 1/2 c all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 c vegetable oil
- 1/4 c buttermilk or plain yogurt (not Greek)
- 1/2 tsp vanilla extract
- 2 large eggs
- 1 c (packed) grated zucchini

Instructions

Preheat the oven to 350°. Line a 12-cup muffin tin with paper liners.

With a vegetable peeler remove large zest strips from the lemon - avoid the white parts. Combine lemon zest and sugar in a food processor, and process until the zest is in small pieces. Stir in the poppy seeds. Remove 3 tbsp of the sugar/poppy seed mixture and set aside.

In a bowl whisk the flour, baking powder and baking soda.

In a separate bowl whisk the remaining lemon poppy seed/sugar mixture with the oil, buttermilk, vanilla, and eggs. Stir the above mixture into the flour mixture and combine. Stir in the zucchini.

Fill each cup of muffin tin 3/4 full.

Sprinkle the tops of the muffin dough with remainder of the lemon /poppy seed/sugar mixture. Place in oven for 23 to 25 minutes.

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Janice Saunders | Eaton

We read to know we are not alone...
C.S. Lewis

At our volunteer luncheon on April 27, the library board honored two volunteers, Angela Linden, our Library Board chair, and Joan Bulley, a volunteer with years of selfless service, for their outstanding contributions to the Hershey's Mill Library. Please join us in thanking these two women for the countless hours they've dedicated to our library.

The library is still accepting book donations for our annual September book sale. Unlike last year, we have many small paperbacks for sale. If you haven't already, please consider helping to support the library by becoming a Friend of the Library. There is an annual \$10 fee which entitles you to attend the Friday wine and cheese party where you can preview and select your books prior to the general sale beginning on Saturday.

In May, we added 38 new books to the library, and five of those are large print editions. We now have 3,260 books in our library collection, not including puzzles, audio books, DVDs, and paperback exchange outside the library. Surely, there is something of interest for each of our Hershey's Mill residents, so stop in soon to find a new summer read, puzzle, or an audio book for your summer road trip.

The HM Speakers Bureau announced that the next event will be on October 13, 2023, with Christi Marshall talking about the history of Hershey's Mill.

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

This promises to be an interesting topic for many of us who live in Hershey's Mill. The Digest will share updates on this event soon.

