

JUNE 2022

GUIDE — AND — DIGEST



A PUBLICATION OF HMCTV AT HERSHEY'S MILL

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Hershey's Mill Community TV

A fully self-supported nonprofit organization.

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

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E-mail: editor@hmctvguide.com
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Editor Marie Knox
Assistant Editor Charlotte Potter
Editorial Staff Linda Browning, Martha Hanson,
Kate Lindsay, Dave O'Connell, Charlotte Potter,
Walt Woerheide
Featured Writers Scott Burkhart, Lee Dastur, John Groch,
Kate Lindsay, Christine McCormick, Rosie Taylor,
Don Trauger, Walt Woerheide
Advertising/Marketing Director Jack Keeley
Marketing Finance Linda Browning

All submissions welcomed; with rights retained by the owner. Send to editor@hmctvguide.com, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and 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.

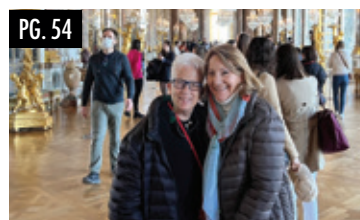
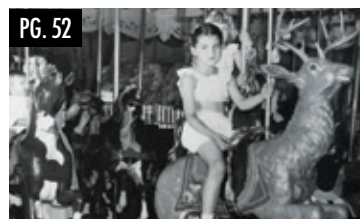
VOLUNTEERS NEEDED



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. Please contact Don Trauger at 610-436-5922

We are looking for additional volunteers to help with writing and interviewing. Contributors for Recipes, Local History, and Health and Well Being are especially needed. Please contact Marie Knox at 610-496-3078.



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On the cover: The infamous Hershey's Mill Dancers

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From the Main Gate

Marc Fraser | Director of Security

As the weather gets warmer, the Security Department begins to find an increasing number of instances of garage doors, front doors, car windows, trash doors, and basement windows that are unlocked and even sometimes left ajar, especially after dark when you are just running next door for a moment. While these actions may seem innocent enough, they invite potential burglars to take a closer look at choosing your home and your neighbor's property as targets.

Although the Security Department works year-round to deter any type of criminal or mischievous activity within Hershey's Mill, we are also aware that this type of activity usually increases



within the township during the summer months, and we need your help in assisting our prevention efforts.

Therefore, the Hershey's Mill Security Department would like to urge residents to always be sure to secure their homes and vehicles.

Thank you for your assistance!

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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.

| | | |
|---|---|--|
| Barcaro, Iris 751 Inverness Drive | Lange, John & Lori 477 Eaton Way | Zuber, Brad & Nancy 45 Ashton Way |
| Campanese, Betsy 401 Eaton Way | Ogg, Kathy & Joshua 1218 Princeton Lane | Kadletz, Kim & Diane (NEW PHONE #) 340 Devon Way |
| Ellis, Rosemary & Cellucci, Anthony 1466 Quaker Ridge | Shane, Jeremy & Abigail 498 Eaton Way | Marchegiano, John & Drummond, Lisa (NEW PHONE #) 522 Franklin Way |
| Green, William & Linda & Mangino, Beryl 88 Ashton Way | Smyth, David & Janet 954 Kennett Way | Schmidt, Harry & Theresa (NEW PHONE #) 848 Jefferson Way |
| Heller, Thomas & Carol 796 Jefferson Way | Taube, George & Janet 1741 Yardley Drive | |
| | Thomson, Jeanne & Obbard, Jeanne 115 Ashton Way | |

HMCTV ANNUAL SURVEY

It is time for the Annual Survey for the HMCTV. This year, the survey will be delivered in your e-mail. It will be sent to you between June 13 and 17 2022. During the test run, one e-mail was sent to the spam folder, so check this folder during the week. This survey will give us valuable feedback to better plan to meet the needs of the HM community.

Thank you for your help.

