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Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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West Chester, PA 19380
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HMCTV Guide and Digest

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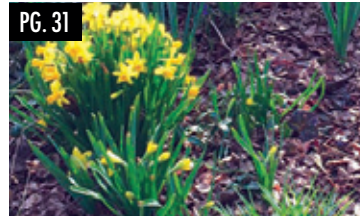
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All submissions welcomed; with rights retained by the owner. Send to editor@hmctvguide.com, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should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



Activities Contacts	69
Advertisers' Index	70
Basic Bridge	54
Bus Trips	24
Classifieds	39
Club News	15
Community News	13
for the Love of	56
From a HM Boomer	58
From the Main Gate	7
Garden Reflections	31
Getting to Know You	21
Health and Well Being	28
Hershey's Mill Golf Club	63
HMCTV Programming	34
Library	44
Local History	48
Medicare Plan Selection	46
Nature Group	51
Pet of the Month	36
Recipes	41
Residents Update	11
Sports Committee	60
Tech Tips	64
Technology Committee	66

Cover Photo - Robin
Rosemary Neary - Kennett
2nd Place HMNG Photo Contest Winner 2021



VOLUNTEERS NEEDED

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

Volunteers are needed to answer the office telephones and help residents that walk-in or call. We also need a recording secretary to take the minutes of our monthly Board meetings. Computer experience is not required but desired.

Volunteers are a valuable asset to all aspects of HMCTV.

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

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From the Main Gate

Marc Fraser | Director of Security

Unfortunately, there are times when you 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 for:

1. Your Name
2. Your Address
3. Your Township
4. Your Phone Number
5. A Cross-Street as listed below:
 - a. Mill Road for Springton, Newbury, and Eaton villages
 - b. Mill Road or Chandler Drive for Kennett and Franklin village.
 - c. Jefferson Way for Wood Shop, Pool/Recreation, and Garden Area.
 - d. Chandler Drive for all other villages, Community Center, and Sullivan
6. Type of Emergency (what is wrong?)
7. Age of the Person requiring emergency assistance

PLEASE NOTE THE FOLLOWING ADDRESSES FOR 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, they will ask you 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
5. Recollection of Events Leading Up to the Emergency
6. Hospital Preference (for transport)

NOTE: Emergency responders rely on the person's feedback to administer the proper treatment. From time to time, they may ask 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 that list(s) with any changes.

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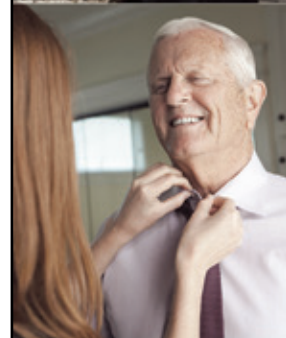
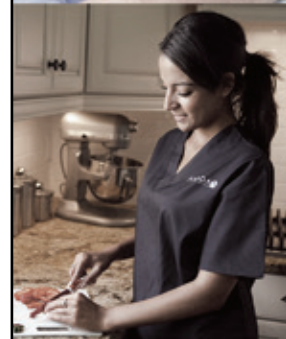
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Residents Update

Please pull this page out of the *Guide and Digest* to include it in your 2022 Resident Directory so you have the current information. When you have changed any of your information, please call Security for inclusion in the Update section.

Coyle, John
& Valerie

370 Devon Way

Graham, John
& Barbara

1012 Kennett Way

Hinkelman,
William & Linda

205 Chandler Drive

Hunter, Robert
& Mary

285 Devon Way

Marchegiano, John
& Drummond, Lisa

522 Franklin Way

Pascucci, Richard
& Patricia
(new phone #)

1372 Zephyr Hill

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Community News

IGC CONCIERGE JEWELERS

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

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

Find extra money in your unwanted items. Complimentary coffee and doughnuts will be served. If you have any questions, please contact IGC at (610) 876-6638, extension 20.

IGC Concierge Jewelers will be in the Community Center from 8:00 a.m. until 4:00 p.m. on the following dates through July of 2022: April 21, May 19, June 16, and July 21.

DEB DORSEY TEAM SHREDDING EVENT HELD SATURDAY, APRIL 23

This is your chance to declutter! On Saturday, April 23, from 9:00 a.m. until noon, the Deb Dorsey Team, affiliated with Berkshire Hathaway Home Services Fox & Roach, REALTORS®, will host its annual shredding event for all Hershey's Mill residents.

The team has represented several buyers and sellers in Hershey's Mill, and prides itself on caring for the community and residents. "This is an event we love to offer this great community of our clients and friends," says Deb Dorsey, team leader. Her father, Dave Dorsey, and husband, Mike Green, also work for the team.

With the exception of April 2020, when the event was canceled because of Covid, the team has hosted this free, rain-or-shine shredding event for the last four years. Residents can declutter and destroy excess paper, knowing personal information will not be compromised. Because the team remains careful and aware of

(continued)



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Covid-19 concerns, the shredding event will be “no-touch.”

“We encourage all residents to bring items to us by car or truck,” says Dorsey. “Our team will clear materials out for residents and maintain strict guidelines concerning both masking and social distancing.” Dorsey also notes that this April, there will likely be two trucks scheduled to arrive early enough to accommodate those residents who arrive ahead of time.

Dorsey also initiated a Hershey’s Mill group on Facebook, which has now been in place for a year. It’s a great opportunity to share with the community via social media, and privacy rules are strictly enforced. To join, go to <https://www.facebook.com/groups/hersheysmill>.

Don’t miss this chance to declutter while helping the environment. The Deb Dorsey Team looks forward to assisting you with this effort! If you have any questions about the event, please email Dave Dorsey at dorseyd@hersheymill.com or call him at 717.338.1111.



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INDEPENDENCE BLUE CROSS/TRISTATE SENIORS CASINO NIGHT!

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Friday, April 29, 2022 Hershey’s Mill Community Center 6:00 p.m. to 9:00 p.m. \$10 per person. Tickets on sale 9:00 a.m. to 1:00 p.m. on Friday, April 22, 2022 in the foyer of the Community center.

Limited tickets available at the door on Casino Night.

Light fare and refreshments provided.

For more information, contact Tina Garrity or email tgarrity@independencebluecross.org

HERSHEY’S MILL AUXILIARY BRANCH TO CHESTER COUNTY HOSPITAL

Nancy St Laurant | Yardley

A chance of a lifetime! Hundreds of dollars’ worth of gifts and gift certificates...all for a \$10 chance! The Hershey’s Mill Auxiliary to Chester County Hospital is again putting together an Easter Basket Extravaganza to help raise money toward the advancement of Breast Health in Chester County through Chester County Hospital. Last year’s two baskets were cram filled with certificates to well-known area restaurants, many bottles of wine, and high-end gifts. In total, almost \$4,700 was raised! This year we would love to top that, and here are ways you can help:

1. Donate bottles of wine and gift certificates to area stores and restaurants.
2. Take a chance or two or five when the chances become available.
3. Chances will be sold on-line starting March 28 and will continue through April 8. Winners will be chosen on April 8, and the baskets will be delivered to the winners. For more information, please contact Nancy St Laurent or Karen McKenna

HERSHEY’S MILL BOOK CLUB

Carol Barkovsky | Eaton

In April the book club will finally be meeting in person again at Sullivan House. Please call Carol at 717.338.1111 if you have any questions. We will meet on Thursday,

April 14, at 2:00 p.m. All residents are welcome.

Sue Schullery will lead us in a discussion of *The Four Winds* by Kristin Hannah. By 1934, millions were out of work and drought had devastated the Great Plains. Farmers fight to keep their lands and livelihoods as crops fail, water dries up, and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa’s marriage. Each day is a desperate battle against nature and a fight to keep her children alive. In this uncertain and perilous time, Elsa, like so many of her neighbors, must make an agonizing choice: fight for the land she loves, or leave it behind and go west to California in search of a better life. This novel stunningly brings to life the Great Depression and the people who lived through it with the harsh realities that divided us as a nation and with the enduring battles between the haves and the have-nots. It is a testament to hope, resilience, and the strength of the human spirit to survive adversity.

