

JUNE 2019

# GUIDE — AND — DIGEST



HMCTV

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**HMCTV Guide and Digest**

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**Editor** Louise O'Brien

**Associate Editors** Gail Habbersett, Sharon Kope, and Sue Staas

**Featured Writers** Joe Kennedy and Don Trauger

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Please share with *your* Hershey's Mill magazine!

All submissions welcomed; with rights retained by the owner. Send to [hmctvguide@comcast.net](mailto:hmctvguide@comcast.net), Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMCTV determines suitability and has sole discretion to publish any submission. Submissions are due by the 23rd (37-40 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community TV, its officers, or directors.



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**Cover photo:** Read more about Dominic Aleardi, of Franklin, on page 17.

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## From the Main Gate

Marc Fraser | Director of Security

From time to time, usually during inclement weather, Hershey's Mill villages and the surrounding community may lose electricity. While most outages last two or three hours, a few have lasted for more than 24 hours. During power outages lasting any length of time, the Security Department receives dozens of phone calls from residents who find themselves in inconvenient, or even emergency, situations that could be prevented with some advance planning. Listed below are a few suggestions that can better prepare people for a power outage:

1. When the power is out, your automatic garage door opener will not operate. For those residents with detached garages, be sure you know

how to operate your emergency door release. NOTE: Always take your house keys with you when you leave home, as you cannot rely on entering your home through your garage during a power outage.

2. Keep plenty of flashlights around the house and have extra batteries handy.
3. Keep a charged cell phone somewhere in your house, as your home phone will no longer have dial tone, unless you have a backup battery for your FiOS equipment.
4. If you are dependent on any life-saving electrical devices (oxygen pumps, medical monitors, etc.), please contact your medical supply company to discuss options for a backup power supply.
5. Turn off any appliances that you were using when the power went off. When the power goes out unexpectedly, a person may have been using their stove, heating pad, or other device that requires monitoring. A person might leave the house and forget that these items were left running. If the person is not home when the power is restored, then the stove, heating pad, etc. may begin operating again without any supervision, causing a fire hazard.

Please call PECO at 1-800-494-4000 to report that your power is out, and for all outage-related questions, as PECO requires account holders to report their problem directly and does not provide the Security Department with any more information than they give to residents.

Please do not call Security for information regarding a power outage, as this ties up our phone line; and people with security-related issues or emergencies cannot get through.

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[Judy.B@AmadaSeniorCare.com](mailto:Judy.B@AmadaSeniorCare.com)

## HM Residents Update

Connor, James & Margaret

1283 Robynwood Lane

Flannery, Thomas & Page

434 Eaton Way

Forbes, Michael & Nancy & Jordan

305 Devon Lane

Gorelik, Anatoly & Irene

1488 Quaker Ridge

Leeson, Gerald & Patricia

1541 Ulster Way

Rupsis, Mark & Eleanor

998 Kennett Way

Tischio, Victoria & Henninger, Robert

UPDATED PHONE #

1112 Lincoln Drive

Willis, Charles & Marcia

UPDATED PHONE #

1743 Yardley Drive

Wise, Joan

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Wood, William & Hope

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HMCTV Programs	June 1-14 (7 p.m. show June 14 will not be shown)			
<p><b>"Let Freedom Sing"</b> <i>with Jim McArdle and Bob Rullo</i></p> <p>The Mainliners Men's A Cappella Chorus is performing at the Knauer Performing Arts Center in West Chester on June 9. Jim learns all about the Mainliners from Bob and we get to hear their quartet sing a few songs.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p><b>Reverse Signs of Aging with SmartBody - Part 1</b> <i>with Kathy Myers and Sharon Duffey</i></p> <p>Learn about an expert's unique background and inspiration to create a movement empowerment program called SmartBody. It will include a short overview to how using SmartBody gives us control over long term physical independence; whether this means longevity in our golf/tennis game or reducing the risk of falling.</p>	10:15 am	4:15 pm	7:15 pm	12:15 am
<p><b>Reverse Signs of Aging with SmartBody - Part 2</b> <i>with Kathy Myers and Sharon Duffey</i></p> <p>More details, examples &amp; demonstrations to how SmartBody works &amp; gets results, as well as answers to general questions.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

<b>Movies</b>  Noon & 8:30pm	<p>June 1 to June 7, noon</p> <p><b>Groundhog Day (PG)</b> <i>Bill Murray and Andie MacDowell</i></p> <p>A weatherman finds himself inexplicably living the same day over and over again. [Run time 1h 41m]</p>
	<p>June 7, 8:30 p.m. to June 14, noon</p> <p><b>The Carol Burnett Show - The Lost Episodes</b></p> <p>This compilation brings back many unforgettable moments from the show's groundbreaking years. [Run time 2h 40m approx.]</p>

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. ©2019 HMCTV

HMCTV Programs	June 15-30			
<p><b>Better Than Bacon</b> <i>with Kay Ricker</i></p> <p>Kay talks to two members of this improv comedy group, that performs at the Knauer Performing Arts Center in West Chester. Learn how they got started and how they make up every single word and perform every single action completely on-the-spot.</p>	10:00 am	4:00 pm	7:00 pm	12:00 am
<p><b>Webb - "Band of Brothers" Concert</b></p> <p>It's time for summer Concerts in the Park. Watch the June 2018 concert featuring this party band, with band leader Wally Hart, a resident of Ulster. The concert features 1950's rock 'n roll and rockabilly, and classic rock from the 60's and 70's.</p> <p>Ends at 10:45 am, 4:45 pm, 7:45 pm, and 12:45 am</p>	10:30 am	4:30 pm	7:30 pm	12:30 am

For **Programs** and **Movies**, go to Channel 1970 (Bulletin Board information appears only if neither is currently airing); for continuous **Bulletin Board** information, go to Channel 1971. To view Programs online, go to [www.hersheysmill.org](http://www.hersheysmill.org) and navigate from TV & Digest to HMCTV to Original Programming.

<b>Movies</b>  Noon & 8:30pm	<p>June 14, 8:30 p.m. to June 21, noon</p> <p><b>The Donner Party - A Film by Ric Burns</b></p> <p>This haunting film tells the story of the ill-fated party of pioneers and their doomed attempt to get to California in 1846. [Run time 1h 23m]</p>
	<p>June 21, 8:30 p.m. to July 1, noon</p> <p><b>2001: A Space Odyssey (G)</b> <i>Keir Dullea and Gary Lockwood</i></p> <p>After discovering a mysterious artifact buried beneath the lunar surface, mankind sets off on a quest to find its origins. [Run time 2h 29m]</p>

24 hours/day channel 1971	<b>Bulletin Board Times</b>
12:45 am - 10:00 am, 10:45 am - Noon, 4:45 pm - 7 pm, 7:45 pm - 8:30 pm channel 1970	

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## Technology Tips

Don Trauger | Kennett

# Cleanmgr+

Cleanmgr+ is a new app developed by Mirinsoft ([mirinsoft.com](http://mirinsoft.com)) which builds on the venerable Microsoft Disk Cleanup app that was introduced with Windows 98 in 1998. Disk Cleanup and Cleanmgr+ are both safe file deletion programs (apps) designed to rid your computer of unneeded files of all types. Microsoft has indicated that they may remove Disk Cleanup in future versions of Windows 10 in favor of Storage Sense. Storage Sense is presently available under Settings > System > Storage. Presently Storage

Sense doesn't do much but Microsoft has said it will be improved to do the things Disk Cleanup does now. We'll see if that works out.

Meanwhile, Cleanmgr+ performs everything that Disk Cleanup does plus it removes many more items. I have found, after cleaning with Cleanmgr+ then running CCleaner that CCleaner had virtually no work to do. CCleaner is another good disk cleanup program and it can still be used to clean up the Registry.

For now I'm recommending Cleanmgr+ for those of you that are familiar with downloading apps from the Internet, creating new folders and customizing programs. Additionally, you need to run Cleanmgr+ in administrative mode to allow it to function properly.

To download Cleanmgr+ go to: <https://www.mirinsoft.com/cleanmgrplus/summary/> 11-cleanmgr/50-cleanmgr. Create a new folder preferably on the Desktop screen. Right click your Desktop screen, move to New and click Folder. Right click then click Rename to name it something else besides Few folder. Open File Explorer and navigate to your Downloads folder and right click Cleanmgr+.zip and then left click Extract All. In the window, click Browse and then navigate to the Desktop and highlight your newly created folder and click Select Folder. Finally click Extract and the files should

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Continued on page 15



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## Technology Tips (continued)

appear in your folder. Now you are ready to run Cleanmgr+.

To run, right click Cleanmgr+.exe and left click Run as administrator. If you see a warning that says “Windows protected this PC” just click More info and click Run anyway. This will open the app. It is safe to ignore the warning.

With the app open you have over 40 choices available for deletion and they are all safe to choose. However, under the Disk Cleanup tab, I highly recommend the following to be unchecked: Windows Components Store, Thumbnails, Recent Documents (If you use that feature in MS Word or LibreOffice), Windows Upgrade Log Files, System Hibernation File and Compress System Installation. Under the + More tab the following should

be unchecked: Windows Downloads, Windows Font, Icon and Installer Caches. The app remembers your choices after closing and reopening the app.

Click Preview and it will analyze, without deleting anything, how much can be safely deleted or cleaned up. When you click Cleanup it will then perform the cleanup of your system based on what you have checked or selected.

This app performs what Disk Cleanup and CCleaner do, so you only need to run Cleanmgr+ to perform an unneeded file cleanup. Run CCleaner Registry after you run Cleanmgr+. We will discuss this app at our PC Club meeting on June 18 at 7 p.m.

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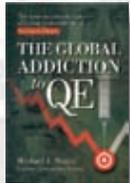
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**SEMINAR DATES:** Hershey's Mill Community Center

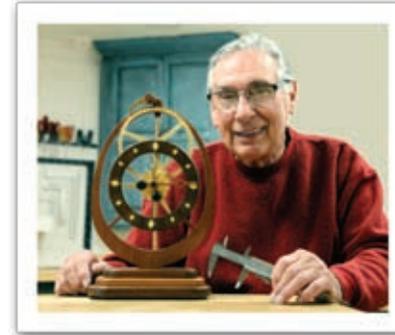
- Friday, June 14th from 12:00noon to 1:30pm
- Thursday, June 27th from 4:30pm – 6:00pm

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## Getting To Know You

Fred Auger | Ashton

Please Meet Dominic Aleardi, an accomplished Woodshop member, good friend and resident of Franklin.



Next to Dominic's engaging Italian smile is his wooden clock. Yes, the clock actually works! When activated, the pendulum swings back and forth thereby supplying the necessary energy to make every gear fall into place. So back and forth the pendulum swings keeping the necessary cadence with gears and ratchets that eventually wend their way to the hour and minute display. You witness every action and fall prey to the clock's mechanical operation, a wooden marvel of determination, skill, and enduring patience. As you look at Dominic's woodworking accomplishment, which is a unique challenge derived from a "Gadgets and Gizmos" magazine article, you cannot help but wonder about the intricate features and the level of professional woodworking skills required to build such a mechanical marvel. What about patience! According to Dominic, during the clock fabrication process, not everything worked as planned. That is always the woodworker's dilemma. Sometimes, best efforts and terrific skills do not produce the desired results. Persistence and patience does!