NEW BOOKS

FICTION

Agbaje-Williams, Ore – *The Three of Us*

Barry, Dave – *Swamp Story*

Bauermeister, Erica – *No Two Persons*

Berest, Anne – *The Postcard*

Brammer, Mikki – *The Collected Regrets of Clover*

Cameron, Marc – *Breakneck*

Charry, Brinda – *The East Indian*

Cline, Emma – *The Guest*

Dugoni, Robert – *Her Deadly Game*

Hanks, Tom – *The Making of Another Major Motion Picture Masterpiece*

Heng, Rachel – *The Great Reclamation*

Henry, Emily – *Happy Place*

Henry, Patti Callahan – *The Secret Book of Flora Lea*



Angela Linden and Joan Bulley with Library Plaque



Library Plaque listing honored Volunteers

Jackson, Joshilyn – *With My Little Eye*

Keane, Mary Beth – *The Half Moon*

Lehane, Dennis – *Small Mercies*

Moustakis, Melinda – *Homestead*

Noble, Shelley – *The Tiffany Girls*

Paul, Crystal Smith – *Did You Hear about Kitty Karr?*

Rosner, Jennifer – *Once We Were Home*

Shaara, Jeff – *The Old Lion*

Steel, Danielle – *The Wedding Planner*

Stradal, J. Ryan – *Saturday Night at the Lakeside Supper Club*

Thayer, Nancy – *All the Days of Summer*

Verghese, Abraham – *The Covenant of Water*

MYSTERY

Mason, Tim – *The Nightingale Affair*

Patterson, James – *The 23rd Midnight*

Quick, Amanda – *The Bride Wore White*

Smith, Martin Cruz – *Independence Square*

NONFICTION

Gwynne, S. C. – *His Majesty's Airship*

Smith, Ben – *Traffic*

Taylor, Rosie Capiello. – *for the Love of... a Second Helping*

BIOGRAPHY

Greutz, Theresa Shank – *Lessons Learned from Playing a Child's Game*

LARGE PRINT

Beaton, M. C. – *Death of a Traitor*

Brokaw, Tom – *The Greatest Generation Speaks*

Patterson, James – *Cross Justice*

Trigiani, Adriana – *The Good Left Undone*

Turow, Scott – *Suspect*

Pool NEWS

Sandy Loose | Yardley

It's summertime in the Mill, and there is no better place to spend a hazy, lazy day than at or in our cool pool. (The water is heated in case you prefer warmer water.) There's plenty of room in the lap lane as well as areas to walk about in the water to get in some exercise while staying cool.

Perhaps you prefer sitting in one of the chaise lounges to read a book. If you don't already have a book, check out the choices in the pool's lending library, which has been set up in the Cove by the Pool Committee.

If you want to avoid the sun, come sit under one of the pavilions to read, play cards, or enjoy other games. New ceiling fans have been installed to keep you cool and comfortable on the extra hot, sticky days.

Early in the morning, before the pool opens for everyone, there is an aquacise class that you might like to try. It begins at 9:45 a.m. and goes until 10:30 a.m., when the pool opens for all residents and their guests. For the class, first come, first served, with a maximum number of 35 residents, for everyone's safety. There's music to make the time fly by without reminding you that you are actually exercising. Feel free to sing along with familiar 'oldies but goodies' tunes that are used to help invigorate you!

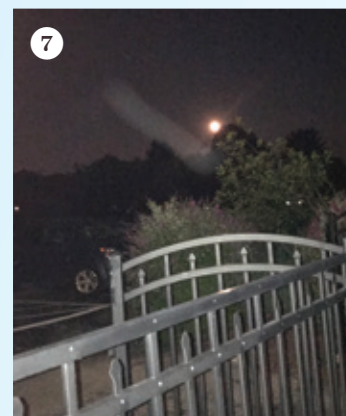
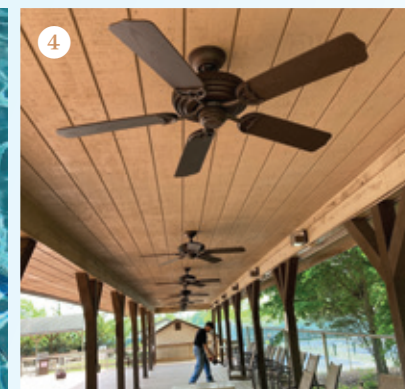
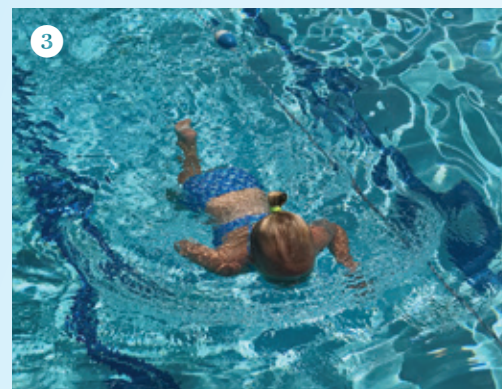


Friday Happy Hours continue to be well-attended. On most Fridays there is a special event. We've had a Game Night, Music by the Elderberries, and a new Moonlight Swim that we are trying this summer.

A special feature in June was the revival of Girls' Night Out, an event that has been very successful in the past.

We'll celebrate the 4th of July in style with DJ Steve, who is sure to get everyone up and dancing to his great choice of songs. The ice cream truck will also be there to satisfy your sweet tooth. And coming in July will be a FLOAT Night, where you will get an ice cream float at no cost! There will also be another Moonlight Swim. Be sure to check the information on the bulletin boards at the Pool, as well as in the Cove and Community Center, for more specific information. You can always check the Pool Webpage, the TV station's Bulletin Board, and HM News.