HERSHEY’S MILL MAC USERS GROUPS

Rene McNally | Devonshire

SATURDAY, APRIL 9, The PARENT MAC GROUP will meet on Zoom at 9:00 a.m. with a question-and-answer period from 9:00 a.m. to 10:15 a.m., and a presenter from 10:30 a.m. to noon. SATURDAY, April 23, THE NEWER USERS MAC GROUP will meet on Zoom from 10 a.m. to noon. Both meetings are excellent (and free) opportunities to learn about

(continued)

your computer, iPad, and iPhone. You can ask your questions and even share your screen, if necessary, to explain your problem to the experts. Membership in the group is welcome, but not necessary, to participate. If you wish to be included for meeting reminders and receive information about connecting on Zoom, contact Carol Campanelli at Rene McNally is the contact in Hershey's Mill.



Serpentine Barrens Stewardship Volunteers - photo by Wilbur Amand, Inverness

HERSHEY'S MILL NATURE GROUP NEWS

Christine McCormick | Ashton

Winter-hardy members participated in field days to remove invading plants from the serpentine barrens. We are now looking forward to the blooms of barrens-specific dwarf plants. The Native/Pollinator Plant subcommittee started the gardening season with a well-attended talk on planning your garden and is following up with a two-day gardening extravaganza, April 8 and 9. Jennifer Nichols of Green Weavers will talk about garden design on Friday evening at 7:00 p.m., and the HMNG representatives will welcome residents to the HM demonstration garden on Saturday morning to provide guidance and answer questions. The Photo Contest judges have been busy appreciating the 2021 entries showcasing nature in our community. We look forward

to sharing them on the HMNG website and in the Guide and Digest in the coming months. As your garden comes into bloom, take some pictures and submit them to hersheysmillnature@gmail.com for 2022. Links to the past Nature Group Zoom lectures and more are posted at hersheysmill.org/activities/hmng.

HERSHEY'S MILL PADDLE CLUB GROUP

Don Evons | Princeton

WOW! Had I written the script, it would not have been half as good as the Paddle season we experienced. We played six days a week including nights. A lot of this is because of the enthusiasm of the paddle committee for bringing in new people. Once they had experienced the sport and played, in sub-freezing temperatures, they were hooked. Most of the credit, however, goes to the Master Association, Ed McFalls and the sports committee for their support. Their demonstration of support was instrumental in generating enthusiasm. Listed below are just

(continued)

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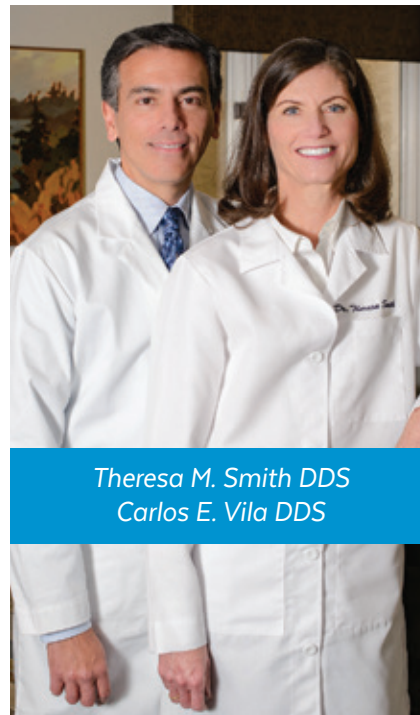


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some of the improvements that meant so much: new snowboards, installation of a TV and DVD player (both free), staining of the walkway, timely snow shoveling, clearing the underbrush from the perimeter light timers, and new walkway lights to name a few. Our next planned event will be a social event in the fall to kick off the 2022-23 season. It may even take the form of a winter-oriented sports EXPO so everyone will have the opportunity to learn about our winter sports. Stay tuned!

HERSHEY'S MILL PLAYERS

Bron Yocum | Kennett

As we move into April, work is well underway for the June 2022 production of *Murder at Hotel DeMill*. Although casting is complete and rehearsals have begun, there are many other opportunities for residents to get involved with the production. In the weeks before production, help will be needed by gathering props and by designing sets. All of the cast members need to be costumed, and while some of the costumes can be purchased or found in closets, some may also need to be sewn. Our marketing plan needs workers

who will be reaching out to local businesses seeking advertisers for the play program, and selling tickets. For the actual production, there are a number of needs from ushers to ticket sales, make up to stage crew. There is a place for everyone interested in participating, so don't be shy. Reach out to Barb Matheson, Assistant Director; Rod Hackman, Marketing Director; or Woody Woodhull, Play Producer.

And no production is complete without a great cast party on the Sunday after the production. Months of work by scores of people lead to a great celebration at the end! And the Hershey Mill Players know how to party! Once everyone has recuperated from the production schedule, we'll gather again in August to elect new leaders for the 2024 production. Then the two-year cycle begins again with script writing in the first year followed by casting and rehearsals the following year. Come and join us as we have a great time together, entertaining our friends and neighbors with singing, dancing, acting, and organizing. No experience needed - just a willingness to make new friends, help out, and have a good time.



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Getting to Know You

Pat Burns

Nora Liero | Merrifield



Pat and Trixie

Pat Burns is modest, down-to-earth, and a lover of all things nature. When chatting with her you quickly realize she is also a woman with a quick wit. She describes herself as a quiet person until she gets to know someone. She says, "Talk to me. I don't bite." This is a reference to her current career and passion as a dog groomer.

Her path to working with dogs took several turns, but now she says she can't imagine doing anything else. Pat grew up in Chester County with four sisters and a perpetual family dog. Her first job at age 14 was at her father's Burger King franchise in Exton. At Our Lady of Angels College, which is now Neumann University, Pat studied nursing and business management even though her dyslexia made reading difficult.

Pat managed her father's Burger King until it was sold. She then joined First National Bank of West Chester as a teller and retired 14 years later as the Loan Operations Supervisor. After a short stint working for a local optician, Pat began pondering what was her true love. She considered working in the veterinary field but realized her allergies to cats prohibited that. She hit on the idea of becoming a dog groomer. In 2001 Pat completed a 1,000-hour groomer training program

in Atlanta, GA, and has never looked back. She was immediately hired as Pet Smart's salon manager in Chester County.

In 2011 Pat decided to strike out on her own. Equipped with a portable grooming table and tools, Pat loves making house calls and meeting new furry friends. She has 701 pictures of dogs on her phone and knows 99% of them. When a dog passes away, she feels like she has lost a friend.

Pat moved to The Mill in 1999 with her parents, Joe and Peg Burns. Now, Pat and her mother share their home with Otis, a lovable lump of a dog she rescued from Philadelphia Animal Control. They often walk through the woods because Otis fears strangers. She likes the safety of living here, as

(continued)

Getting to Know You (continued)

well as the different aspects of nature that are around us. She finds that the people here are nice and believes herself lucky to have a job where she gets to meet many interesting folks. According to her, everybody has a story to tell.

Pat's other passion is scuba diving. She is certified in night diving and nitrox diving. If she could go anywhere tomorrow, it would be to the Caribbean. She finds the life that is under the water to be incredible. She has dived with sharks and stingrays and wasn't afraid. Her philosophy is that one must respect the fish. One of her favorite memories is being surrounded by a school of fish because it makes you feel like you are in the fishbowl.



Otis

On her list of favorite places are Beaufort, SC, and, of course, Chester County. She believes it is difficult to beat this place.



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Peddler's Village
Wednesday,
April 13, 2022
Cost: \$20 + Lunch
Departs: 9:00 a.m.
Contact: Grace Reed,

Founded in 1962, Peddler's Village attracts 1.6 million visitors every year to its 42 acres of landscaped grounds and winding brick walkways. Stroll these picturesque grounds in the heart of Bucks County, shop at more than 60 independently-owned-and-operated specialty shops and visit the "PEEPS in the Village" display too! Lunch is on your own at one of the many eateries.

Delaware Park
Monday, April 18, 2022, and
Monday, May 16, 2022
Cost: \$20 + Lunch
Departs: 10:15 a.m.
Contact: Mike Bianco,

Join us for an exciting day at Delaware Park and try your luck at slots and table games. \$30 free slots play is given to everyone on the bus. Lunch is on your own.