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SULLIVAN HOUSE SPRINGTIME OPEN HOUSE

Judy Molt | Yardley

After two years, a springtime tradition is returning to Hershey's Mill. Please join the Sullivan House Committee on Thursday, June 16 from 4:00 - 7:00 p.m. for the return of the Sullivan House Springtime Open House. What a wonderful way to welcome spring. While taking in the historic beauty, bucolic gardens, and grounds of Sullivan House you can sip champagne punch and enjoy light fare as well as visit with old friends or welcome new friends and neighbors. There will be a special feature this year - the Railroaders will be displaying and operating the updated train display on the third floor. As you enjoy the terraced patio take a stroll to view, sit, and reflect in the Memory Garden that honors past members of the Committee. All residents attending will be eligible to win a free rental of Sullivan House for one personal use. Sullivan House is especially beautiful in June so come and take in her beauty. The Sullivan House Committee is looking forward to welcoming you and sharing the splendor of Sullivan House, *Once Discovered, Never Forgotten.*

IGC CONCIERGE JEWELERS

IGC Concierge Jewelers will be in the Community Center from 8:00 a.m. until 4:00 p.m. providing a wide range of jewelry services. ICG will be there to purchase the following items: finished or broken gold, silver, or platinum jewelry items, gemstones, sterling silver flatware and sterling silver accessory pieces, fine

timepieces such as Omega and Rolex (just to name a few brands), as well as gold or silver coins and vintage paper currency. With their state-of-the-art service center and superior craftsmen, they can expertly repair your fine jewelry and fine timepieces. They also repair fine mantel clocks, wall clocks, or grandfather clocks. Some minor repairs and some watch battery replacement can be done while you wait. The experts from ICG will inspect your fine jewelry and fine timepieces free of charge.

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

IGC Concierge Jewelers will be in the Community Center from 8:00 a.m. - 4:00 p.m. on June 16, 2022.

PATRIOTIC CONCERT AT ADVENT LUTHERAN CHURCH

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Club News

HERSHEY'S MILL PLAYERS GROUP

*Barbara Trimble,
Players President | Ashton*

Rehearsals have begun for the 2022 production, *Murder At Hotel De Mill*. Until the production on June 23, 24, and 25, 2022, under the direction of Frank Ford and music direction of Kathleen McNally, our cast will be singing, dancing, and acting out the script at the Community Center every Monday and Wednesday night. It's exciting, hard work with lots of camaraderie. We continue to seek volunteers to assist with ticket sales, ushers, and other little tasks. There is always something to do for anyone interested. Please contact Assistant Director, Barb Matheson, or Lynn Mander, Ticket Sales. *Murder At Hotel De Mill* will be held June 23 and 24 at 7:00 p.m. and June 25 at 1:00 p.m. at East High School, 450 Ellis Lane, West Chester, PA. We hope to see you all there for a fun and entertaining evening. Below see photos from our play rehearsals. **FOR TICKETS, CONTACT LYNN MANDER,**



Cast members Pierre and the Lee sisters



Leslie and Miss Marple, Agatha and Christie



The infamous Hershey's Mill dancers



Director Frank Ford doing his thing

HERSHEY'S MILL BOOK CLUB

Carol Barkovsky | Eaton

Our first in-person meeting at Sullivan House was well attended! Everyone was delighted to be together at last! We will meet again on Thursday, June 9 at 2:00 p.m. All residents are

(continued)

welcome. You may have seen the movie *Nomadland*, but the book is always better! Please join us as Ellen Newman leads us in a discussion of this award-winning book by Jessica Bruder. From the beet fields of North Dakota to the campgrounds of California, to Amazon's CamperForce program in Texas, employers have discovered a new low-cost labor pool, made up largely of transient older adults. These invisible casualties of the Great Recession have taken to the road by the tens of thousands in RVs and modified vans forming a growing community of nomads. *Nomadland* tells the revelatory tale of the dark underbelly of the American economy - one which foreshadows the precarious future that may await many more of us. At the same time, it celebrates the exceptional resilience and creativity of these Americans who have given up ordinary rootedness to survive, but have not given up hope! Please contact Carol Barkovsky at: for more information.

HERSHEY'S MILL CAREGIVERS SUPPORT GROUP

Robert Hughes | Franklin

Do you know that every year about 25 percent of all adults 65 or older have a FALL. And for those adults, 3 million are treated in hospital Emergency Rooms. Also, studies have indicated that the risk of falls increases for individuals who take five or more medicines on a regular basis. See: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises>

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

HERSHEY'S MILL KNITTING CIRCLE GROUP

Ruth Schick | Chatham

Summer is just about here and we will, weather permitting, be meeting at the pool. Look for our group knitting or crocheting and chatting under the roof-covered area to your left after stopping at the check-in table. If the weather is inclement, we will be in the Paoli Room at the Community Center. The Hershey's Mill Knitting Circle is comprised of handicrafters who enjoy each other's company while working on our projects. We welcome knitters, crocheters and embroiderers, and meet on Thursdays from 1:00 - 3:00 p.m. For information about the Knitting Circle, contact Ruth Schick,