About a decade or so ago, Dominic arrived at the Hershey's Mill Woodshop. He and his recently departed wife were new to the community. At the time, Dominic required some advice and assistance with a home project he was engaging. Clearly, Dominic had skills, skills we needed at the HM Woodshop. Once Dominic had seen the Woodshop resources, membership followed his enthusiasm to become part of our expanding organization. Oh yes! We were able to resolve Dominic's home project query and gain a new friend.

Over the ensuing years, Dominic has become a woodshop staple and master craftsman. As he had previous painting, mechanical and plumbing skills, to improve our Woodshop's function and appearance, Dominic often volunteered his talents. What a Woodshop asset! He has occupied various Woodshop committee responsibilities to include two year Woodshop vice president tenure. Dominic is adept at both flat and turning skills, skills and experiences he learned under master craftsmen tutelage. He now contributes his time passing on what he has learned.

As I close this tribute, I remember our many discussions regarding perfection and accomplishment, and doing a job correctly. If a job is not well done, there is no point in doing the job at all. There is no middle ground here. If the smallest project component is not produced with pride or perfection, the entire project suffers from lack of resolve. It's this sort of mantra that has made Dominic's work so impressive. Dominic consistently maintains pride of accomplishment. His skills and works stand testament to his determination.



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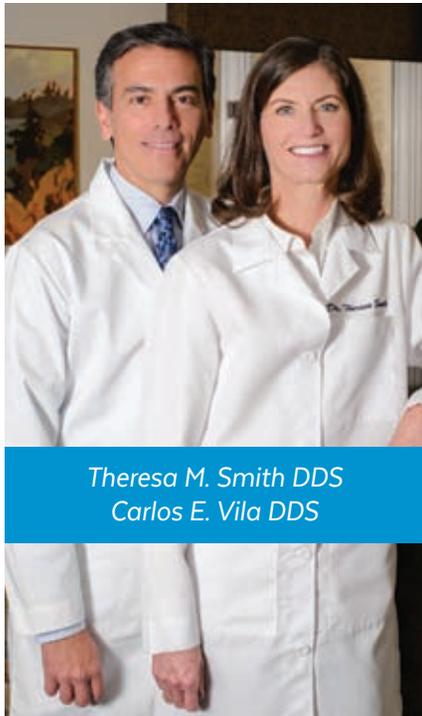


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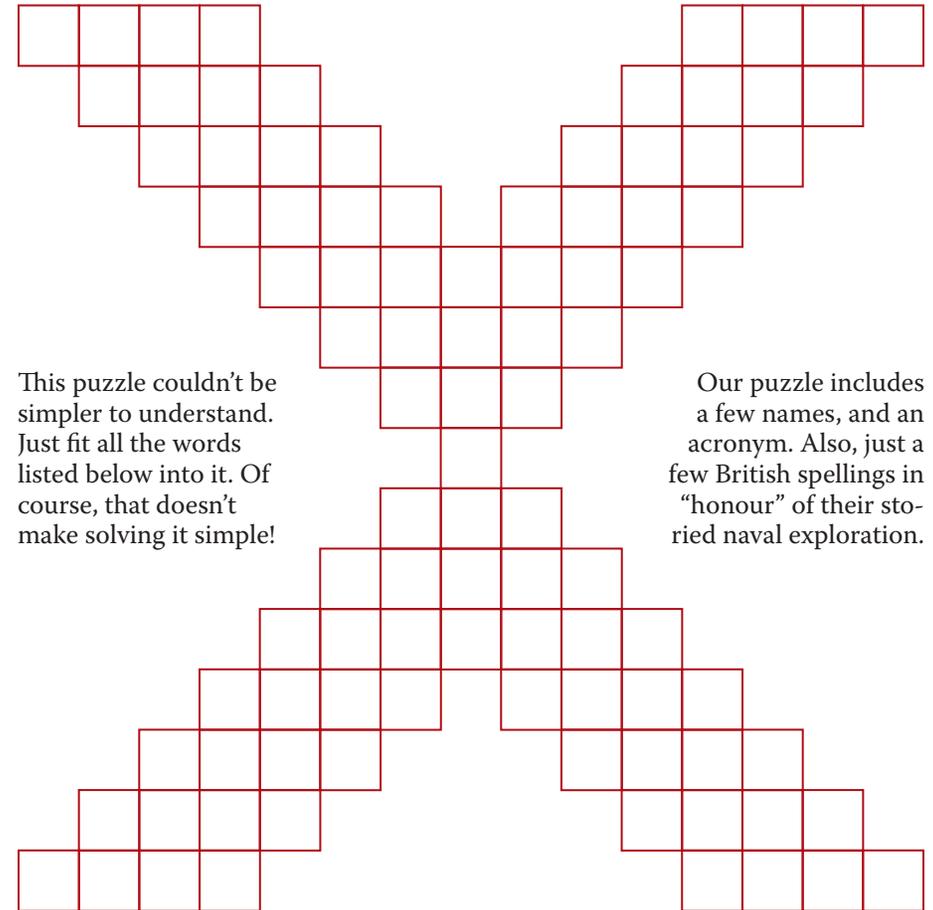
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## Puzzle

The *Guide and Digest* magazine always has a map to guide you through it, and that would be the Contents section on page 5. But until now, our map hasn't indicated where treasure could be found. So this month, "X" marks the spot!



This puzzle couldn't be simpler to understand. Just fit all the words listed below into it. Of course, that doesn't make solving it simple!

Our puzzle includes a few names, and an acronym. Also, just a few British spellings in "honour" of their storied naval exploration.

*This puzzle can challenge even the most devoted treasure seekers, so we've listed the words below from shortest to longest, then alphabetically, to help you out.*

- |     |      |      |      |      |         |
|-----|------|------|------|------|---------|
| AT  | THE  | EDAM | KERB | RIPE | SWIM    |
| IN  | WIT  | EFTS | NODS | SALT | WEAN    |
| OF  | ADDS | ENID | NOUN | SIAM | AESOP   |
| OR  | ANON | GIMP | OINK | SLOE | MAIMS   |
| COS | BAIL | GOAL | OOZE | SOAK | LIONISE |
| ELM | BEAK | HENS | PENS | SONS | SAILING |
| MOP | DOCK | HOOF | REEF | SPOT | SNEEZER |
| RIO | ECHO | HULA | RICH | SWAG |         |

**LONGWOOD GARDENS**

**Thursday, June 6, 2019**

**Cost: \$15 or \$35**

**Departs: 11a.m.**

**Contact: Karen Smith**

Explore Longwood Garden's 1,083 acres of botanical gardens, indoors and out. From formal gardens to rose gardens to children's gardens, from towering fountains to the expansive Meadow. Daily fountain performances are the stars of the Main Fountain Garden experience. Enjoy the thrill of what 1,719 jets can do – from spinning and dancing to music, to soaring as high as 175 feet. There is something for everyone! Lunch is on your own at Longwood, and scooters are available, if needed. If you're a member of Longwood Gardens, you pay only the



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\$15 bus fee. If you're not a member of Longwood Gardens, the cost is \$35.

**LEHIGH VALLEY IRONPIGS & FIREWORKS**

**Saturday, June 15, 2019**

**Cost: \$25 + Food**

**Departs: 4:30 p.m.**

**Contact: Marc Fraser**

We will be traveling to Coca-Cola Park in Allentown to watch the Lehigh Valley IronPigs, AAA minor league affiliate of the Philadelphia Phillies, take on the Columbus Clippers for a 6:35 p.m. game. We have great field level seats in Section 104, and we'll enjoy a wonderful fireworks show after the game. Food is on your own at one of the many ballpark concessions. Children age 8+ are welcome!

**DELAWARE PARK**

**Monday, June 17, 2018**

**Cost: \$17 + Lunch**

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

**Contact: Ann Seraphin**

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. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

**STONE HARBOR**

**Tuesday, June 18, 2019**

**Cost: \$25 + Meals**

**Departs: 9:00 a.m.**

**Contact: Joan Bove**

Enjoy a day on your own at the beautiful seaside town of Stone Harbor. With the Intercoastal Waterway to the West and the Atlantic Ocean to the east, visitors can enjoy peaceful beaches, a quaint downtown, and exceptional restaurants on this barrier island. The shopping district is home to a variety

of boutiques and shops that offer sea-shore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner.

NOTE: Rain date is Tuesday, June 25.

**PHILADELPHIA ORCHESTRA**

**Friday, June 21, 2019**

**Cost: \$18 + Admission**

**Departs: 6:00 p.m.**

**Contact: Ann Seraphin**

Yannick Nezet-Seguin conducts the capstone to our Leonard Bernstein centenary celebration, we present his quirky, complex, irreverent, and very humorous operetta *Candide*, with orchestral staging. First performed in 1956, the work has come into its own in recent decades, thanks to Bernstein's endless musical inventiveness and collaborators from Stephen Sondheim to Dorothy Parker (and of course, Voltaire, who wrote the original story, published in 1759). With *Candide*, we bring the celebration of this remarkable musician's life to an altogether fitting, and joyous, conclusion.

**PHILADELPHIA PHILLIES**

**Sunday, June 23, 2019**

**Cost: \$60**

**Departs: 10:30 a.m.**

**Contact: Marc Fraser**

Due to popular demand, we have added more Philadelphia Phillies trips! Join us for an afternoon of baseball at Citizen's Bank Park, as we watch our Philadelphia Phillies take on the Miami Marlins in a 1:05 p.m. game. Seats are in Section 210, and food is on your own at one of the many ballpark concessions. Call right away, as we expect our trips to see the Phillies to sell out quickly! Children age 8+ are welcome!

**PHILADELPHIA PHILLIES - "Ryan Howard Retirement Day"**

**Sunday, July 14, 2019**

**Cost: \$60**

**Departs: 10 a.m.**

**Contact: Marc Fraser**

Join us for an afternoon of baseball at Citizen's Bank Park, as we watch our Philadelphia Phillies take on the Washington Nationals in a 1:05 p.m. game. The afternoon will also feature a time to celebrate the amazing career of 2008 World Champion Ryan Howard, the former first base great who is retiring as a Phillie during this special pre-game event; and Ryan Howard bobbleheads are being given out to all fans. Seats are in Sections 210, 208, and 201; and food is on your own at one of the many ballpark concessions. Call right away, as we expect our trips to see the Phillies to sell out quickly! Children age 8+ are welcome!

**UPTOWN - Knauer Performing Arts Center - "Glenn Miller Orchestra"**

**Saturday, July 20, 2019**

**Cost: \$50**

**Departs: 6:30 p.m.**

**Contact: Lynn Mander**

The world-famous Glenn Miller Orchestra is the most popular and sought-after big band in the world today for both concert and swing dance engagements; and with its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time! The present Glenn Miller Orchestra was formed in 1956 and have been touring consistently since, playing an average of 300 live dates a year all around the world. Join us for this special oppor-

*Continued on next page*

tunity to see them live at UPTOWN – Knauer Performing Arts Center in West Chester.