Mt. Cuba Center
Thursday, May 12, 2022
(rain date May 19)
Cost: \$40 + Lunch
Departs: 8:30 a.m.
Contact: Jayne Lytle,

Experience springtime at the Mt. Cuba Center in Hockessin, DE.



In 1935, Mr. and Mrs. Copeland purchased 126.7 acres of farmland near the Village of Mt. Cuba to develop their home and gardens. Today, the Mt. Cuba Center is a public garden with more than 1,000 acres of natural landscape, gardens, and scenic trails. Upon arriving, we will have a guided tour of the Copeland's estate gardens, the testing garden, and the woodland paths to the pond. Pack your lunch for we will be eating al fresco at the Upper Allee. Then we are free to explore all that Mt. Cuba offers until we leave for home at 2:30 p.m. Dress in layers and wear comfortable walking shoes. Should weather prohibit traveling on May 12, we have booked a rain date of May 19, so be sure to mark your calendar for both dates.

IMPORTANT: Checks for this trip must be received by April 21. For more information about Mt. Cuba, email Barbara Crispin at barbcrisp@yahoo.com or visit the website: www.mtcubacenter.org.

Ocean City, NJ – Spring Block Party
Saturday, May 14, 2022
Cost: \$30 + Lunch
Departs: 9:00 a.m.
Contact: Mary Ann McCarry,

Join us for a fun day at the Spring Block Party in downtown Ocean City, NJ, on Asbury Avenue from 5th Street to 14th Street. There will be sidewalk sales, 350 crafters, vendors, music in the air, and lots of fun, food, and sweet treats. You can take a walk on the boardwalk and enjoy the ocean view too! Lunch is on your own at one of the restaurants/vendors. We will leave Ocean City at 4:00 p.m. to return to Hershey's Mill.

SERIES TRIPS **Philadelphia Orchestra**

Friday Matinee
Cost: \$20 + Admission (per show)
Departs: 12:00 p.m.
Contact: Priscilla Burt,

Live from the Kimmel Center, The Philadelphia Orchestra presents a series of concerts for all music lovers to enjoy. The cost is for bus only. Riders should first call to ensure they have a seat reserved on the bus prior to purchasing their concert tickets. Tickets are purchased by calling 215-893-1999 or online at www.ticketphiladelphia.org. For more information on the Philadelphia Orchestra, visit www.philorch.org. Program summaries and dates for the series are as follows:

Friday, April 29, 2022:
Vivaldi: *The Four Seasons*,

Saint-Georges: *Violin Concerto No. 9*,
Kreisler: *Praeludium and Allegro*

Friday, May 13, 2022:
Prokofiev: *Second Violin Concerto*,
Tchaikovsky: *Symphony No. 6*

Friday, June 3, 2022:
Yannick conducts Bruckner
Symphony No. 7

2021-2022 **Walnut Street Theatre Series**

Thursday & Saturday Matinees
(WAIT LIST ONLY)

Cost: \$55 (per show)
Departs: 12:30 p.m.

Thursday Series Contact:
Jayne Lytle,

Saturday Series Contact:
Priscilla Burt,

We encourage you to sign up right away, as these series fill up very quickly! Cost reflects both per person admission and bus fee for all five shows in the series. The Walnut Street Theatre's 2021-2022 Season includes the following shows for both series:

Thursday 5/5/22 & Saturday 5/7/22 -
ON YOUR FEET! The Story of Emilio
& Gloria Estefan

Thursday 6/23/22 & Saturday
6/25/22 -
Noel Coward's *BLITHE SPIRIT*
(Rescheduled Date)

NOTES:

1. Prior to making payment, anyone who wishes to take part in a bus trip must first call the contact person to ensure that there is still room on the bus.

(continued)

Bus Trips (continued)

- All bus riders must be age 18 or older unless otherwise noted in the trip write-up.
- To follow current CDC guidelines at the time of this writing, passengers will need to wear masks while on the bus and throughout the performances. As CDC guidelines change, our rules for the bus are likely to change as well.
- Trip payment checks should be made payable to "HERSHEY'S MILL HOA," sealed in an envelope (noting trip name and date) and placed in the maroon "Customer Service" mailbox next to the Security Center in the exit lane at the Main Gate.
- Refunds are only granted if (1) the trip is canceled, or (2) the trip has a wait list from which another passenger can fill the vacated spot.
- The bus leaves promptly at the scheduled Leave Time. Please plan to arrive at the Recreation Area parking lot 10 minutes early for boarding.
- The Hershey's Mill Bus Committee is always looking for more volunteers to help share ideas and plan bus trips! If interested, call Marc Fraser at .
- Hershey's Mill residents may rent the bus for their own private trips or functions. For more information, contact Marc Fraser at .

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Don't Just Do Something: Stand There! (Part 2)

Bonalyn Mosteller | Inverness Village

Last month we looked at two strategies for mitigating against normal mental changes associated with forgetfulness. This month we will cover two additional strategies which also follow the idea of not frantically trying to remember things or find objects but instead involve 'standing there' and doing a kind of 'rehearsal.'

'Rehearsal' applies especially when you need to put an object in a place other than its usual location. For example, your hands are full as you return from a Boscov's run, so you dash into your bedroom to lay down the packages. You mindlessly put your keys down on the bed near the packages.

At this moment, try this technique of 'rehearsal.' First, STOP ('stand there'). Then look at the keys and visually take in the scene: What is the bedspread pattern on which the keys are lying? What objects are next to the keys? Then STOP in another way; close your eyes and 'rehearse' what you saw. Again, visualize the details of the scene including such things as colors, patterns, closeness of the keys to the middle or side of the bed, proximity of keys to the Boscov's bags. You

are mindfully cementing these details into your mind. Without this mindful rehearsal, what your eyes see may not translate into you consciously saving this information in your brain's database.

Another 'stand there' practice involves retracing your steps. Here, you think back to the last place you remember having your keys. Picture it. In our example, the last place might be unlocking the car after shopping (or even prior). Then, put into practice the skill of 'playing the scenario forward.' Your thoughts may go something like this: I remember taking the keys out of the ignition and with the same hand grabbing two bags on the front seat, then I went to the mailbox, I put the bags down on the ground to get the mail out of the box, I wonder if the keys accidentally dropped to the pavement? Bingo!!



I have been using the first tool for years, and it really works. The second tool is prized by a much younger friend of mine who, even at her tender age, needs the strategy. Most research finds that we will not form a new habit unless we practice it at least ten times. I wonder what the research on this subject would reveal if we studied people over eighty? It might say keep practicing!

If these strategies work, you might also stop and 'stand there' in another way—by offering gratitude to your brain for working well enough to form this new habit. This would mean that, in the grand scheme of mental functioning, you are doing okay! You might even decide to celebrate by returning to Boscov's for more loot.

Alcohol Awareness

Kate Lindsay | Brighton

As we live in this active community, we need to remember aging does have an impact on our body even though our mind's eye shows us as young and vibrant. As we age, our body is not able to digest food and alcohol as it had in the past. You may be accustomed to a cocktail before dinner each evening and continue this as you age. Suddenly, you start having problems with your balance. Instead of thinking about your alcohol intake, you may go to your Primary Care Provider to discuss medical conditions that affect your balance.

The dietary guidelines recommend people drink in moderation by having no more than one drink per day for women and no more than two drinks per day for men, but aging can change these recommendations. As we age, our organs do not function as well as they did when we were younger. When our organs do not filter the toxins from the body, the toxins stay in the body longer, and this includes alcohol. As you sit there with your



usual cocktail, think about how you are responding to that one drink. Are you feeling lightheaded, tired, or a little high? This can be a sign that aging is having an impact on your consumption of alcohol. For women, remember you are more sensitive to the effects of alcohol. So, you need to evaluate this response and adjust your lifestyle choice to make sure you are safe. Problems with your balance and falls are not safe for anyone, especially older adults.