HERSHEY'S MILL NATURE GROUP

Christine McCormick | Ashton

Bird watchers and art lovers will be enjoying the bus trip to the Audubon Center at Mill Grove on June 15. Beverly Sheppard will provide background insight into the development of the museum itself. Sam Nestory of Stoneleigh

(continued)

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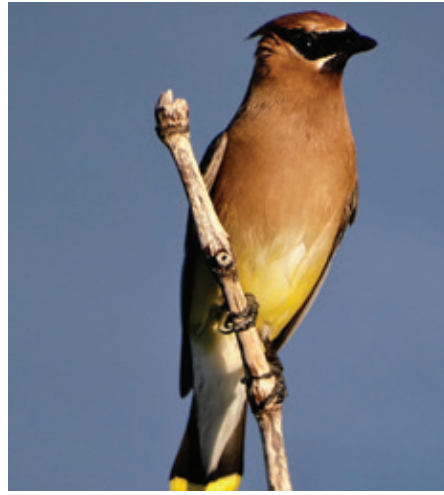
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American Goldfinch by Rosemary Neary, Kennett

will be telling us about Insects in Your Garden and Beyond on July 26. Be sure to sign up for the visit to Stoneleigh Garden on September 7, or take a walk around the Hershey's Mill Demonstration Native Plant/Pollinator Garden. Take some photos of your own garden and enter the HMNG Pollinator Garden Contest for 2022. Photos of the bees, butterflies, hummingbirds, and the flowers they visit should also be submitted to HersheysMillNature@gmail.com for the 2022 photo contest. Clean your bird feeders and remember to change the water in your birdbaths weekly. Watch for Jado Foot and her telescope at the birder bench on the lagoon and join her to appreciate our avian fauna close up. To learn of pop-up birdwatching and nature walk events, join the Hershey's Mill Nature Group. Links to the past Nature Group Zoom lectures and more are posted at hersheysmill.org/activities/hmng.



Cedar Waxwing by Rosemary Neary, Kennett

HERSHEY'S MILL NEWER MAC USERS' GROUP

Rene McNally | Devon

On Saturday, June 25, the Newer Mac Users' group will meet from 10:00 a.m. to noon on Zoom. Meetings are excellent opportunities to learn about 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

HERSHEY'S MILL PHOTOGRAPHY CLUB

Carol Poling | Oakmont

Our meetings are not held during the months of July and August, but that does not mean we will be idle during

(continued)

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Purple and White Iris
by Carol Poling, Oakmont

Monday of the month at 10:00 a.m. in the Paoli Room. Along with the monthly meetings, we display our photographs in the Wooldridge Hall of the Community Center. We plan to take the current exhibit of the photographs in the main hall during September's meeting, and hang new

photographs of all things summer. We hope all members and new members will join us. You can contact Carol Poling at _____ or Roger Fleming are _____

that time. The members of the Club will be taking photographs at the Mill of flowers and other interesting things during the summer months. These photographs will be shared with the members at the September meeting, which is scheduled for the second



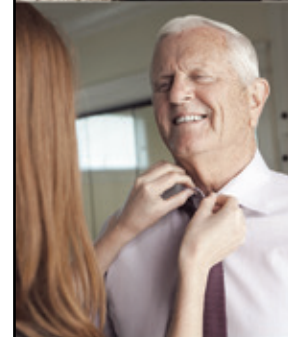
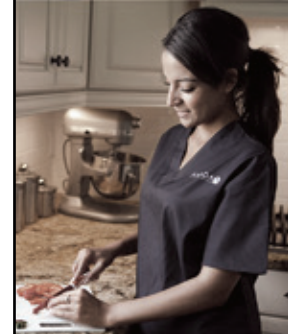
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Getting to Know You

Dave and Beth Kagan

Nora Liero | Merrifield

Meet two of The Mill's polymaths who are residents of Franklin Village, Dave and Beth Kagan. What is a polymath? Simply put, a person of extraordinarily broad and comprehensive knowledge, a Renaissance man or woman. A polymath's curiosity about the world leads to constant learning about a variety of subjects.