Whether for special events or as part of your daily relaxation schedule, the Hershey's Mill Pool is the place to be in the summer of 2023.



- #1 Aquacise continues to help keep residents fit.
- #2 Grandparents enjoying their grandchildren in the shallow end of the pool.
- #3 A grandchild passes the swim test.
- #4 New fans installed to keep you cool.
- #5 Folks walking & chatting in the warm pool water.
- #6 Fun crowd during Happy Hour.
- #7 Beautiful night for a moonlight swim.

Basic Bridge

Walt Woerheide | Springton

Hands with two five-card suits are tricky to bid. If the hand is super strong, then bid the lower ranking suit first, followed by the higher-ranking suit on the next round. This is known as a reversal. With a normal opening point count, bid the higher-ranking suit first, and then on the next round bid the lower-ranking suit.

One of the bidding conventions that is designed to show two five-card or longer suits is the unusual two notrump. After West opens with one heart, if North had a legitimate two notrump opening bid, he would double the opponent's one heart opening

bid and then bid two notrump for his next bid. This would show his partner he has 20 to 21 high card points, a balanced hand, and at least one stopper in hearts.

The unusual two notrump bid promises at least five cards in each of the two lowest unbid suits, which is usually both minors. The unusual two notrump bid does not require a high point count. In this case, North has only nine high card points. South responds by telling his partner that his diamonds are better than his clubs. Even if South had zero points, if East passes, he would still be required to tell his partner which of his minor suits

is better. Note that if North had simply bid two diamonds instead of two notrump, then East would have bid two hearts, and West would likely have jumped to four hearts, which is a makeable game. But East does not have enough points to bid at the three level once North makes the unusual two notrump bid.

As North's bid implies that he has at most three cards in the two major suits, since he has at least ten cards in the two minor suits, and that there is a substantial risk that South may quickly take ten tricks in the two minor suits, this creates one of the few occasions where leading an ace makes sense. So, West leads the ace of spades because if North has a void, it is more likely to be in hearts given that West has five hearts and only three spades. Upon seeing the dummy, North knows he must next take his ace and king of hearts. To avoid setting up his partner, he next leads the queen of hearts. This gives the declarer a chance for a rough and a sluff, but there is unlikely to be a sluff that is beneficial.

The declarer trumps the queen with the ten in dummy, draws trumps by

West Deals, NS Vulnerable.

				<u>North</u>				<u>East</u>	
				♠2				♠Q9873	
				♥T3				♥J65	
				♦AJT64				♦52	
				♣A7532				♣K86	
						<u>South</u>			
						♠JT54			
						♥842			
						♦KQ98			
						♣Q9			
				Bidding:	<u>West</u>	<u>North</u>	<u>East</u>	<u>South</u>	
					1♥	2NT	Pass	3♦	
					Pass	Pass	Pass		
				Opening Lead: A♠					

playing the king and then the ace of diamonds and ends up in dummy. He leads a low club toward his queen. East inserts his king, but the declarer wins whatever is returned, takes his now good queen of clubs, trumps a spade in dummy and then runs his clubs starting with the ace. The declarer makes his bid, losing one spade, two hearts, and a club.

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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
HM NEWS	Sherry Kane.....
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	Roger Fleming
Pinochle Club	Kate Lindsay
Poker Club	Mike Brindisi.....
Quilters	Diane King.....
Scrabble	Marie Knox
Singers (Hershey's Mill Singers)	Dolores Manion.....
Social Club	Rosalind Baker.....
Sports	Dave Nagurney
Sullivan House (FoSH)	Elaine Becker
Table Tennis	Dave Kagan
The Players	Shauna Flynn.....

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