**LONGWOOD GARDENS – Illuminated Fountain Performance**

**Thursday, August 22, 2019**

**Cost:** \$15 or \$35

**Departs:** 5 p.m.

**Contact:** Karen Smith

Explore Longwood Garden's 1,083 acres of botanical gardens, indoors and out. From formal gardens to rose gardens to children's gardens, from towering fountains to the expansive Meadow. The 8:15pm Illuminated Fountain Performance offers a spectacle unlike any other. Find a place to sit – or stand back in awe – as water in all shapes, sizes, and heights com-

bines with music and infinite colors. Dinner is on your own at Longwood, and scooters are available, if needed. If you're a member of Longwood Gardens, you pay only the \$15 bus fee. If you're not a member of Longwood Gardens, the cost is \$35. See LongwoodGardens.Org for more information on what the gardens have to offer.

**AMERICAN MUSIC THEATRE – "Ovation: An AMT Pops Orchestra Experience"**

**Thursday, August 29, 2019**

**Cost:** \$65

**Departs:** 11:15 a.m.

**Contact:** BJ VanSchooneveld

Join us at the American Music Theatre for "Ovation: An AMT Pops Orchestra Experience." From Classical to Pop, the American Music Theatre cast and orchestra lead audiences on an unforgettable musical journey, all live on stage! Featuring classic tributes to a myriad of music legends like Rosemary Clooney, Tony Bennett, Frank Sinatra, and Ella Fitzgerald, coupled with modern pop greats such as Michael Bubl , Adele, Josh Groban, and Whitney Houston, "Ovation" promises a joy-filled experience for every generation. A Shady Maple smorgasbord lunch prior to the show is included in the price.

**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. 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.

4. 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.
5. Bus leaves promptly at the scheduled Leave Time. Please plan to arrive 10 minutes early.
6. The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at

\*\*\*Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at

**SERIES TRIPS**

**2019 – 2020 Walnut Street Theatre Series**

**Thursday & Saturday Matinees**

**Cost:** \$50.00 per show

**Departs:** 12:30pm

**Contact:** Jayne Lytle (Thursdays) & Joan Stanek (Saturdays)

The Walnut Street Theatre's 2019-2020 Season includes the following shows for both the Thursday Matinee and Saturday Matinee Series:

**Thursday 9/19/19 & Saturday 9/28/19** - "Young Frankenstein, The Musical"

**Thursday, 9/21/19 & Saturday 11/30/19** - "Shrek, The Musical"

**Thursday 1/30/20 & Saturday 2/8/20** - "A Woman of No Importance"

**Thursday 3/26/20 & Saturday 4/4/20** - "The Best Man"

**Thursday 5/28/20 & Saturday 6/6/20** - "The Bodyguard, The Musical"

Seats are currently available; but call soon, as seats fill up very quickly!

**2019 - 2020 Philadelphia Orchestra Friday Matinee Series**

**Cost:** \$108.00 (All 6 Dates, Bus Only) OR \$18 (Single Date, Bus Only) + Performance Admission

**Departs:** 12:00 PM

**Contact:** Ann Seraphin

Please join us for a new exciting season with our wonderful orchestra. Brief program summaries and dates are:

**Friday, October 18, 2019:** "Yannick & Mahler" - Yannick Nezet-Seguın conducts Schubert & Mahler, with Louis Lortie on piano.

**Friday, January 24, 2020:** "BeethovenNOW" - Yannick Nezet-Seguın conducts Fung, Beethoven, and Rachmaninoff, with Yefim Bronfman on piano.

**Friday, February 21, 2020:** "Symphonie fantastique" – Herbert Blomstedt conducts Mendelssohn & Berlioz, with Lise de la Salle on Piano

**Friday, March 6, 2020:** "Porgy & Bess" – Marin Alsop conducts Gershwin, with Angel Blue (Soprano) and Lester Lynch (Baritone)

**Friday, May 1, 2020:** "Tschaikovsky & Shostakovich" – Tugan Sokhiev conducts Firsova, Tchaikovsky, and Shostakovich, with Lukas Geniusas on piano.

**Friday, May 29, 2020:** "Yja Wang & The Brahms Piano Concertos" - Yannick Nezet-Seguın conducts Brahms & Sibelius, with Yuja Wang on piano.

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# The Inn Keepers Kitchen (Dilworthtown Inn)

1390 Old Wilmington Pike, West Chester, PA, 19382

You don't want to miss this one. Maybe you love the art of cooking and would like to experience something extraordinary. Or perhaps you enjoy wine and have been curious about pairing it with a meal. Are you are a member of a close-knit group who loves to explore different venues? Then again, is there a special person in your life who you are at a loss for a gift idea? The latter is what led me to this restaurant.

On my husband's most recent birthday, I surprised him with reservations for the Italian Rockstars-Passion of Piedmont theme dinner. I chose a menu that I was confident we would both enjoy. Seatings are from 7-9 p.m., and as far as I could tell, only high top tables were available to accommodate the maximum group of 42. We were one of the few couples on our own. Many tables of four surrounded us and there was also a party of eight that evening. While not ordinarily a fan of high top tables, I was very comfortable and understood the advantage of this type of seating which provided visual access to the activities of Executive Chef, Kevin Foley, his staff and the monitors. Part of the ambiance of a dinner like this one is to experience the preparation and presentation of each course.

All in attendance anticipated the same four-course meal, accompanied by four wines of the Piedmont region of Italy. So with each course, Chef Foley took a few moments, once we were served, to explain to the group his spin on the preparation and presentation of each. Much later, we learned that he is only 26 years old, a graduate of West Chester University with a degree in Instrumental Music and was never formally trained in food science. Following the chef's explanation, we listened as the Wine Educator provided the details of the wine poured for each course and why it was selected. We could understand why each was paired with their respective course, even though we personally had mixed reviews based on our own preferences.



We started with a zucchini carpaccio accompanied by a subtle, elegant wine. Next, we enjoyed grilled flatbread with a Barbera-blended wine that perfectly accompanied the tang of chef's scrumptious tomato sauce. The third course was served with an iconic wine, soft in style to offset the Lamb Osso Buco. Never have I enjoyed lamb more than this entrée. It was served with Gorgonzola whipped potatoes and Hazelnut gremolata. I had to look up some of those words, but suffice it to say, the key meaning was "mouth-watering".

Our final course was cheesecake, admittedly outsourced, served with



Chef's fresh berry sauce. The accompanying wine was a French style light, sweet wine. I passed on the wine but savored every bite of the cake. It melted in my mouth and I will never forget it.

The Inn Keeper's Kitchen offers themes for all palates and the price per person averages \$70. Go, if you can.



(Above) The chef adding his final touches to the entrée

(At left) Tempting and perfectly seasoned lamb

(At far left) This zucchini dish was almost too pretty to eat!

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## MEMORY SCREENING

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These could be symptoms of **Mild Cognitive Impairment** or **early Alzheimer's Disease**.

Keystone Clinical Studies conducts free Memory Screenings, which could help you understand your symptoms. Memory screenings typically last about a half hour and include clinical testing and discussion of results. If you or someone you know is concerned about their memory, please call our office to schedule a memory screening.

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## Vine Talk

# The ABCs of Wine

Jurg Opplinger | Devonshire

## DOMESTIC RED WINES

This writer was asked if the wines recommended were the best wines in their class. No, not necessarily, your own taste governs “best”. What is commonly judged as the “best” wines in each category is often priced between \$50 and \$200 - or more, which is more than I'd care to spend for my everyday wines. The wines “I like” are all very good and solid wines under \$25, most of them under \$15. And by the way, many of them are available at our closest wine source.

Now let us have a look at the most popular domestic red wines.

**Cabernet Sauvignon** both in the US and world-wide the most consumed red wine, offered pure or blended with other grapes, most often softened with Merlot. This is a red grape with a thick, durable skin, and came to us from the Bordeaux region in Southwestern France. The wine has a dark color, a full body with a good level of tannins, a taste of cassis and dark fruits, with a high alcohol content of 13.5 to 15 %. It is therefore best drunk with food. I like Chateau St. Michelle Columbia Valley, Clos de Bois, Gnarly Head.

**Merlot** also originated in Bordeaux. Merlot is a blue grape with small berries. It is a softer, smoother and more elegant wine than Cabernet Sauvignon and while it goes well with food it is also pleasant without. Merlot is easy to drink, and recommended for people who are new to wine. The wine has often a taste of chocolate and is well

rounded. I like Chateau St. Michelle Columbia Valley, Estancia Central Coast, Mirassou.

**Pinot Noir** is the “noble” grape that come from the Burgundy region in France and often claims the highest prices. The grape is dark blue and thin skinned. The wine can be enjoyed young, but ages very well. It is light bodied and very refined, and easy to drink. An expert called it “the most romantic of wines, with so voluptuous a perfume, so sweet an edge, and so powerful a punch that, like falling in love, they make the blood run hot and the soul wax embarrassingly poetic”. I like Hess Select, Mark West, Mirassou.

**Syrah** (also called Sirah, but not to be confused with “Petit Sirah”, an entirely different grape). This originated in the Rhone region in the south of France. It is a dark blue grape with a very thick skin. The wine is very dark and full-bodied and has some mouth-drying tannins. You will find tastes of berries and tobacco. I like Andrew Murray, Kongsgaard, Paul Lato Il Padrino.

**Zinfandel** is the “most American” wine. We are not sure if it came from the southern Italian Primitivo grape or the Croatian grape Crljenak Castellan, “Red Castle”. The grape is dark blue, nearly black. It is an interesting rich and robust wine with high alcohol content, 14-17%, and a raspberry/blackberry taste. I like Estancia Paso Robles, Bogle, Gnarly Head.

There are of course many other fine red wines, but try these five first!

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## HM Library

“The greatest gift is a passion for reading. It is cheap, it excites, it gives you knowledge of the world and experiences of a wide kind. It is a moral illumination”. Elizabeth Hardwick

### FEATURED BOOK

*Silent Patient*, a debut novel by Alex Michaelides, is a psychological thriller. Alicia Berenson, an artist who is leading a perfect life violently murders her husband. Alicia’s refusal to talk or give any information adds more notoriety to the crime. Dr. Theo Faker, psychotherapist, becomes involved as he tries to solve the “why”. The novel has many twists and turns as the reader finds out what really happened that fateful evening.

### NOTES ABOUT DONATIONS

Audio books have increased in popularity as many of our residents have discovered how entertaining it can be to listen to books as they travel. We happily welcome your new or used donations.

Periodicals donated to the library should be left in the hall by the carousel; please do not place in the library.

As we continue to collect gently used books for our yearly fall sale, please remember that religious books are not accepted. Local churches will often welcome them. Dated textbooks should probably be discarded or recycled since we do not accept them and only current editions are of value in school book stores.

### NEW BOOKS

#### FICTION

Baldacci, David-*Redemption*  
Beattie, Ann-*A Wonderful Stroke of Luck*  
Blake, Sarah-*Naamah*  
Cleeton, Chanel-*When We Left Cuba*  
Coulter, Catherine-*The Last Second*

Mon. to Fri. 10 a.m. – 2 p.m.