Beth and Dave met at Elizabethtown College. She majored in elementary education and music performance. He has a bachelor's degree in mathematics and a master's in English. He taught both subjects at the high school and college levels, including stints at LSU in Baton Rouge, Old Dominion University, and North Carolina State. Dave retired from teaching at age 56, and they returned to Beth's childhood home in Jersey Shore, PA. Beth experienced a Norman Rockwell style childhood on the banks of Pine Creek in an enclave named Torbert Village. She spent her days on the creek, picking apples in the orchard and canning and freezing summer fruits with her mother, grandmother, and aunts. She had much freedom and noted that there was only one rule. When her mother rang the old school bell on their porch, they had to go home!

Retirement for Dave meant delving into his love for local history where they were living and of his own hometown, Middletown, a borough near Harrisburg. Over the next ten years, Dave estimates he published five hundred articles in various magazines



Dave Kagan proudly wears his 'Godfather of Pine Creek Trail' shirt



Beth Kagan

and newspapers. He also authored three books in the *Images of America* series: *Pine Creek Villages*, *Sugar Valley Villages*, and *Middletown Borough*.

(continued)

Getting to Know You (continued)

Dave is an avid walker, bicyclist (ask him about his nickname ‘Godfather of the Pine Creek Trail’), ping pong, and pickleball player. He was a nationally-ranked table tennis player in younger days, and his team placed second at Nationals in the USTA League play in 1991. He reads voraciously. His favorites include fiction, physics, and math tomes, and he keeps a list of the books he has finished. (I saw the list, and let us just say he has a library in his head.)

Beth teases that she has read more books than her husband (there are over 2,000 completed titles on her Kindle!). Her favorite genres are Regency novels, mysteries, and steampunk. Dave says that Beth’s career as both a kindergarten and first grade teacher made her the real teacher. She is also an accomplished costume maker and the family’s Christmas Stocking Queen with over fifty made so far. A talented clarinetist, she has played with music groups wherever they lived. She recently spent two weeks at the New England Music Camp in Waterville, Maine.

Beth needed a little prodding to leave Pine Creek as their daughters Rachel and Sarah lived locally and happened



Beth Kagan’s Christmas stocking

to become pregnant at the same time. Their oldest, Rebecca, lives in Oregon. Beth plays Mah Jongg, swims at the local Y, serves on the HM Players costume committee, and wants to read 5,000 more books.

In June, they will celebrate one year in Hershey’s Mill and 50 years of marriage. The secret to their marriage? Beth says: “I cook, and Dave cleans.” Polymaths indeed!



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Yannick leads Bruckner
Symphony No. 7
Cost: \$20 + Admission
Departs: 12:00 p.m.
Contact: Priscilla Burt,

Live from the Kimmel Center, The Philadelphia Orchestra presents Yannick leads Bruckner *Symphony No. 7*, a performance for all music lovers to enjoy. Cost is for bus only. Riders should first call to ensure they have a seat reserved on the bus prior to purchasing their tickets. Tickets can be purchased by calling 215-893-1999 or online at www.ticketphiladelphia.org. For more information on the Philadelphia Orchestra, visit www.philorch.org.

Philadelphia Phillies
Friday, June 10, 2022
Cost: \$70 + Food
Departs: 4:30 p.m.
Contact: Marc Fraser,

Join us on Toyota Bryce Harper Bobble Figurine giveaway night for an evening of baseball at Citizen's Bank Park, as we watch our Philadelphia Phillies take on the Arizona Diamondbacks in a 7:05 p.m. game. Seats are in Sections 325/326, 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 this season to again sell out quickly! Children age 8+ are welcome.

Academy of Music
Shen Yun Performing Arts
Saturday, June 11, 2022
Cost: \$135
Departs: 12:00 p.m.
Contact: Terri Morse,

Experience China before Communism. Shen Yun takes you on an extraordinary journey through China's 5,000 years of divinely inspired culture. Exquisite beauty from the heavens, profound wisdom from dynasties past, timeless legends, and ethnic traditions all spring to life through classical Chinese dance, enchanting live orchestral music, authentic costumes, and patented interactive backdrops. Enter a world where philosophers and poets alike sought harmony with the Dao, or 'Way' of the universe. Where maidens danced with ethereal grace and generals fought with explosive athleticism. Where timeless tales of valor and virtue were born. Where heaven and earth intersected, and even magic was possible. Prepare for an experience that will take your breath away.