(continued)

Aging can bring medical conditions that require medications. Mixing the medications that help manage your illness and alcohol can cause other issues. Some common issues that can develop:

- If you take aspirin and drink, you may develop stomach or intestinal bleeding.
- If you take cold and allergy medicines (the label will say “antihistamines”) and drink, you can feel very sleepy.

- Acetaminophen (Tylenol) when used in large doses combined with alcohol may cause liver damage.
- Medicines, such as cough syrups and laxatives, have high alcohol content. If you drink at the same time, your alcohol level can increase.
- Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

Remember to talk with your Primary Care Provider to understand and manage medicine and alcohol interactions.



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The Balance of Nature

John Groch | Chatham

“Plants are living beings with whom our proper relationship is kinship. Like with other relatives, we have reciprocal responsibilities and dialogue with them.” (Damian Costello, *Earthbeat* 2/5/2022)

This insight comes as no surprise to gardeners and farmers who respect the intricate balance that nature requires to flourish. Much of Western thinking, however, neglects this wisdom and focuses on human domination over the natural world. “Exploit to our benefit” has been the prevailing mantra since the Industrial Revolution. But despite warnings about looming ecological doom, like Rachel Carson’s *Silent Spring*, we are just now waking to the urgency of recovering a healthy bond with our environment.

In his review of Robin Wall Kimmerer’s *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants*, Damian Costello introduces us to a fascinating blend of scientific knowledge and indigenous myth.

“For those of us used to zero-sum competition between humans and the natural world, Kimmerer’s main point is surprising: authentic kinship...leads to the flourishing of both humans and other-than-humans, where ‘people and land are good medicine for each other.’”

Kimmerer, a member of the Potawatomi Nation, draws upon



Wildflowers by Mer Groch

her Native American wisdom by proposing an analogy between the interdependence of humans and the sweetgrass plant. Known as Hair of Mother Earth to Native Americans, Mary’s Grass to Europeans and “fragrant holy grass” to scientists (*hierochloë odorata*), this plant has held a special place of esteem. The Potawatomi People burn the grass in rituals to gain spiritual power as the plant’s fragrant smoke rises to the heavens. While humans gain this perceived benefit from the plant, sweetgrass, in turn, relies upon humans for its propagation by transplanting and sustainable harvesting. This exemplifies the common knowledge shared by gardeners that many plants, roses

(continued)

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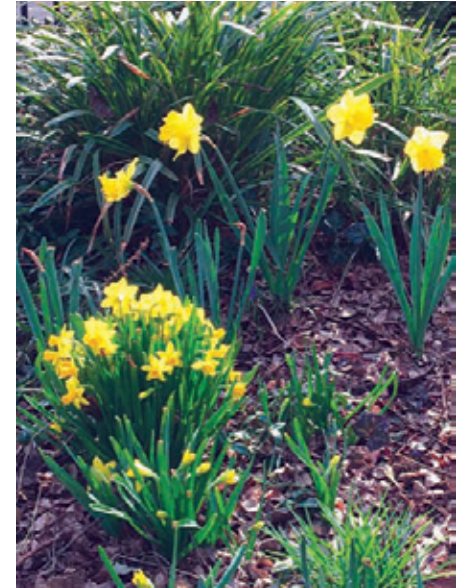


Garden Reflections (continued)

and grapes in particular, flourish with proper pruning. Here we find an example of healthy symbiosis at its best.

As we approach springtime, we breathe a sigh of relief that winter's bleakness and periods of bitter cold are destined to end and give way to the warmth of balmy breezes, the color of sprouting leaves of grass, and blossoming buds on trees and flowers. Just like the ritual of burning sweetgrass, we can find spiritual enrichment with every breath we take of spring air and every sight of a meadow of daffodils, bursting in yellow and white splendor. Science and myth should be given equal standing in our search for knowledge about our precious planet Earth and inspiration about the mysteries of life. There are things both seen and unseen, and both deserve our attention and respect. On your next

walk, have the courage to talk to a plant. You never know what it will say in return, but only if you truly listen.



Daffodils Enriching the Spirit by Mer Groch

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Programs	April 1 - April 15 (7 PM show April 15 will not be shown)			
<p>Pickleball <i>With Lynn Mander & Tom Fant</i></p> <p>It's the new fun game with the funny name. Find out how it got started, what it is, and how to get involved in it.</p>	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
<p>Smart Thermostats <i>With Edie Taylor & Don Thompson</i></p> <p>This is an interesting and fun discussion of the evolution of Smart Thermostats. The most recent technically advanced thermostats for in-home use are explained.</p> <p>Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.</p>	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Programs	April 16 - April 29 (7 PM show April 29 will not be shown)			
<p>The Mill at Anselma</p> <p>Enjoy the tour of this historic place in the heart of Chester County. Learn about the making of flour created in the same way as it was hundreds of years ago.</p>	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
<p>Second Reading II Bookstore <i>With Sandy Wollenberg</i></p> <p>Ann Marie Fletcher-Moore helps to run one of the best second-hand book stores in the area. She gives us insight into this little gem in West Chester that provides many categories of books and has great bargains.</p> <p>Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.</p>	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies — Noon & 8:30 p.m.	<p>April 1 to April 8 Battle of Britain (G) <i>Laurence Olivier, Michael Caine</i></p> <p>The out-numbered Royal Air Force dogfights the Germans to save Britain against all odds. <i>(Run time 2:12)</i></p>
	<p>April 8 to April 15 The Greatest Story Ever Told (G) <i>Max von Sydow, Charlton Heston</i></p> <p>The life of Jesus of Nazareth unfolds in an epic production. <i>(Run time 3:17)</i></p>

Movies — Noon & 8:30 p.m.	<p>April 15 to April 22 The Hindenburg (PG) <i>George C. Scott, Anne Bancroft</i></p> <p>A film that chronicles the events of the Hindenburg disaster in which a zeppelin burst into flames. <i>(Run time 2:05)</i></p>
	<p>April 22 to April 29 Foxcatcher (PG 13) <i>Steve Carell, Channing Tatum</i></p> <p>Based on true events, Foxcatcher tells the story of the unlikely and tragic relationship between an eccentric multi-millionaire and two champion wrestlers. <i>(Run time 2:15)</i></p>

Bulletin Board Times	24 hours/day channel 971 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
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IMPORTANT NOTE: The calendar will no longer appear in the monthly Guide & Digest due to the new calendar program that can be seen on the website on a daily basis. To schedule rooms or ask any questions, please call the Community Center office at 610-436-6019.

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

HMCTV reserves the right to make program substitutions, and dates/times are subject to change. Opinions of hosts, guests, or advertisers shall not be construed as an endorsement by HMCTV. ©2020 HMCTV

Running With the Big Dogs

Karen A. Smith | Princeton

The first time that Thatcher, my Jack Russell Terrier, and I walked around the lagoon, we both stopped and stared as two huge animals bounded out of Jefferson. Thatcher looked totally confused like “what are those things,” and I was captivated by their size. The pet parents, Kim and Michael Morton from Jefferson Village, have parented giant breed dogs for years.

Minnie is a seven-year-old, 105-pound, black/white/brown female St. Bernard and Galloway is a seven-year-old, 160-pound, black/white male Newfoundland. Together, they are the “kids” of the Morton family. Both dogs joined the household at eight weeks of age. Minnie was a rescue puppy, and Galloway was purchased from a breeder in St. Louis, Missouri.

One might assume that feeding such large dogs would be costly, but they eat about the same amount as a Golden Retriever because they have low metabolism rates and are not “high energy.” Other than being exercised two times a day, the dogs just hang out around the house and do a lot of napping, usually on their backs with their paws in the air.

Both dogs have dry mouths, which means that they do not drool.

However, they shed a great deal, so Kim always has the vacuum handy. Kim and Michael perform the dogs’ grooming, which can be challenging at times.