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[www.hmlibrary.com](http://www.hmlibrary.com)

Freudenberger, Nell-*Lost and Wanted*  
Hillman, Robert-*Bookshop of the Broken Hearted*

Kelly, Martha Hall-*Lost Roses*  
Lalami, Laela-*The Other Americans*  
Serpell, Namwali-*Old Drift*  
Onan, Stewart-*Henry Himself*  
Robards, Karen-*The Fifth Doctrine*

#### MYSTERY

Burke, Alafair-*Better Sister*  
Fairstein, Linda-*Blood Oath*  
Graham, Heather-*Lethal Legacy*  
Griffiths, Elly-*Stranger Diaries*  
Hillerman, Anne-*Tale Teller*  
Jance, J.A.-*A List*  
Johansen, Iris-*Dark Tribute*  
Kent, Serena-*Death In Provence*  
Kerr, Philip-*Metropolis*  
McCall Smith, Alexander-*Department of Sensitive Crimes*  
Patterson, James-*13 Minute Murder*  
Patterson, James-*Cornwalls Are Gone*  
Patterson, James-*First Lady*  
Perry, Anne-*Triple Jeopardy*  
Scottoline, Lisa-*Someone Knows*  
Winspear, Jacqueline-*American Agent*  
Wood, Stuart-*Wild Card*

#### NONFICTION

McCabe, Andrew-*Threat: How the FBI Protects America*

#### BIOGRAPHY

Reichl, Ruth-*Save Me The Plum*

#### LARGE PRINT

Linwood, Barclay-*Noise Downstairs*  
Tyler, Anne-*Amateur Marriage*  
Jance, J.A.-*Field of Bones*  
Robinson, Peter-*Careless Love*

**Peggy McCall | Quaker Ridge**

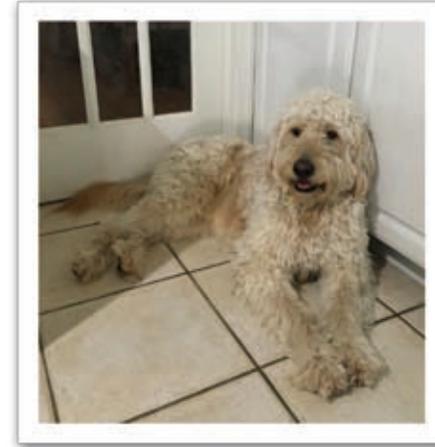
Bailey arrived in Quaker Village on July 15, 2017. He was a bouncing baby boy, just eight weeks old. He weighed in at 10 pounds, and was a bundle of golden wavy curls. He is an F-1 golden doodle, offspring of a white standard poodle sire, Q-tip, and a golden retriever dame, Molly. He quickly adapted to life in Hershey's Mill and was introduced at a young age to his Uncle Bob Kope, and his BFF Sadie, who arrived in the Mill just a few days after Bailey. Bailey and Sadie grew up playing together. While Sadie's growing stopped at about 18 pounds, Bailey continued on to 68 pounds at last weigh-

in. Size difference notwithstanding, they still play together like puppies every chance they get! Bailey enjoys meeting other dogs and their people on his 4 or 5 walks every day – rain, snow, or shine. He loves to walk! He would REALLY love if he had a dog



park here in The Mill where he could run off-leash.

This past July, Bailey's household grew with the addition of his baby half-brother Cooper. Copper has the

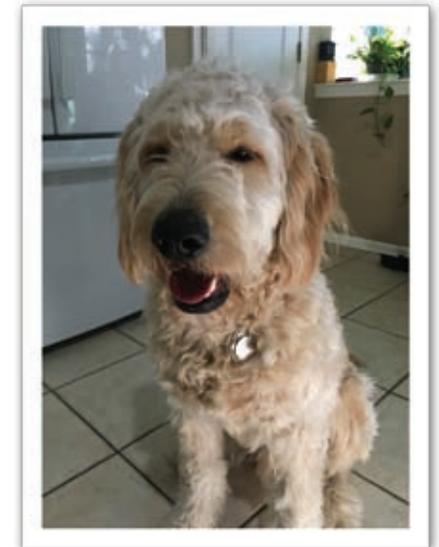
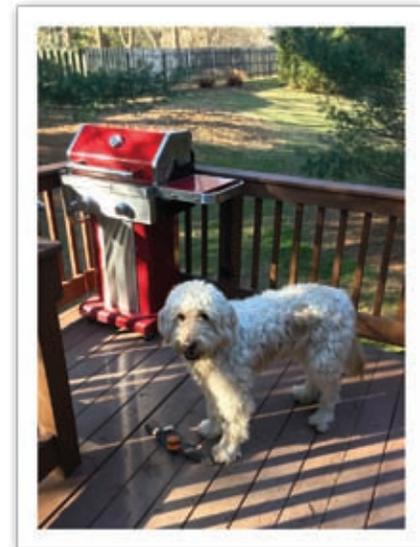


same dad, but a different golden retriever mom. Cooper also arrived at just eight weeks of age but this little bruiser weighed in at 12 pounds. Even as a newly arrived puppy, he immediately threw himself into raucous playing and wrestling with his much bigger, *temporarily*, sibling. He has grown at a scary rate and at 10 months old is bigger and heavier than big bro Bailey. The wrestling continues unabated but is now a more even match.

Cooper's coloring is more golden retriever, while Bailey looks more like his white poodle dad every day. Coloring is the best way to tell them apart right now but in a few months, at his current rate of growth, Cooper will be noticeably the big dog!

Personality-wise they are both typical golden doodles: affectionate, friendly, outgoing, curious, and just plain happy! Stop and say "hi" if you see these two boys out walking, singly or paired. They'll be enthusiastically happy to meet you!

(At left) The two boys; can you tell them apart?  
 (Above) Bailey's favorite spot  
 (Below) Bailey enjoying playtime on the deck  
 (Below right) And then came Cooper  
 All photos supplied by Peggy



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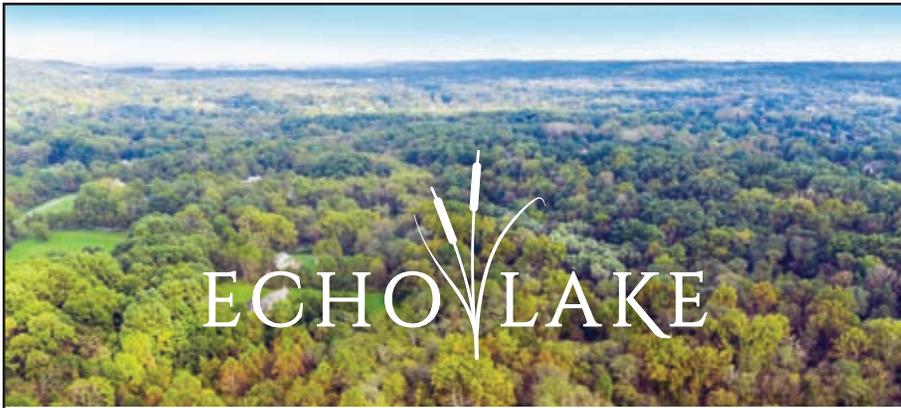


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# Mining for Gold

Natalia Volz and Bonalyn Mosteller

This is the third article related to myths about healing from a loss or death. Indeed, recovering from a loss takes courage and effort – as does mining for gold. Our well-intended friends often advise that we should “keep busy” as a way to get over a death or loss. Keeping busy alone is more likely just to put a Band Aid over our grief rather than truly help us recover. Keeping busy actually might delay our recovery.

Grief following the end of a significant relationship usually generates intense feelings that are stronger than what we have ever experienced before.

It is physically, mentally and emotionally exhausting. Grief often lasts longer than we expected or would like. Because all this is true, grief creates immense stress on your body.

Friends do not understand this. They believe that keeping busy is good for us and will help us forget our loss. Keeping busy may distract you for a short time from your thoughts and feelings, but the painful feelings return as soon as you are alone. Actually your grief needs space and time for us to acknowledge the true feelings and reactions that we are having.

The best thing you can do for yourself following a loss of any kind is to slow down and allow yourself time to grieve. This idea may feel contradictory to feeling better and that may be temporarily true. But the longer-term truth is that room needs to be allowed for your brain to adjust to your loved one being gone. Also, your body is under stress as it works to recover and therefore requires extra rest and quiet versus more stimulation.

It can certainly be helpful to ask a grieving friend to go with you for a walk or movie. And it can be a caring gesture to have tea and conversation with a grieving friend. But the most important help you can provide is to just *LISTEN* to your friend. Grieving people are best served when friends give them lots of space to talk and say whatever is on their minds, without interruption. In this time of deep listening, the grieving person is supported to slow down and hopefully begin to experience compassion for his/her loss instead of speeding up and “keeping busy”.

## IS MEMORY LOSS AFFECTING YOU OR SOMEONE YOU LOVE?

People aged 50-85 with memory loss or early Alzheimer's disease may be eligible for a local clinical study.

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Keystone Clinical Studies  
610-277-8073**

**www.MissionAD.com**

For those who qualify and participate, all study-related care will be provided at no cost. You may receive compensation for travel costs.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Activities Calendar June 2019</h1>						Jun 1 2:00pm Table Tennis-Open
2 2:00pm Table Tennis-Open	3 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	4 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling	5 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 9:30am Intermediate Bridge 10:00am Smart Body 12:30pm Bridge-Social Club 1:00pm Dominoes 1:00pm Mah Jongg-Groff 4:00pm SH Open House 7:00pm Mah Jongg-Kiely 7:00pm Burke Bible Study 7:00pm Kennett Open 7:00pm Singers Rehearsal	6 8:30am HM Women's Bible Study 10:00am Caregiver Support Group 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 3:00pm Broadway for Beginners 6:30pm Poker 7:00pm Casual Singing Group	7 8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	8 2:00pm Table Tennis-Open
9 2:00pm Table Tennis-Open	10 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 2:00pm Photography Club 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	11 10:30am Audiology Screening 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 2:00pm Menninger Assoc 7:00pm Great Books Club	12 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 10:00am Questers 1:00pm Private Event 1:00pm Dominoes 1:00pm Mah Jongg-Groff 6:30pm Inverness Ice Cream Social 7:00pm Mah Jongg-Kiely	13 8:00am Concierge Jewelry 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 2:00pm Book Discussion Group 3:00pm Broadway for Beginners 6:30pm Poker	14 8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	15 2:00pm Table Tennis-Open 3:00pm Chatham Party
16 2:00pm Table Tennis-Open	17 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs 7:00pm Monday Movie Night	18 12:00pm Spirit of Democracy Club 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 6:30pm Boomers Book Group 7:00pm PC Computer Club	19 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 9:30am Intermediate Bridge 10:00am Smart Body 12:00pm Social Club Bridge 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Singers Rehearsal	20 9:30am HM Women's Bible Study 10:00am CPR training 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 4:00pm Private Event 6:30pm Poker	21 8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble	22 2:00pm Table Tennis-Open
23 2:00pm Table Tennis-Open 2:00pm National Affairs Forum	24 8:30am Aerobic Dancing/Exercise 12:30pm HM Duplicate Bridge 12:30pm Mah Jongg-Mackleer 1:00pm Bridge-Groff 3:30pm Mah Jongg-Santoro 5:15pm Exercise to DVDs	25 1:00pm Canasta 1:00pm Canasta-DuBois 1:00pm Pinochle-Men 1:00pm Pinochle-Women 1:00pm Hand & Foot 1:00pm Mah Jongg-Corso 1:30pm Mah Jongg-Poling 2:00pm Menninger Assoc 7:00pm Great Books Club	26 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:00am Art Group 1:00pm Dominoes 1:00pm Mah Jongg-Groff 7:00pm Mah Jongg-Kiely 7:00pm Singers Rehearsal	27 10:00am Yoga 1:00pm Card Games 1:00pm Knitting Circle 2:00pm Table Tennis-Open 2:00pm Table Tennis-Open 3:00pm Broadway for Beginners 6:30pm Poker	28 8:30am Aerobic Dancing/Exercise 10:00am Quilters 1:00pm Mah Jongg-Ullman 1:00pm Billiards Open 2:30pm Scrabble 7:00pm Bingo	29 2:00pm Table Tennis-Open
30 2:00pm Table Tennis-Open	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="background-color: #800000; color: white; padding: 2px 5px;">Color Legend</div> <div style="background-color: #f0f0f0; padding: 2px 5px;">Ardmore Room</div> <div style="background-color: #fff2cc; padding: 2px 5px;">Billards Room</div> <div style="background-color: #d9ead3; padding: 2px 5px;">Cove</div> <div style="background-color: #d9ead3; padding: 2px 5px;">H - CC Main Hall</div> <div style="background-color: #f4cccc; padding: 2px 5px;">Malvern Room</div> <div style="background-color: #fce4d6; padding: 2px 5px;">Paoli Room</div> <div style="background-color: #fff2cc; padding: 2px 5px;">Sullivan House</div> </div>					