The John James Audubon Center @ Mill Grove
Wednesday, June 15, 2022
Cost: \$35
Departs: 12:15 p.m.
Contact: Priscilla Burt,

The Audubon Center at Mill Grove is situated on a historic 18th century site, the farm where 18-year-old Audubon lived when he first came to America from France. Here he developed a technique for drawing

(continued)

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Bus Trips (continued)

birds 'from life' and became one of the world's best known wildlife artists. The visit will include a guided tour of the original farmhouse and a self-guided tour of the museum to explore the artwork and legacy of the famed naturalist.

**Longwood Gardens:
Open Air Theatre
Symphony Under The Stars
Sunday, June 26, 2022
Cost: \$55
Departs: 5:30 p.m.
Contact: Priscilla Burt,**

Enjoy a beautiful summer evening of music presented by the Kennett Symphony. The program includes *The Last Ascending* by Vaughan Williams, Selections from *The Planets* by Gustav Holst, violin selections from Competition Winner Kristy Chen, and will close with John Williams legendary score from *Star Wars*. In the event of inclement weather, the concert will move indoors.

**Delaware Park
Monday, June 30, 2022
Monday, July 21, 2022
Cost: \$20 + Lunch
Departs: 10:15 a.m.
Contact: Marge Bach,**

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

**Lehigh Valley IronPigs & Fireworks
Friday, July 8, 2022
Cost: \$35 + Food
Departs: 5:00 p.m.
Contact: Marc Fraser,**

We will be traveling to Coca-Cola Park in Allentown to watch the Lehigh Valley IronPigs, the AAA minor league affiliate of the Philadelphia Phillies, take on the Rochester Red Wings for a 7:05 p.m. game. We have great field level seats, and we'll enjoy wonderful fireworks after the game! Food is on your own at one of the many ballpark concessions. Children age 8+ are welcome.

**Stone Harbor
Thursday, July 14, 2022
Cost: \$30 + 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 seashore chic clothing, jewelry, gifts, and home decor. There is a wide variety of restaurants for lunch and dinner. NOTE: Rain date is Thursday, July 28.

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.


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



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Sun and Fun at the Pool ...

... Is Back!

Kate Lindsay | Brighton

We must remember that we always need to protect ourselves from the sun. As the American Cancer Society reminds us, “there are no safe UV rays.” When you read the labels on the sunscreen products, you notice that there are two Ultraviolet Rays (UV) that can cause skin damage and skin cancer. These rays are known as UVA and UVB. The UVB rays are responsible for producing the sunburn. In addition to a sunburn, UVB rays contribute to the development of skin cancers. UVA rays are more prevalent, and they penetrate more deeply into the skin which causes premature skin aging and the dreaded wrinkles.

There are some things to remember about UV rays that can help improve the safety of your skin. You want to limit the time in the sun between

10:00 a.m. and 4:00 p.m. when the rays are strongest. Even though that was always the ideal time to lie by the pool or on the beach, cut down the time you are in the sun. You can decrease the time in the sun without leaving your friends by having a way to be in the shade, such as an

Sunscreens are our ‘go to’ when we want protection from the sun but we must remember that even an SPF of 100 will not block the UV rays completely.

umbrella or cabana. You can also wear protective clothing, but that is not what you want to do in the sweltering summer. While you may not put

on a shirt with long sleeves, always wear a hat. A wider brim on the hat will protect your face and neck by providing shade.

Sunscreens are our ‘go to’ when we want protection from the sun but we must remember that even an SPF of 100 will not block the UV rays completely. So, make sure you use a generous amount to fully cover your exposed areas and reapply every two hours even if you have not gone in the pool or ocean. When you have gone in the water, reapply as soon as you come out and after you dry off. The general recommendation is that you use an SPF of 30 or greater. Along with the SPF, you may see that

the label states that the sunscreen is a Broad-Spectrum Sunscreen which means it can decrease the amount of both UVB and UVA rays. Make sure you see that one of the ingredients is either avobenzone, zinc oxide, or titanium dioxide. Also, continue to apply liberally and frequently. Always read the expiration date before you buy.

The only activity that will totally protect our skin is not being in the sun. Since this is not a popular or practical recommendation, we have ways to protect ourselves as we enjoy the warm feeling of the sun on our skin.

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The Key Resources for Aging-In-Place

(Hopefully In Hershey's Mill)

Joe Murphy | Glenwood

There are two dominant, time-based phases for Aging-in-Place.