Minnie and Galloway are affectionate, gentle, and love people. Both have weekend jobs at the Jack Frost Ski Resort in the Poconos. They function

Minnie is a seven-year-old, 105-pound, black/white/brown female St. Bernard and Galloway is a seven-year-old, 160-pound, black/white male Newfoundland.

as greeters and comfort dogs and are the only dogs allowed on the slopes and in the lodge. Michael serves as their handler and is also on the Jack Frost staff. He walks around with the dogs, and they are magnets for attention. Children are particularly comforted by the presence of the dogs when their parents leave them in ski classes and go off skiing. When it is evident that a child is upset, Michael talks to the child and introduces one of the dogs. Almost immediately, the child calms and becomes engrossed in petting the

dog. But the dogs’ popularity isn’t limited to children. Adults also seek out the dogs and shower them with affection.

Minnie and Galloway love cold weather and particularly enjoy playing and rolling in the snow, which makes them perfect mountain dogs. Galloway also loves to swim. This is characteristic of the Newfoundland breed because they can be trained

to do water rescue. Newfoundlands have webbed feet and are strong swimmers. St. Bernard dogs have been used for centuries for snow rescue. So, Minnie and Galloway are not only pets, but they are also working dogs.

If you see these gentle giants, don’t be intimidated by their size. Just stop and say hello as they would love to get to know you!



Minnie and Galloway

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Recipes

If you have Recipes of your own you would like to share, especially for upcoming spring and summer holidays and events, please send them to editor@hmctvguide.com.

Dorothy Koschmann | Quaker

Ham Loaf With Sauce

Ingredients

Loaf:

- 3 lbs ground ham
- 2 eggs slightly beaten
- 2 tbsp grated onion
- 3/4 cup dry bread crumbs
- 1 cup half and half
- 1 tbsp Worcestershire Sauce

Mix all ingredients together and mold into 2 loaves. Dot with butter. Sprinkle with paprika. Bake at 350 degrees for 1 hour.

Sauce:

- 1 cup brown sugar
- 1 tsp mustard
- 1/3 cup vinegar
- 1 tbsp water

Mix together and bring to a boil, then simmer a few minutes. Baste ham loaves with sauce frequently.

Slaw With Horseradish Sauce

Place in a bowl one half package of Classic Coleslaw.

Ingredients

Dressing:

1/2 cup sugar

Mix 3 tbsp white or red wine vinegar with sugar

Add 1/4 cup half and half

Add 2 - 3 tbsp horseradish sauce.

Mix well. Pour over coleslaw. Top with slivered almonds and bacon bits.

Dried cranberries may also be added if desired.

(continued)

Minnesota Wild Rice

Ingredients

- 1 cup wild rice
- 1 tsp salt
- 4 cups cold water

Wash the rice thoroughly. Place in a covered sauce pan with the salt and water. The water should cover the rice. Bring to a boil and simmer without stirring, uncovered, until tender, 35 to 40 minutes. Drain. Rinse with cold water.

Ingredients

For 2 cups cooked rice, add:

- 1/8 tsp pepper
- 1/8 tsp thyme
- 1/8 tsp sage
- 2 tbsp butter

Heat in oven or microwave until hot. Serve in place of regular rice or potatoes. It is always a hit!

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- Improved Visual-Spatial Reasoning
- Improved Mood
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- Increased Attention to Detail

The library has numerous puzzles available on loan, so stop by and take one home. While you are there, help us complete a puzzle that is always in progress on our puzzle table.

We have had recent inquiries about the donation of used books. Currently, we are accepting used book donations, so if you have any you wish to donate, please bring them to the library during normal business hours. Please pack your donated books in boxes or bags. We cannot accept VHS tapes, damaged books, bibles, computer books more than three years old, or coffee table books.

We thank you for your generous donations of books and puzzles, the sales of which allow your library to get the supplies it needs to function and serve Hershey's Mill residents.

Joan Is Okay by Weike Wang is a New York Times Editors' Choice novel

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about an awkward and complicated woman, intensely devoted to her work as an attending physician in a New York City I.C.U. Joan prefers the company of machines over people. She is happily single, struggling to find her place in her family as a Chinese-American while reckoning with a devastating, world-changing pandemic. This is Weike Wang's second novel. She is a graduate of Harvard University where she earned an undergraduate degree in chemistry and her doctorate in public health. She received her MFA from Boston University.

NEW BOOKS

FICTION

- Assadi, Hannah Lillith - *The Stars Are Not Yet Bells*
- Chamberlain, Diane - *Last House on the Street*
- Chan, Jessamine - *School for Good Mothers*
- Evison, Jonathon - *Small World*
- Gonzales, Xochitl - *Olga Dies Dreaming*

- Guterson, David - *The Final Case*
- Hawley, Noah - *Anthem*
- Maher, Kerri - *The Paris Bookseller*
- Steele, Danielle - *Invisible*
- Taylor, Brad. - *End of Days*
- Umriger, Thirty - *Honor*
- Wang, Weike - *Joan Is Okay*

MYSTERY

- Wilson, Jeffrey - *W.E.B. Griffin Rogue Asset*
- Burke, Alafair - *Find Me*
- Cumming, Charles- *Box 88*
- Gardner, Lisa - *One Step Too Far*
- George, Elizabeth - *Something to Hide*
- Kentz, Jane Ann - *Lighting in a Mirror*
- Lippman, Laura - *Seasonal Work*
- Mitchard, Jacqueline - *The Good Son*

- Patterson, James - *The Horsewoman*
- Willingham, Stacey - *A Flicker in the Dark*
- Woods, Stuart - *Criminal Mischief*

NONFICTION

- Epstein, Mark - *The Zen of Therapy*
- Walter, Barbara F. - *How Civil Wars Start and How to Stop Them*
- Gellman, Irwin F. - *The Campaign of the Century*
- Jahner, Harald - *Aftermath*

BIOGRAPHY

- Attenberg, Jami - *I Came All This Way To Meet You*
- Schultz, Kathryn - *Lost and Found*

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and certified volunteers who provide objective, easy-to-understand information for Medicare beneficiaries and offer a complete and impartial view of a beneficiary's current options. PA MEDI counselors do not sell Medicare

products nor make any compensation.

PA MEDI counselors use the tool provided by Medicare in the site www.medicare.gov to do a Medicare plan comparison. Information entered includes medication, dosage, and frequency of use; preferred doctors; and preferred hospitals. The information is typically entered into the system with the input of the client so that the client can establish usernames and passwords. One of the advantages in using this tool is that the information can be used to review Medicare plans for future years by updating the information previously input.

Each year, insurance companies have an opportunity to amend their plans (including coverages and costs). Medicare users can review these changes during the Annual Open Enrollment Period from October

15 through December 7. PA MEDI counselors in Chester County (CC) are available then to support that review. In addition, CC PA MEDI counselors are available throughout the year for phone reviews each weekday. These can be scheduled by calling 610-344-5004 – option 2 or by contacting the CC PA MEDI Coordinator, Sarah Milam, at smilam@chesco.org. CC PA MEDI also offers the following group presentations:

- Medicare 101 – Reviews Medicare Parts A, B, C, and D; Medigap vs. Medicare Advantage; and Medicare Plan Finder
- Medicare 102 – Reviews current and new benefits;

fraud prevention tips; protecting Medicare information

- Medicare Updates – Reviews recent and proposed developments and preventive care

CC PA MEDI presentations are given at various CC locations. For a calendar and further information, please visit the CC PA MEDI website at <https://www.chesco.org/477/PA-Medicare-Education>. Local presentations may also be arranged by contacting Sarah Milam.

The PA MEDI website is: <https://www.aging.pa.gov/aging-services/medicare-counseling>

Jim Kane | Yardley

In the article “Some Medicare Enrollment Changes Can Still Be Made Through March 31, 2022” in the January 2022 edition of the *HM Guide and Digest*, Joe Murphy points out some of the challenges associated with the selection of a Medicare plan. Additional challenges throughout the year for an individual may include health changes, medication changes, residence changes, medical staff changes, and hospital changes (e. g., two hospitals in Chester County may close). The article ends with the admonition: ‘*Look before you leap.*’

The Pennsylvania Department of Aging has established a program entitled Medicare Education and Decision Insight (PA MEDI) to provide FREE, independent, confidential health insurance counseling. Counselors are trained

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Greystone

Jeff Smith | Princeton

When the United States was largely an agrarian society in the 19th century, most farmers owned a few cows that provided the family with milk, cream, and butter. The milk was consumed by the family and the excess was fed to the livestock. Cream was saved to make butter and consumed by the family or sold. To extract the cream from the milk, the farmer would have to wait until the cream floated to the top and could then be skimmed off. This was somewhat risky as the milk could turn sour quickly depending on the temperature. To overcome this problem and expedite the process, mechanical cream separators became very popular. Using centrifugal force, a bowl containing the milk would spin, forcing the milk to the outside of the bowl, leaving the cream in the center. The cream and milk would then flow out through separate spouts.