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## Classifieds

Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are subject to review and editing. Send submission to [hmctvguide@comcast.net](mailto:hmctvguide@comcast.net), attention editor, or place printed/typed copy in the HMCTV mailbox outside the building. You must be a HM resident to advertise.

**WANTED** HMCTV Channel 1970 needs volunteers to conduct **TV interviews**. Ample material will be provided to produce lively conversations. Also seeking **volunteers to man cameras** on location and **provide production assistance**. Contact Don Trauger,

**FOR SALE** "Zero gravity" **folding recliners** in brown brocade (2) with matching folding rocking chairs with sun canopies (2); like new; set of 4 pieces \$125; call

**FOR SALE** **Garden cart** for plants and/or supplies. Very good condition. \$60. Call

**FOR SALE** Self-cleaning gas, white General Electric **range** purchased from Gerhardt's for \$634.29, in May 2015. Excellent condition, includes range guide, \$350. Call

**FOR SALE** Lenox pencil **figurines** Harvest Scarecrow, 2 Snowmen, set of 2 Pilgrims. Excellent condition. Priced separately except Pilgrims. Best reasonable offer. Call

**MOVING SALE** Gorgeous oriental rugs, assorted art work, recliners, marble top foyer table, adorable tea cart, deacon's bench, lamps, flat screen TVs, exercise bike, treadmill, collapsible golf screen room divider, kitchen table with leaf and two chairs, dining room set with 8 chairs, illuminated china closet, hunt board, smaller cherry wood illuminated china closet, two large white wicker chairs with cushions, foot stool, magazine rack, bar with expandable slate top, card table with 4 matching green fabric on chairs

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**HERSHEY'S MILL SINGERS**

*Earl Needhammer | Jefferson*

Our group is preparing for our spring Americana concerts to be held at SS Peter and Paul Church on Saturday, **June 1**, at 7:30 p.m. and Sunday, **June 2**, at 3 p.m. Our members are looking forward to the performances led by our director, Ruthann Waldie. Donations from our families, friends and neighbors will be happily accepted following each concert. Please join us and thanks to your support.



(Above) A lovely setting for your event at the Sullivan House.

(At left) The outdoor terrace can be enjoyed, rain or shine.

**SULLIVAN HOUSE - SPRING OPEN HOUSE**

*Judy Molt | Yardley*

*Once Discovered, Never Forgotten*  
Spring has finally sprung and what a great way to welcome it by relaxing and spending time with your friends and neighbors in the historic Sullivan House. Join the Sullivan House Committee and the Friends of Sullivan House (FoSH) on Wednesday, **June 5**, from 4 - 7 p.m. to celebrate the inclusion of Sullivan House to the East Goshen Township Historic Resources Inventory. While you are enjoying champagne punch and light fare you can view the newly gifted grandfather's clock, new fireplace chairs in the sitting room, as well as window treatments on the first floor and new art work throughout the house. As you enjoy the patio take a stroll to view, sit

and reflect in the Memory Garden that honors past members of the Committee. Sullivan House is especially beautiful in June so come and take in the beauty of the house and its surroundings. All residents attending will be eligible to win a free rental of Sullivan House for one personal use. We looking forward to welcoming you on June 5.



(At top) Future helicopter pilots testing their wings.

(Above) Lee and Russi with their two "grands" at Longwood Gardens.

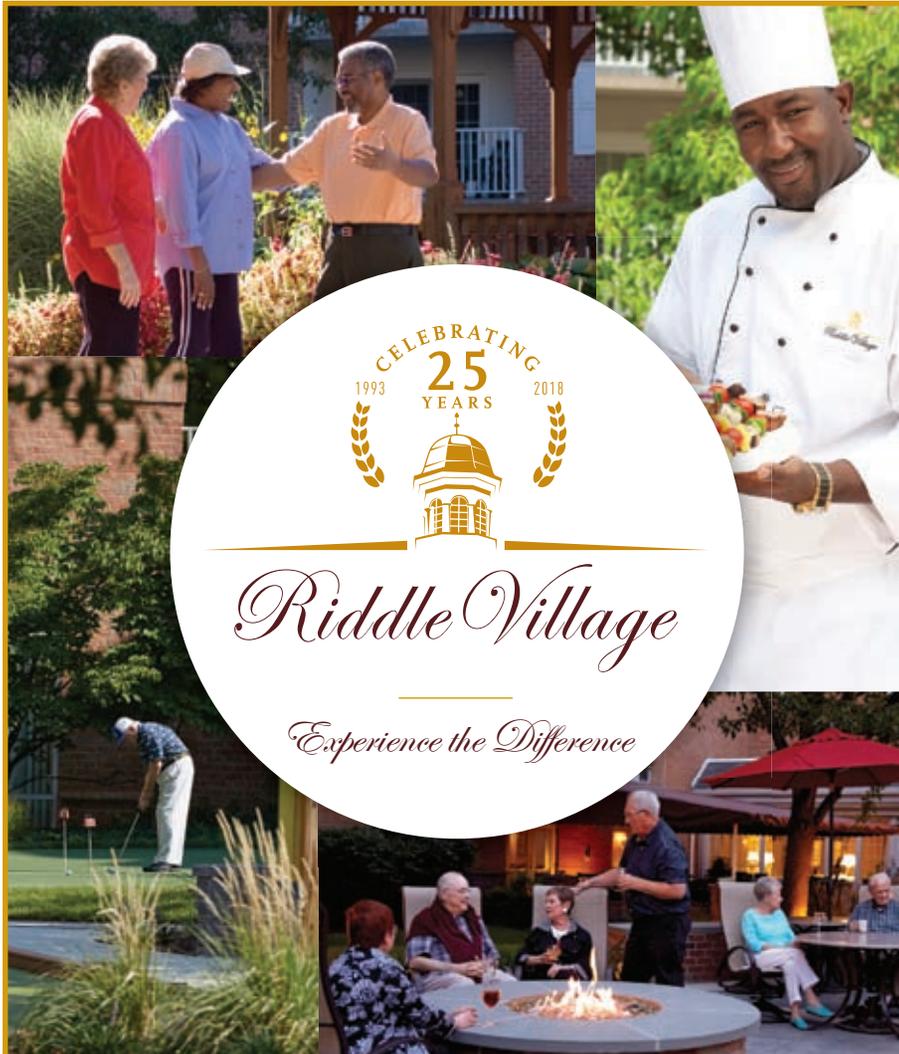
**GRAND IDEAS!**

*Lee Dastur | Quaker*

There are two places we've been happy to discover around West Chester: the Helicopter Museum and Education Center, 1220 American Boulevard West Chester, 19380, and the kids' section of Longwood Gardens, [longwoodgardens.org](http://longwoodgardens.org). I was doubtful about both, assuming that they might be too stuffy for kids. It was very nice to be wrong on both counts!

Our grandkids, ages three and five, are very active. There was plenty to explore at the helicopter museum: miniature machines they could "pilot"; an actual rescue helicopter with models of injured people and videos of cartoon helicopters doing various jobs. In addition, we really enjoyed standing outside, just watching many planes land and take off. A bonus feature is that membership in WHY Y gives you a 2 for 1 admission ticket.

*Continued on page 41*



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Our second location, the indoor kids' area at Longwood Gardens, was a delight also. It is small but full of curious nooks and crannies. Our grands discovered winding pathways, little gnomes, and multiple water features. When we learned that the little garden was right around the corner from the famous organ, we slipped into the sing-along where the organ master was a genius at getting the audience involved.

We had arrived at Longwood mid-afternoon this Christmas season, so as we left at dusk, the many multi-colored lights were just beginning to flicker on. Honestly it did look rather magical. "That was FUN!" everybody agreed as we piled into the car. I'd love to see Hershey's Mill create a playground for kids. Until then, I'll look forward to hearing about some other exciting places to go.

**MONDAY NIGHT AT THE MOVIES**

*Lynne Urian / Merrifield*

Based on a true story, *The Prize Winner of Defiance, Ohio*, PG-13, 2005. It's the 1950's, in nearly every household, TV is omnipresent, and there seems to be an endless parade of new products being advertised to housewives with the promise of making their lives more exciting and easier! Companies sponsored contests offering prizes and cash to women who could compose poems and jingles to advertise these new products. For many, entering the contests was just a hobby, but for Evelyn Ryan, mother of ten, and wife of an alcoholic husband, winning the contests was her only way of earning enough money to keep her family together and a roof over their heads. This is a real winner of a film, join us at 7 p.m. on Monday, June 17 in the main hall of the Community Cen-

ter. It's free and if you wish, stay for a brief discussion of the film. For more information call Lynne Urian,

**HERSHEY'S MILL PLAYERS**

*Barbara Trimble, President*

On Saturday, April 13, the Players had a fun filled party for members and guests, with the theme of "Solving a Murder Mystery". A preview of our 2020 play! The setting was the 1950's and many guests were decked out in 50's attire and looked fabulous! Food, libations and "Rock and Rolling" also made this party a huge success.

The script is completed for our 2020 play and it is quite funny and exciting thanks to our creative script writers. We have a Director, Assistant Director, Producer, Music Director, Stage Manager, Costume and Prop Managers, and will be looking for volunteers to assist in other areas of the production. Keep your eyes posted for further information. If interested in joining the Players contact Shauna Flynn, for information.