One of the early cream separators was manufactured in West Chester by Philip M. Sharples. Known as P.M., he was mechanically minded and enjoyed tinkering and came up with a better-designed cream separator that he called the Tubular Cream Separator. The Sharples Separator Works started in 1881 and employed close to 600 workers at its height. P.M.'s Tubular Cream Separator was sold to dairy farmers, feed stores, and hardware stores throughout the country as well as internationally. Eventually,

the company was manufacturing the cream separators in several U.S. cities, Canada, and Germany.

The Sharples cream separator became so popular that in 1905 P.M. was able to start construction on a grand baronial estate with formal gardens on over 700 acres in West Chester. Designed by architect Charles Barton Keen in an English Renaissance style, the estate was called Greystone, and after two years of construction, it was completed in 1907. The ceilings of the immense rooms were decorated with raised plaster designs or colorful frescoes. The doors and paneling were all custom-made, and the floors were either tile or parquet. The opulence of the house was rivaled by the grounds which were often compared to Longwood Gardens in grandeur, albeit on a smaller scale. Over 40,000 plants and 2,000 trees were planted to transform the property into a park-like setting that exceeded the parks in the borough of West Chester. The addition of several trout ponds and two large lakes became favorite spots for neighborhood kids to fish, swim, picnic, and ice skate. Rare sunken and Chinese gardens, colonnaded walkways, and arched stone bridges were scattered throughout the property. Unfortunately, after only four years in the house, P.M.'s wife passed away leaving P.M. and his four children to reside alone in the house. P.M. later remarried and fathered three more children. The family



Greystone Hall and Gardens circa 1920 From the Archives of the Chester County Historical Society

lived at Greystone until 1935 when the Depression forced his company into foreclosure. Greystone was pledged as collateral on loans, and much of the land was sold off in small parcels beginning in the late 1930s. P.M. eventually moved his family to Pasadena, California where he lived for nine years before passing away in 1944 at the age of 86.

The property is located off Phoenixville Pike between Green Hill Road and the 322 Bypass. All but 35 of the original 700 acres has recently been developed into a housing community, but the mansion called Greystone Hall still exists and is used for weddings and other social gatherings.



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Photosynthesis - Lee Dastur

Lee Dastur | Quaker

In the beginning, according to an ancient Egyptian myth, nothing existed except watery muck. Somehow a few grains of this watery slush coalesced into mud, and in that small bit of earth, a lotus sprouted. A long stem unfurled and a bright flower formed. From the center of that lotus flower, the sun god emerged to begin creation. This ancient story suggests that plants were at the very beginning of the earth's creation. Later, science confirmed this theory.

Merriam-Webster defines a plant as “a living organism...that typically grows in a permanent site, absorbing water and inorganic substances through its roots, synthesizing nutrients in its leaves by photosynthesis.”

Photosynthesis is the process by which plants draw up elements from the

earth, inhale carbon dioxide from the air, and use the sun's energy to convert these materials into sugar. These sugars serve as the basic foodstuff for nearly everything that lives on the planet. This remarkable process of photosynthesis allowed this original lotus plant to thrive.

Plants may have first developed in

the muck of ancient seas, but through the ages they have adapted to a wide range of conditions. In blistering deserts, they produce waxy leaves to retard evaporation. When the weather turns cold, they drop their leaves and go dormant.

Plants stabilize the soil by putting down roots. They clean up the air and produce oxygen. They offer shelter and food for insects and animals and birds. Through this process, plants perpetuate their own species. Their decomposing bodies build and enrich the soil.

Pennsylvania, at one time, was home to a wide variety of plants including tall, nut-bearing trees with fruiting bushes below and nectar-bearing flowers in the clearings. Butterflies and insects pollinated the plants; amphibians and birds kept the insects

(continued)



local ecology, but roughly 350 of those species have become endangered or are gone. How has their loss affected our ecosystem?

The roots of some of these native plants might have held the soil in place, controlling erosion and staving off floods. The flowers of others

might have fed our native bees whose numbers are now in drastic decline. Bumblebees, surprisingly, pollinate many common crops including tomatoes, potatoes, blueberries, strawberries, and melons. How will we manage without them?

Our remaining plants are still eating the sun and creating energy, but we've disrupted the complex ecosystem that supports them and this process. It is essential that we learn how to nurture our hard-working plants. We are a huge part of the system they depend on.

in check. Small burrowing mammals aerated the rich soil.

But when the first settlers arrived, they began cutting trees and digging into the earth to extract valuable coal. Within two hundred years, half the trees were gone. The wolves and black bears had vanished. With no predators around, the deer population surged, devouring tender flowers and shrubs. By the early 1900's, Joseph Rothrock, the state's first Commissioner of Forestry, described much of the state as "a desert."

Pennsylvania had once been home to more than 2,000 species of native plants, each playing a role in our



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Basic Bridge

Walt Woerheide | Springton Village

One of my favorite sayings in bridge is that one peek is worth two finesses. Peeking is unethical, and nearly all bridge players will ask an opponent who is holding his hand too low to raise it. However, sometimes defenders inadvertently give the declarer a sequence of leads that amounts to a peek in that defender's hand.

In this month's deal, West bids first and passes. By doing so, he has announced he has fewer than 13 points. North and East also pass. Declarer has a decent one no-trump opening bid. North responds with the Stayman bid of two clubs, asking for a four-card major. The Stayman bid also implies a minimum of eight points. South has four cards in each major and responds with two hearts. This is not the suit North has in mind, so he jumps to three no-trump which signals that he has at least 10 points but not enough points for a slam. If North's hand had contained only eight or nine points, he would have bid two no-trump as an invitation to game. South infers, correctly, that North must have four spades, or he would not have used the Stayman convention, and at least 10 points as he did not respond to the heart bid. As it is usually better to play in a major with a four-four trump fit

than in three no-trump, North ups the bid to four spades.

In this hand, West decides he wants to grab his quick tricks, so his first three leads are his two aces and his king. Note that based on the bidding process, his partner likely has at most four high card points. South has shown a minimum of 15 points and North has shown a minimum of 10 points. When this sum of 25 points is added to the 11 points that West holds, that totals a minimum of 36 high card points. That leaves, at most, four points for East.

Unbeknownst to West, South will need to take a finesse in the trump suit for the queen and it can be taken either way. West has essentially let South peek into his hand. With his first three leads, West has shown 11 high card points. If West had the queen of spades, he would have had a 13-point hand and would almost certainly have opened as the first bidder. So, South can confidently run the finesse for the queen through East and will make an overtrick.

West Dealer, North-South vulnerable.

		North		
		♠AT65		
		♥KQ		
		♦83		
		♣JT754		
West				East
♠ 32				♠Q98
♥T982				♥765
♦AK9				♦J7654
♣A632				♣98
		South		
		♠KJ74		
		♥AJ43		
		♦QT2		
		♣KQ		
Bidding:	West	North	East	South
	Pass	Pass	Pass	1NT
	Pass	2♣	Pass	2♥
	Pass	3NT	Pass	4♠
	Pass	Pass	Pass	
	Opening Lead: K♦			



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Darkness

Rosie Taylor | Princeton

“Mommy, leave the door open. I’m afraid of the dark.” “Dad, if it makes you feel better, it’s okay to leave the night light on.”

Remember these?

Whether as a kid you said them, or as a parent and grandparent you heard your kids and grandkids say them, fear of the dark is a common phobia experienced by people of all ages from toddlers to adults. Adults? According to clinical psychologist, John Mayer, Ph.D., author of *Family Fit: Find Your Balance in Life*, fear of the dark, is “very common” among adults. “It is estimated that 11% of the U.S. population is afraid of the dark.” Personally, I think spiders are scarier but that’s just me.

So, what is it about the dark that scares us so much? As it turns out, it’s not the darkness itself that’s frightening, it’s the fear of what the darkness is hiding. Is there a monster under the

bed? What’s that shadow in the corner? Is someone there? What’s that squeak? The dark leaves us vulnerable and exposed, unable to spot any threats that may be lurking nearby.

But darkness, for most of us, is temporary. The sun rises and chases the monsters away. Lights are turned on and shadows disappear. Even a great flashlight can make scary sounds go away.

But what if the darkness was permanent?

I received a call the other day from a very good friend who lives in California. Carolyn and I met at a business conference more years ago than I’d like to admit. We connected immediately. She was receiving an award for being one of the top international winners, having broken all sales records in Japan and South America, locations in which she had offices for her successful training and

consulting company. To say she is smart is an understatement and her intelligence is only the tip of her iceberg. She’s a gifted artist, an interior designer, a singer, a wife, mother, grandmother and mentor to many. She has always been one of the most independent, confident, and strongest women I’ve ever known.

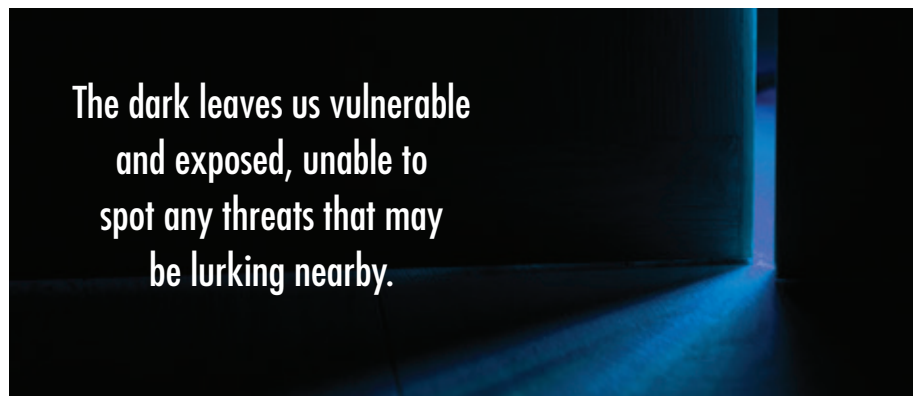
Now she’s blind.

When she called with the news that her failing eyes had gone dark, I could feel her fear, her anxiety, and yes, her desperation. I wanted to say, “You’ll be okay. You’re strong, you’ll work through this. This won’t defeat you”. While all of these statements are true, at that moment in time, they were just hollow and empty words...so I kept quiet and cried with my friend.

Darkness.

No one knows what her future holds, what direction she’ll take, or how her life will change. Those of us who love her know that she will, in time, get through this because that’s what she has done throughout her life when met with seemingly insurmountable challenges. She will come to accept the darkness that surrounds her and acknowledge that the ‘light’ within her still shines as bright as ever, and she will continue lighting the way for others as she has always done.

If I were a betting person, my money would be on Carolyn. Darkness doesn’t have a chance.



The dark leaves us vulnerable and exposed, unable to spot any threats that may be lurking nearby.

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April First

Scott Burkhart | Inverness

Ahh, April. We made it through another winter. We are officially in spring and are increasing our daylight hours. The temperature is creeping up, birds are showing up, and the flowers are pushing up through the soil.

Besides plants and animals there are other signs that spring has sprung:

- People are switching to iced drinks at Starbucks.
- People are suffering with watery eyes and sneezing because flowers can't keep their pollen in their plants. (I like that joke.)
- People are starting to wear shorts to show off their pasty white legs acquired during winter.
- Everybody starts thinking about cleaning out the house, also the Senate.

I shouldn't make fun of our politicians. They are working diligently this April. Examples:

- My sources tell me we will find a stimulus check in with our tax returns this year. Seems like the White House believes this will continue to stimulate the economy, or at least allow us to buy gas for our cars.
- State leaders have removed Covid restrictions such as mask wearing and showing proof of vaccinations, finally replacing Dr. Anthony Fauci's recommendations with those of renown scientists Novak Djokovic and Aaron Rodgers.



My sources also tell me there is much going on this April in our own Hershey's Mill.

- Most HOA Boards will not be charging a special assessment this year because snow removal costs were minimal.
- Also, village HOAs will cut their fees by twenty-five percent. An unknown donor has bequeathed a substantial sum of money to our community, and it is being divided among all the villages. In addition to the price cut, cleaning services to all residents will be included at no extra charge.
- The Cove at the pool area will be expanded to include a full-service snack bar.
- An 18-hole miniature golf course will be built where the bocce courts are now, once they are relocated.

- Another floor will be added to the Community Center to house a completely-equipped fitness center with a certified instructor to tailor workout routines for participants of all levels and ages.
- Speaking of instructors, rumor has it that renowned Olympic synchronized swimming champion Selma Kayak is moving into The Mill. It is also rumored that she is interested in coaching our own Mermaids with the intention of entering them into the Senior Summer Olympics.
- Finally, a fleet of paddleboats is being ordered to turn the lagoon into a boater's paradise.

I would be remiss if I did not acknowledge my sources for the amazing investigative work they did so I could write this story. It is even more amazing that they got it all done by April 1 so I could write this APRIL FOOLS JOKE STORY. (In case you didn't get the subtle hints in the title and the reference to a Selma Kayak.)

But seriously now, a Robin Williams quote: "Spring is nature's way of saying, let's party." I don't know about you, but I never question Mother Nature. Party on!

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BOWLING

Jeff Taylor | Princeton

The balls are cleaned, the shoes are shined, and the crying towels washed and stored away marking the end of the 2021-2022 bowling season.

The season ended with both halves in the record books recording the greatest number of bowlers we've had in years. Most importantly, all of our bowlers had fun, rekindled old friendships, made new friends, and helped make the 2021-2022 season the best yet. A special thanks to Palace Lanes for all they did to help make our season great. Check out the HMSG website for this year's winners.

In late summer/early fall, notices and sign-up sheets for the 2022-2023 season will begin. Sign-up early as a regular or substitute for the entire season or just the first half or the second half. Don't miss the opportunity to be a part of the best sports activity in Hershey's Mill.

Have a healthy, fun-filled summer and we'll see you in the fall.

*The Bowling Committee
Carol & Jim Burnham, Betsy Towell,
and Jeff & Rosie Taylor*

PICKLEBALL

Tom Fant | Yardley

As promised last month, the Pickleball buzz word for April is "UNCHARACTERISTIC!" Long

enough, right? Well, when one of our seasoned players misses an easy shot and experiences the dreaded "unforced error," like a netted return of a "dink," this represents an attempt to make light humor and levity by our gallery of Mill fun-lovers. As always, our Pickleball Nation prefers to smile.

Spring Forward! Pickleball moves the Open Play start time to 9:00 a.m. to 12:00 p.m. on April 1. We will also introduce a stretching drill preceding the start of play to warm up the muscles and tendons. We officially welcomed spring with a luncheon on March 19, and fun was had by all. Mark your calendar for Thursday, May 6, 5:00 p.m. to 7:00 p.m. (Cove): Seis de Mayo (continuation of Cinco de Mayo).



PickleBall on Valentine's Day? We have it with Jim Devine and sweetheart Catherine of Troon Village



Fun times on the shuffleboard courts!

SHUFFLEBOARD

Roseanne Havird | Devonshire

Shuffleboard is returning with teams playing on Wednesdays and Saturdays from 10:00 a.m. - 11:30 a.m. in April. Everyone is welcome to join the open play. Residents will be assigned to a group as they arrive at the courts. New participants will easily learn the game as they join the fun and socialize. For those who would like a formal teaching in the game, clinics will be provided in May for beginners. Contact Roseanne Havird, to register.

Villages who wish to form their own team can contact me to plan the recruitment process for their residents. Watch for an E-mail to kick off the fun. Hoping to see many new faces this year!