**IGC, INC CONCIERGE JEWELER**

On Thursday, **June 13**, IGC, Inc. will be at the Community Center from 8 a.m. to 4 p.m. You are able to sell your gold, silver and platinum jewelry, flatware, and serving pieces; or you can just have it appraised. You can also bring any jewelry you need fitted or repaired and receive a quote from IGC. Some repairs can be done while you wait. There is also free jewelry cleaning and inspection. Replacement batteries for watches will be available. Find extra money when you turn your unwanted jewelry and heirlooms into cash. We have the highest prices paid in the five county area.

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## Say What?

Lee Dastur | Quaker



"You're not LISTENING to me"! I began snarling at my husband maybe twenty years ago. Only gradually did I realize that he was having trouble hearing. After years of nagging, he grudgingly invested in a pair of hearing aids. But this was, unfortunately, far from a "fix". In point of fact, our problems with compromised hearing were just beginning.

He complained that the devices plugged up his ears. He complained that they produced an "unnatural" sound. He complained that he was bombarded with confusing background noise, loud music at restaurants, road noise in the car, the sound of motors and fans in refrigerators, heaters and air conditioners. We became more careful about choosing our seats at a concert or play. We tried to ascertain how loud a given restaurant might be. (*Hint: it's not easy.*) We attended the national convention of the Hearing Loss Association of America. Things did not noticeably improve. Gradually, he began to retreat when the grandchildren were

around. He avoided using the phone. He shied away more frequently from social gatherings. He spent increasing amounts of time on his computer. Silence became a heavy presence.

Experts recommend selecting an audiologist with a fairly recent PhD and who regularly attends "continuing education" seminars. We found a fine local person who is endlessly patient with the technology. But we're still struggling to come to terms with the social isolation that hearing loss can bring about. This continues in spite of the fact that there are many effective strategies for communicating more effectively with a person who suffers from hearing loss. Audiologists commonly have stacks of helpful brochures lying around, but they often fail to hand them out. So in the interest of providing a public service, I'll pass on some of the things I've learned.

**ENUNCIATE CLEARLY.** None of this "Whadah ya doin tanite?" Let your lips purse. Pause between words. Emphasize the words that are important. "What are you – DOING – tonight"?

**LOOK DIRECTLY AT THE PERSON** when you are talking. Do not call out from another room. Do not speak to him with your head turned away.

**SPEAK A LITTLE SLOWER AND A LITTLE LOUDER.** (Don't shout!)

**EMPHASIZE KEY WORDS.** "We are going to see a – MOVIE. It's 'The – GREEN BOOK. Would you like to – JOIN us"?

**ELIMINATE CROSS TALK.** My husband's family is notorious for carrying on multiple conversations at once, with everybody shouting over everybody else's head. NO, NO, NO!

*Continued on page 45*



MICHELLE AITKEN, DDS

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## Say What? (continued)

Conversations must be limited to one at a time. No exceptions. This seems to be a very difficult concept for many to learn!

IF THE TOPIC SUDDENLY SHIFTS, make sure that the person with hearing loss understands the change. "We're talking about the – EAGLES game now".

LET THE CONVERSATION UNFOLD MORE SLOWLY. Introduce simple examples before delving into more complex permutations. "The – HOMELESS – population seems to be – EXPANDING. – I wonder how that correlates with the – DECLINING RATE – of – UNEMPLOYMENT.

STAND IN A PLACE WHERE THERE'S EVEN LIGHTING. People with hearing loss automatically learn

to read facial expressions and lips. If you're standing in front of a window, they can only see your silhouette. It's a problem.

DO NOT TALK WHILE YOU'RE CHEWING. This is disgusting even for those of us who can hear.

RE-PHASE YOUR SENTENCE instead of just repeating the same words. Say, "They're going to the BEACH" if "The kids are going to Ocean City" doesn't compute.

ELIMINATE BACKGROUND MUSIC entirely, of course.

"CLEAR SPEECH," one brochure summarizes, "results when the speaker attempts to express every word and sentence in a precise, accurate, and fully-formed manner."

Approximately 48 million Americans, 20% of the population, struggle with some degree of hearing loss. More than half of all people over the age of sixty-five are affected. This is a significant part of our population. "The sense of hearing is a vital link to the world", one brochure points out. "It's a source of pleasure, information, and connection". Difficulties with hearing can lead to isolation, depression, and cognitive decline. This is an issue that cries out to be addressed. I have a stack of brochures that I'll be happy to hand out. . you can download more helpful information at [www.hearinglosschesco.com](http://www.hearinglosschesco.com). Our community will be better if all of us make an effort to learn more about this. Let's all do our part to become better informed.

Thanks for listening.

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Joseph S. Kennedy | Princeton

In 1869, a group of orthodox ministers from the Reformed Church of America received a charter from the Commonwealth of Pennsylvania to found a college. The new school, Ursinus College, was named after the 16th-century European religious reformer Zacharias Ursinus.

Ursinus College, one of several distinguished, highly selective, liberal-arts colleges that grace the Philadelphia suburbs, was founded as a result of a controversy over the liturgy within the Reformed Church. The Reformed Church in the United States traces its roots to the 16th-century German Reformed Church, which was established in the German-speaking states of Central Europe. Its faith was based on the Bible and the theology of John Calvin. This church was brought to America during the great wave of immigration of German-speaking peoples during the 18th century. The church was congregational rather than episcopal in organization – meaning power resided in the church member-

ship, rather than in a hierarchy – and plain in its worship. It was referred to by some as Low Church.

Starting gradually in about 1840, there developed a debate over the form of worship within the church. This dispute came to a head in the years just before the Civil War, according to Calvin D. Yost in his book, *Ursinus College: A History of Its First Hundred Years*. The group that advocated a High Church approach to worship began to dominate the synod meetings. They advocated a fixed liturgy and the use of an altar, and they stressed “that ministers had a priestly office”, Yost writes. These people were in control of the church’s seminary and Franklin and Marshall College, its school.

Opposition to these changes was led by a Reformed Church minister from Philadelphia named John Bomberger. Bomberger, together with other likeminded ministers, bought the buildings and land of a failed boys’ preparatory school called Freeland Seminary. The price was \$20,000, and the new college sat in what is now

the Borough of Collegeville in Montgomery County. Bomberger was named president of the new school. The Rev. John Henry Augustus Bomberger was born

(At left) This photo of Ursinus College, in Collegeville, is from a postcard dated about 1907.



in 1817 in Lancaster. He received his basic education at the Lancaster Academy and the Reformed Church High School in York. He went on to higher education at Marshall – later Franklin and Marshall College – where he graduated in 1837. Following his graduation, he studied theology and in 1838 was ordained as a minister by his local synod of the Reformed Church. For the next 16 years he served a number of Reformed Churches in Pennsylvania before being called to become pastor at the prestigious Old First Church in Philadelphia.

During these years of active ministry, he established himself as both a church scholar and writer. As a result of his success in this area, he received an honorary doctorate from Franklin and Marshall College. As the first president of Ursinus College, he worked at shaping the school as “both Christian and parental,” where students would be “molded (sic) not just allowed to grow.” But there were financial problems. Ursinus “was founded on debt instead of endowment”, according to one of Bomberger’s successors. Because there was no money to pay his salary during his first year as president, Bomberger took a church position so he could carry on his work at the college. For the next 10

years, Bomberger worked as a teacher, administrator, fund-raiser and student and faculty recruiter, as well as president.

The student body was small. The first graduating class in 1873 numbered five. When Pennsylvania Female College, located near the Ursinus campus, closed in 1880, Ursinus invited the women to enroll; a move that brought coeducation to the college early in its history. Yet it was not until the 1920s that Ursinus’ financial problems were stabilized and enrollment began to grow. By 1928, the number of student had climbed to 460.

The dispute that was the factor for founding Ursinus never caused a schism in the Reformed Church. A peace commission brought the two sides into a friendly relationship late in the 19th century. The college’s historic links with the Reformed Church continued even after a 1934 merger that created the Evangelical and Reformed Church. This relationship continued through another merger in 1957 that created the United Church of Christ. Ursinus has always considered itself an independent college. Bomberger, who died in 1890, never lived to see these changes in both his church and college, which today has about 1,500 students.

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**ART GROUP**

*Martha Hanson | Jefferson*

Today, we rely on glossy images in magazines or on the Internet to let us know what's fashionable or stylish. However, in the past, we saw fashion through the eyes of an artist, a fashion illustrator. Fashion illustrators used their imaginations to create glamorous images of what the clothes "could look like." Alice Aznavourian, an Art Club member, made a career as a fashion illustrator working for a number of retail outlets, including Bloomingdales, after she graduated from the Fashion Institute of Technology in New York City. Buyers brought their fashions to the illustrators who sketched the clothes. These sketches were later sent all over the nation. Alice spent her days painting women's fashions for Consolidated Retail Stores and her nights, freelancing, drawing children's wear for Bloomingdales. She continued her career after marrying by working for the G. Fox Department Store in Connecticut. Eventually, family life took over as she and her husband wanted to do things on the weekend. Alice found that she "loved working with figures so much" that she wanted to continue her art education and took classes in oils and watercolors. She became a member of the Norristown Art League, exhibiting and winning awards for her work. "Painting can be lonely" so when she moved to Hershey's Mill, Alice became a member of the Art Group. She "likes working when there are people around and learning from the other members." Alice gets her inspiration from the outdoors and from photographs. Just as she put her own interpretation of fashion into her illustrations, she now puts her own ideas into the paint-

ings she creates The Art Group meets every Wednesday from 12 to 3 p.m. in the Cove.

**CARESHARERS**

*Eileen Glinski | Glenwood*

Volunteers in this club are available to drive people to appointments, take them shopping, or on other errands. We will also help with household tasks that have become difficult like changing lightbulbs, or rearranging those high shelves in the garage. Volunteers in Caresharers can elect to monitor our answering machine and assign caregivers to tasks or they can elect to directly answer the needs of those who call. Our group does not have regular meetings, but as we help our neighbors, we become acquainted with many people. If you need some help, or you would like to join us as a Care-sharer, call our answering machine, 610-430-8830. Look for our flyer in your village!

**KNITTING CIRCLE**

*Ruth Schick | Chatham*

The Hershey's Mill Knitting Circle meets every Thursday afternoon from 1-3 p.m. to knit, crochet and socialize. Now, as we anticipate the coming of summer, we will gather on the patio of the Community Center. However, in case of inclement weather, we will come together in the Community Center's Paoli Room, our meeting place most of the year.

**APPLE AND MACINTOSH CONNECTION**

*Rene McNally | Devonshire*

**MACINTOSH NEWER USERS** will continue to meet from 10 a.m. to noon in the Paoli Room of the Community Center on the fourth Saturdays through the summer months. Bob Barton, from the Main Line Macin-

tosh Users Group ([www.mlmg.org](http://www.mlmg.org)), leads a question and answer session about your iPads, iPhones, laptops, and all Mac-related problems. Coffee, tea, and light refreshments are usually available. Contact Carol at [carcamp1@comcast.net](mailto:carcamp1@comcast.net) for questions about the meetings.

**PC CLUB**

*Don Trauger | Kennett*

We meet the third Tuesday each month at 7 p.m. upstairs in the Community Center.

June's topic will be "Cleanmgr+" a powerful new disk cleanup app that works as well as CCleaner and MS Disk Cleanup combined in the one app. There will also be time for your questions and answers about Windows 10. All are welcome.

**BOOK CLUB**

*Carol Barkovsky | Eaton*

On Thursday, June 13 at 2 p.m. in Sullivan House, Pat Patterson will lead us in a discussion of *The Heretic's Daughter: A Novel* by Kathleen Kent. This is the story of Martha Carrier one of the first women accused, tried, and hanged as a witch in Salem, Massachusetts as told by her daughter, Sarah. The author, Kathleen Kent, a tenth generation descendent of Martha Carrier, paints a haunting portrait of Puritan New England and one family's abiding love in the face of fear and persecution. This will be the final meeting of the season. We will reconvene in September.

*Continued on page 51*

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## Club News (continued)

### PHOTOGRAPHY CLUB

*Carol Poling | Oakmont*

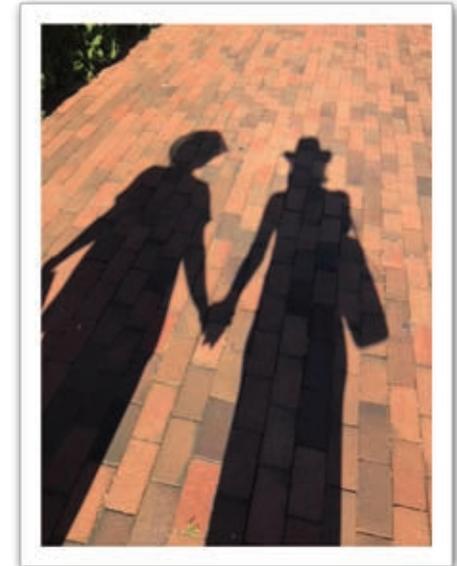
Summer is just around the corner and everything is blooming. It's the perfect time to grab your camera and take photos of our beautiful surroundings here at The Mill. HMPC meets the second Monday of each month at 2 p.m. in the Paoli Room at the Community Center, from September through June. There are no meetings in July and August. So, bring your photos or put them on a flash drive to share with us. Contact me or Michael Rackover with any questions.

### ALZHEIMER'S/DEMENTIA SUPPORT GROUP

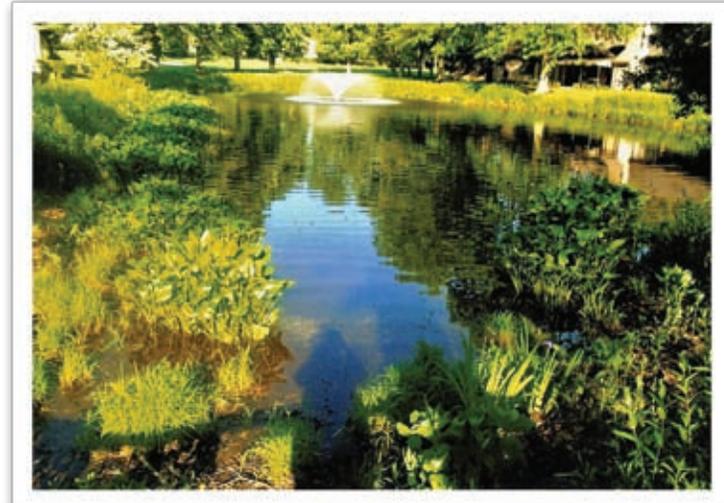
*Robert Hughes | Franklin*

"Everyone has a story to tell, it just takes finding someone to listen" as an old adage goes. A group of primary caregivers are good listeners as they are interested in sharing experiences and especially in gaining more knowledge about how and why dementia is affecting their loved one. These caregivers also are good talkers. They

have a near subconscious need to vent about their situations and feelings. This venting process helps in the relief of their caregiver stress. The support group meets on the first Thursday of each month at 10 a.m. in the Paoli Room at the HM Community Center. For more information call  
or (Aimee).



(Above)  
"Mother and Daughter Selfie"  
by Patricia Binnion from Kennett Village



(At left)  
"Pond" by Joya Angelo from Franklin Village

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# June at the Club



Donna Dickerson, House Committee Chair

You know summer is here when the outdoor concerts begin in the parking lot of the Club. The first **concert** is Sunday, **June 2**. Think about getting a bite to eat at the Club ahead of time.

**Steak Night** is Thursday, **June 6**. *please note*, for those who wish to dine at the Bar, you can take part in the Steak Night buffet or there will be a soup and sandwich option available at the Bar.

Thursday, **June 13** is **Girls Just Wanna Have Fun!** This is June's Ladies Night Out in the Banquet Room with DJ, Tom Tolnay. The event runs from 6-9 p.m. The menu will include pizza and salad with vanilla ice

cream and orange sherbert for dessert. The focus is on the music and dancing to the tunes from the 50s, 60s and 70s.

Don't forget to sign up early for **Trivia on June 14**. This is always a sellout event.

**Father's Day, June 17**, is a great time to take Dad to the Club for lunch.

Enjoy a \$2 hot dog at the Bar in celebration of the **Phillies Home game on June 27**. This special will be available from first pitch to last out.

The **Book Club** will meet for dinner and book discussion afterwards at 6 p.m. on **June 28**. June's book is *Change of Heart* by Jodi Picoult. Nothing formal – just make a reservation to join the group for dinner and read the book.

The **Independence Day Cook Out** will be Sunday, **June 30** from 5-6:30 p.m. Make reservations now.

We value your feedback and suggestions COMMENTS CARDS are read, discussed, and action taken where necessary. To be of value, they must be dated. To encourage your feedback, a "signed" Comment Card will be drawn each month and the winner will receive a free drink. For his comment card drawn for the month of March, **K. D. Rhoads** was chosen to receive a free drink.

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HMSG CLUB NEWS

Don Evons | Princeton

If you missed the HMSG EXPO last month, you missed something special. But do not fret, the July Fourth celebration is coming and that will provide the opportunity to meet a lot of new people. The HMSG is also sponsoring a CPR course on June 20 at the Community Center. For more details, see the feature article in this copy of the Digest. Contact Barb Trimble at

. Lastly, we are in need of two people to help with the food for the Fourth of July celebration. Please contact me at or

PICKLEBALL

Tom Fant | Yardley

"The Times They've Been a Changing". May I mess with Bob Dylan (again!) Why not? We have had over a month of "PickleBall Two-a-Days" on Tuesday and Thursday at 9:30 a.m. and 5 p.m. with no serious complaints or mix ups. To list our times again for folks with memories like mine, Monday, Wednesday, Friday and Saturday we play from 9:30 a.m. to 11:30 a.m. On Sunday, play is from 2 p.m. to 4 p.m. All of this is in addition to the Two-a-Days.

As of now, the next three "PickleBall With Pizza" events will be June 13, July 12, and August 9 – food arrives about 6 p.m. It is always best to double check the date and sign up on the sheets at the Tennis Courts' Bulletin Board on Chandler Drive. The PickleBall leadership, which has been deemed a committee of sorts, will have these sign-up sheets up about 10 days ahead of time.



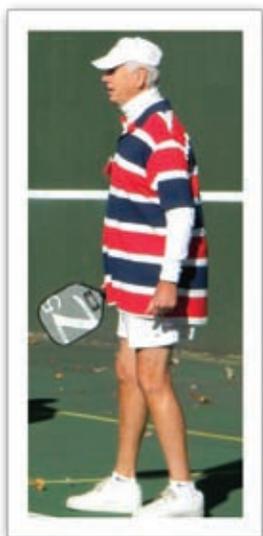
BOWLING

Ed Isselmann | Inverness

Tuesday, April 2 was the end of the 2018-2019 season for the Hershey's Mill Bowling League. Awards were presented to the best of various categories, and all enjoyed a varied assortment of appetizers, sandwiches and desserts. Most enjoyable was the gathering of regulars and subs, and reliving some of the talented and notorious actions of the last season.

Hershey's Mill Bowling League is always looking for new members and subs. You do not need a ball, shoes or a great average. Just a desire to have fun and enjoy the company of neighbors and friends. If you are interested, or know someone who may be, contact Ed or Eileen Isselmann at

, or by email - Ed ; Eileen



(At left) Taken by Tom Fant - John DeVol of Princeton last July 4th at the PickleBall party.



(At left) Taken by Allan Shaffer  
The team includes Karen Stahl, Mary Lou Perry, Glenn Chelliah, Larry Appalucci, Jack Hamilton, Bob Roland, Denis Raihall and Allan Shaffer

TABLE TENNIS

Allan Shaffer | Yardley

The Hershey's Mill table tennis club sent a team to Hillview to play against their club. The event consisted of 24 matches, and at the end, both teams had 12 wins. A sudden death playoff was won by Larry Appalucci for the Hershey's Mill win. This is the third time this competition has been held and Hershey's Mill has won all three. Mary Lou Perry received the MVP award for winning all of her matches. A fourth meet will be scheduled in early summer. The table tennis club meets on Thursdays, Saturdays and Sundays at 2 p.m. and new players are always welcome, regardless of their skill level. The play is held at the Community Center and there are three tables. Paddles and balls are furnished. Tables are available for open play from Friday afternoon through Sunday for HM residents.

BIKING

Seth French | Yardley

Our fun spring and summer rides are happening right now. Many of our new neighbors don't know our schedule and are not on our mailing list. If one of your neighbors moved into

Hershey's Mill in the last 18 months, tell them about HM Bikers and ask them to email Jeff Smith ( ) or Seth French ( ) to get on our mailing list. If you haven't biked recently, ask us about our refresher rides on the mostly level Chester Valley Trail or close by East Goshen Park. This is a great way to see if biking is good for you now. For those that like a coffee or latte, we often stop for refreshments on our rides.

GET INVOLVED AND "PLAY WHERE YOU LIVE"

- Table Tennis:** Thursday (except the first Thursday), Friday, Saturday and Sunday, 2-10 p.m.
- Bocce:** Open Play every Wednesday at 4 p.m.
- Pool (Billiards):** Open instruction every Friday, 12:30-2 p.m.
- Tennis:** Weekdays at 3:30 p.m.; Saturdays at 9:30 a.m. (Weather permitting)
- Pickleball:** Mondays, Wednesdays, Fridays, and Saturdays at 9:30 a.m.; Tuesdays and Thursdays at 9:30 a.m. and 5 p.m.; Sundays at 2 p.m. (Weather permitting)
- July 4th Celebration:** All activities starting at 8 a.m.; food and drinks \$5.

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In making the transition to INDIVIDUAL Medicare Insurance, we need to choose one of the two main Medicare solutions. Medicare Solution #1 utilizes Original Medicare as PRIMARY coverage and consists of the following major components:

- Medicare Part A (Hospital Services) & Medicare Part B (Outpatient Services) as PRIMARY coverage.
- Medicare Supplement Policy (aka Medigap) as SECONDARY coverage.
- Medicare Part D Prescription Drug Plan.