TENNIS

*Dave Clewell |
Robynwood*

Winter is over, so let's play tennis. On a nice day, reserve a court and come out and play. We will have two courts reserved starting May 1 for round robin tennis. An E-mail will be sent to remind people to come and play at 9:30 a.m. Monday thru Saturday. We will also try to put games together in the afternoon at 3:00 p.m. Our first scheduled event will be on Memorial Day, Monday May 30, where we will have an organized tennis event.

Enjoy the spring and contact me if you have any questions about the tennis program. See you on the courts.

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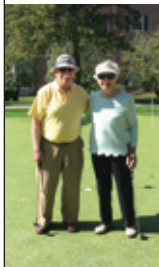
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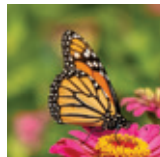
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There are so many great changes happening at Riddle Village and we would love for you to be a part of it!



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



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



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

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



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Hersheys Mill Golf Club

Maria Edwards | Ulster

Yippee!!!

Springtime is here, and with a change of seasons come thoughts of being outdoors. Here at Hershey's Mill, golf is one of the many activities that happen during this time of the year. Linda Wiley, along with some help from her husband, Frank, has painted a beautiful mural on the wall of the Ladies Lounge for the women golfers. This 'Birdie Tree' is as eye-catching as it is interactive. It allows the women to be acknowledged for their Birdies (one below par), Chip-ins, and even the coveted Eagle (2 under par) with their name placed on the tree of the designated hole.

Linda, a golfer with the 9 Holvers, was a Residential Interior Designer in the Philadelphia area for over 30 years. Her rooms have appeared in national

publications such as *Traditional Home* and *Better Homes and Gardens*. She has also designed rooms for the Vassar Showcase. Currently, Linda enjoys painting oils with a group of artists each week.

A gift certificate was presented to the Wiley's on behalf of Hershey's Mill Women's Golf Association for appreciation of their tireless effort in creating the Birdie Tree mural.

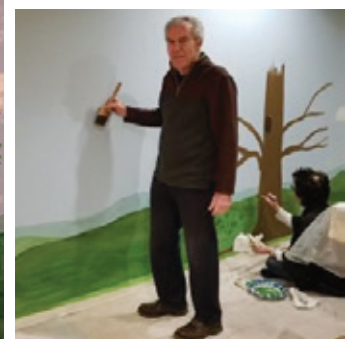
Take a peek in the women's lounge, it's worth a look!

Photo captions clockwise:

The finished Birdie Tree.

Linda Wiley with her Birdie Tree mural.

Frank & Linda Wiley hard at work.



Restarting Your Computer – the Right Way



Don Trauger | Kennett

When troubleshooting a computer problem, prior to Windows versions 11,10, and 8, you were told or already knew that turning off a computer was your best chance to restore your computer back to a usable condition. The purpose was to clear memory and get a fresh start. This method often worked to resolve minor problems. This method also works on

present versions of Windows but the method has changed in the way it is implemented.

Instead of shutting down your computer, a restart is advised in place of the older shutdown method. The reason is that Windows versions 11, 10, and 8 save the contents of memory in a shutdown mode. This helps the computer start up faster from a complete shutdown. However,

it fails to completely clear memory; therefore, it may not solve minor problems. The answer is to try a simple Restart.

There are two ways to accomplish a proper restart with Windows 11,10, and 8. First, save your data and close any open programs. Next, hold down the Windows key (it has four small white blocks) while you press the X key. Near the bottom of the pop-up window, move your mouse arrow to “Shut down or sign out: then click “Restart.” The computer will restart without shutting down and will hopefully resolve any computer issues. Another way to do a restart is to click the Start button (lower left corner) then click “Power” then

click “Restart.” I also recommend applying this technique after several days of computer use. Do a restart and allow the computer to stabilize at the Desktop screen for a minute or two, then shut it down when you are finished.

In the event your computer locks up, then the only alternative is to shut it down. Hold down the power button until the display goes blank, or the power light goes out. Wait about 15-20 seconds then press the power button again to power up the computer. Hopefully, your issue will be corrected.

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HMTC 3G Phase Out

Cell phones, alarm system communicators, medical devices and more may be affected by 3G cellular networks and service being phased out.

This information is summarized from the FCC 3G Phase Out Information.

Plan Ahead: Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. It is especially important to determine if your medical devices or home security systems supported by cellular communicators will be affected.

This most likely will affect older model:

- Cell Phones
- Medical Devices
- Tablets or iPads
- Smart Watches
- Vehicle SOS Services
- Home Security Services Communicators
- Devices that use cellular connectivity as a back-up when a wired internet connection goes down.

- Cellular Communicators that may be used for home security, alarm panels, etc.

Many older cell phones will not be able to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

Key Dates: When will the shutdowns occur?

- **AT&T** will finish shutting down its 3G network by February 23, 2022.
- **Verizon** will finish shutting down its 3G network by December 31, 2022.
- **T-Mobile** will finish shutting down:
 - Sprint's 3G CDMA network by March 31, 2022
 - Sprint's 4G LTE network by June 30, 2022
 - T-Mobile's 3G UMTS network by July 1, 2022

Other Carriers: Many carriers, such as Consumer Cellular, Cricket, Boost, Mint Mobile, Straight Talk, and several Lifeline mobile service

providers utilize AT&T's, Verizon's, and T-Mobile's networks.

What do I need to do?

Contact your device or mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone or other connected device may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

From your Cell Phone, dial 611 to inquire about your phone's status. Have your account password, make, and model of your cell phone ready when you make the call.

Why are 3G networks being phased out?

As mobile carriers seek to upgrade their networks to use the latest

technologies, they periodically shut down older services, such as 3G, to free up spectrum and infrastructure to support new services, such as 5G. Similar transitions have happened before. For example, some mobile carriers shut down their 2G networks when they upgraded their networks to support 4G services. Mobile carriers have the flexibility to choose the types of technologies and services they deploy, including when they decommission older services in favor of newer services to meet consumer demands.

For more detailed information, visit the FCC website page on 3G Phase Out by going to this website address: <https://www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-service>

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Social Club Party Bridge.....	Susan Hackstaff.....
Talking Bridge.....	Lisa Groff.....
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Caregivers Support Group	Karen Mulvey.....
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Cradle Stitchers.....	Donna Faunce.....
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Gardens (Community).....	Jim DiCarlo.....
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MerryMakers	hmmerrymakers@gmail.com
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Advertisers' Index

Amada Senior Care	9	Menninger & Associates.....	52
Angel Companions	50	Nurse Next Door.....	54
Angela Dora, LPC	14	Oliver Heating and Air Conditioning.....	45
Arbour Square	12	Oriental Pearl Restaurant	11
Aspen Hardwood Flooring.....	13	Plush Mills	20
Bankers Life	66	RE/MAX Main Line	38
Barclay Friends	17	Restorative Pain Care	47
BiltBest Window Repair	68	Richard J. Egan Painting Co.....	55
Blinds 4 U.....	68	Riddle Village.....	62
Body-Borneman Insurance.....	65	Rocky's Landscape	18
Boyle's Floor & Window Designs.....	57	Seniors Helping Seniors	53
Brandywine Valley Heating & Air Conditioning.....	42	Signature.....	6
Brewer Heating & Air Conditioning	61	Smile Solutions	27
Brooklands Audiology, Inc	33	SV Dental	17
Buckley, Brion, McGuire & Morris LLP	26	The Desmond	49
Daylesford Crossing	43	The Hickman	30
Deb Dorsey Team	3	The Watermark at Bellingham	23
Dunwoody.....	40	Toninos Pizza & Pasta Co.....	67
E.W. Brown, Inc	68	Ventresca Travel	20
Echo Lake.....	71	Wagner Real Estate	72
Eye Doctors of Chester County	22	Wellington at Hershey's Mill.....	32
Freedom Village	38	Wendig Plumbing.....	64
General Warren.....	57	White Horse Village.....	19
Gerhard's Appliances.....	2		
HM Homeowners Landscape Division	53		
Home Helpers	59		
JDV Electric	40		
J.E. Maranella.....	68		
Kevin Free.....	42		
Kitchen Tune-Up	10		
Main Line Health.....	8		

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