Medicare Solution #2 is a Medicare Part C Medicare Advantage HMO or PPO plan, which utilizes the Insurance Carrier as PRIMARY coverage and consists of the following major components:

- The insurance Carrier's benefits coverage (equivalent to Medicare Part A & Medicare Part B) is PRIMARY coverage.
- The insurance carrier's (built-In) Prescription Drugs coverage.

The key to choosing the better of the 2 solutions is to identify the one solution that best achieves the following most documented PREFERENCES of 50 million Medicare beneficiaries:

- HIGHEST PROBABILITY OF A SUCCESSFUL DIAGNOSIS & PROCEDURE.
- UNLIMITED ACCESS TO TOP DOCS/TOP HOSPITALS.
- MINIMUM TOTAL ANNUAL COST (PREMIUMS, DEDUCTIBLE & CO-PAYS).
- LEAST COSTLY PRESCRIPTION DRUG COVERAGE.

Here is a review of the most documented PREFERENCES:

### PREFERENCE: HIGHEST PROBABILITY OF A SUCCESSFUL DIAGNOSIS & PROCEDURE.

Medicare Solution #1 Specifics: With Original Medicare as PRIMARY, a beneficiary has access to the entire nation's Top Medicare Doctors in all the Specialties and Top Medicare Hospitals of which 102 are rated 5-star, all of which translates to **the absolutely most favorable outcome in** a diagnosis or procedure. All Medicare doctor & specialist visits are capped at a \$20 co-pay.

Medicare Solution #2 Specifics: With a Medicare Advantage HMO/PPO as PRIMARY, the Local Network does not include the nation's Top Doctors in all of the Specialties and Top Hospitals. For example, 3 of this year's HMO Plans' Local Networks DO NOT INCLUDE THE MAIN LIME HEALTH Systems' doctors and hospitals.

For the PPO member, the use of out-of-network specialists is discouraged by the extremely expensive co-insurance rates as high as "40% of the provider's charges" until an out-of-pocket maximum as high as \$10,000 is spent by the PPO member.

### PREFERENCE: UNLIMITED ACCESS TO TOP DOCS/TOP HOSPITALS

Medicare Solution #1 Specifics: With Original Medicare as PRIMARY, you will have UNLIMITED ACCESS (WITHOUT REFERRALS) to the best of the Nation's 624,000 Medicare providers for Multiple "2nd" Opinions and UNLIMITED ACCESS to the Nation's 4,599 Hospitals.

Continued on page 59



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Medicare Solution #2 Specifics: With a Medicare Advantage HMO, your access to Specialist providers is LIMITED to those in the Local Network and is often confined to those specialists “linked” to the referring primary physician. If you are in a PPO, your access to multiple opinions by the best providers is not assured because the provider MAY NOT ACCEPT PPO COVERAGE.

**PREFERENCE: MINIMUM TOTAL ANNUAL COST (PREMIUMS, DEDUCTIBLES & CO-PAYS).**

Medicare Solution #1 Specifics: With Original Medicare as PRIMARY, there are sixty (60) approved Medicare Supplement insurance carriers competing for your business at the monthly premium level, helping to keep premiums to a minimum. A Medicare Supplement Plan G has no out of pocket expenses, deductibles or co-pays for approved Medicare services after meeting the \$185 annual Part B deductible.

Medicare Solution #2 Specifics: Aside from the Medicare Advantage HMO/PPO plans’ monthly premium, the HMO’s in 2019 have Out-of-Pocket maximum requirements of \$4,000 to \$6,700 before the plan covers 100% of the approved charges.

The PPO’s in 2019 have out-of-pocket maximum requirements of \$7,500 to \$10,000 BEFORE THE PLAN COVERS 100% OF THE APPROVED CHARGES.

**PREFERENCE: LEAST COSTLY PRESCRIPTION DRUG COVERAGE**

Medicare Solution #1 Specifics: With Original Medicare as PRIMARY in conjunction with a Medicare Supplement Plan, there are 30 distinct

PDPs COMPETING FOR YOUR UNIQUE PRESCRIPTION BUSINESS, which assures a competitive landscape.

Medicare Solution #2 Specifics: When purchasing a Medicare Advantage HMO/PPO with “built-in” Prescription Drug coverage, YOU DO NOT HAVE ANY COMPETITION IN PLAY, because you have to use the built-in Prescription Drug coverage specific to the selected HMO/PPO plan.

**CLOSING COMMENT: If you conclude that the better Medicare Insurance choice is having Original Medicare as PRIMARY in conjunction with a Medicare Supplement plan and a stand-alone Prescription Drug Plan, you are in good company with the other 34 million INDIVIDUAL Medicare beneficiaries.**



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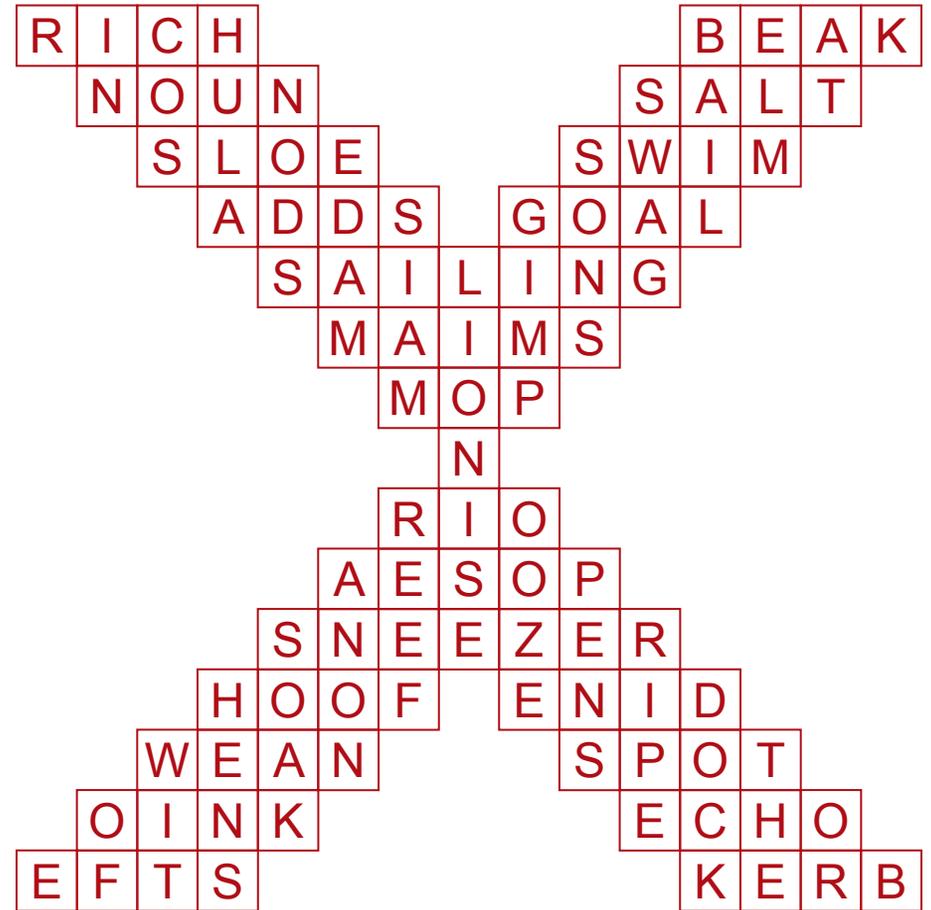
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## Puzzle Solution

“X” does mark the spot for treasure, but the real treasure of a puzzle like this is the fun of figuring it out on your own! So, we suggest that you treasure seekers give our puzzle your best effort before coming here for the pirate’s booty.



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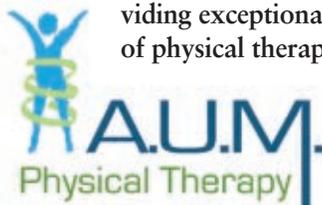
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## Recipes

One of many great things about June at The Mill is beautiful weather for outside activities. And when active, we have no fear about bringing out winter “comfort” foods – the carbs get used as quickly as they are consumed! We do switch to the healthy (and delicious) sweet potato, and also make the most of our wonderful fresh sage (whose pot is now outside). This dish is vegetarian, but has a rich and satisfying taste almost anyone will love. We hope you give it a try!

## Sweet Potato Gnocchi in a Creamy Almond-Sage Sauce

**1 pound sweet potatoes**  
**1 ¼ cups all-purpose flour, plus bench flour for working**  
**¼ cup chickpea flour**  
**1 teaspoon kosher salt**  
**¼ teaspoon freshly ground nutmeg**

Preheat oven to 400°F. Clean potatoes well, and cut in half lengthwise; leave skin-on. Place cut-side up on a baking sheet with room around them, and roast until soft and slightly colored; about 35 minutes. While potatoes cool to room temperature, bring a large pot of salted water to a steady boil. Puree potatoes until smooth in a food processor, then scrape onto a floured counter and mix in both flours, salt, and nutmeg by hand. The dough should be soft but not sticky. *If making for the first time, you may want to test that your gnocchi will hold together; there are a lot of variables. With experience, your hands will tell you when the dough is correct, but it can be a challenge on the first try. So, pull a quarter-size piece of dough, roll it lightly in the bench flour, and drop it in the boiling water. Wait for it to float to the surface, then cook 30 seconds more. Remove it to a colander, let cool a bit, and check it. It should be pillowy soft, but not fall apart. If it falls apart in the pot or colander, knead a bit more AP flour into the dough and test again. Use as little flour as possible,*

*as too much makes them tough.* With the dough correct, divide it into four, and roll each into a ¾" thick rope; use plenty of bench flour. Cut the ropes into ¾" lengths, then roll each segment down the tines of a fork to create a grooved shape. Place them, separated, on floured trays.

**1 ½ tablespoons olive oil**  
**½ cup diced onion**  
**3 tablespoons chopped fresh sage**  
**3 garlic cloves, minced**  
**½ cup white wine**  
**⅔ cup almond milk**  
**½ teaspoon kosher salt**  
**½ teaspoon ground white pepper**  
**½ cup slivered almonds**

In a large saucepan, saute the onion in the oil until golden, then add the sage and garlic and cook until soft. Add the wine and bring to a boil. Reduce heat to a simmer, add milk, seasonings, and almonds, then puree until very smooth using an immersion blender. *Or carefully transfer to jar blender.* Let simmer while cooking gnocchi. In the boiling water, cook gnocchi in batches (same way as testing). Remove them to a colander, drain briefly, then immediately into the saucepan; gently stirring to coat with each addition. Serve right away. A drizzle of olive oil, and very finely chopped fresh sage, can be used as garnish if desired.

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Baby Boomers.....	<a href="mailto:hmbloomers@gmail.com">hmbloomers@gmail.com</a>
Billiards Club.....	Joe Silio.....
Bingo.....	Hal Deal.....
Book Discussion Group.....	Carol Barkovsky.....
Bowling (Oct-Apr).....	Ed Isselmann.....
Bridge Groups:	
Golf Club Tuesday Bridge.....	J.B. Smink.....
Golf Club Friday Bridge.....	John Marks.....
HM Duplicate Bridge, Mondays at 12:30pm.....	Bray LeBrocq.....
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