The *beginning phase*: Senior Resident is in good health, ambulatory, fully-independent, and enjoying the active-living amenities of the HM community.

The *late-stage phase*: Senior Resident has serious chronic health issues and has become increasingly dependent on help in some activities of daily living.

Let's start with the *beginning phase*. In this phase, the key resources for aging-in-place are:

1. Safe Housing. Residents of Hershey's Mill have safe housing.
2. Appropriate Medicare Insurance (taking advantage of Chester County's free Medicare Education Programs).
3. Closeness of five-star hospitals (Paoli Memorial and Chester County).
4. Abundance of Primary Care Physicians and Specialists.
5. Existence of Last Will & Testament, Living Will, Medical Power of Attorney, and Power of Attorney
6. Final Expense Plans.
7. Adequate Finances.



Now, let's look at the *late-stage phase*.

In this *late-stage phase*, resources A.) through G.) above are a given, while the Activities of Daily Living (ADL) and the incidental activities of daily living (such as transportation, shopping, housekeeping, meal preparation, laundry, etc.) will, in time, need to be resourced by the combined efforts of family, friends, or Home Care vendors.

Dealing with a hospitalization or required rehab associated with having a stroke or heart attack, or dealing with a major cognitive or physical loss of function poses a serious health crisis and is extremely stressful for all loved ones involved.

When such a *late-stage* health crisis presents itself, *pre-crisis* planning pays huge 'quality of life' dividends versus *in-crisis* or *post-crisis* planning. Planning ahead is always better than planning behind.

In this *late-stage* phase, the resident who has limited or no family support had, hopefully, *earlier* engaged the services of a certified 'Aging Life Care Manager' (aka Geriatric Care Manager).

Pulling from skills sets that include nursing, gerontology, social work, counseling, and healthcare administration, certified Aging Life Care Managers are well-equipped to help their clients navigate transitions of aging.

Through comprehensive client assessments that examine health and wellness, memory and mental health, social support networks, and financial resources, Aging Life Care Managers will design a long-term Care Plan to optimize the client's health status and quality of life.

Aging Life Care Managers' extensive knowledge about the costs, quality, and availability of the resources in the client's community area will lead to reliably-delivered care services.

This is truly a holistic and client-centered approach to helping a client, which will encompass many of the following activities:

- Coordinating a care plan and monitoring its effectiveness.

- Making dynamic adjustments to the care plan as necessary.
- Advocating for the client regarding medical care.
- Attending doctor appointments and facilitating communication between doctor, client, and family.
- Monitoring client's adherence to medical orders and instructions.
- Monitoring the client at home for potential risks of exploitation or abuse.
- Arranging opportunities for the client to engage in social, recreational, or cultural activities that enrich quality of life.
- If requested, review and oversee bill paying, bank balancing, and tax preparation, including the involvement of a Guardian.
- If requested, review and oversee Estate Planning documentation with subject matter professionals.

Fortunately, you can go to the website, www.aginglifecare.org and identify available Aging Life Care Managers for Chester County clients.



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Garden Reflections

The Stunning Power of Sunlight

John Groch | Chatham

Gardeners are well aware of the importance of sunlight for plants, some requiring it the entire day, others requiring less. The right balance is the key to success with all types of plants. Residents who walk the lagoon path may wonder why trees south of the community garden were severely trimmed in mid-April. The pruning was completed to increase late afternoon sunlight exposure to garden plots on the south side of the garden. The trees are expected to regain full foliage, but at a lower height that will allow the sun to bathe plants with its nourishing light later into the afternoon.

The importance of light in our lives is reflected in the many light-related



metaphors we use daily. We speak of our grandchildren's 'brilliance' in their studies or talents, and how they 'light up' our lives with their sense of wonder, joy, and humor during their visits. We speak of being 'enlightened' by eye-opening TV documentaries, instructive books, insightful magazine articles, and engaging conversations. We admire 'bright' people. Brides are 'radiant' on their wedding day.

Light has received prominent attention since the dawn of humankind. The first chapter of Genesis begins with the creation of light on the first day. In ancient Greece, the Isle of Rhodes considered Helios, the sun god, its chief god, as he rode his chariot across the sky to light up the day. Later Apollo, closely associated with Helios, was considered a major deity in Greco-Roman mythology as the god of life-sustaining crops.



Blue Blossoms by Mer Groch

(continued)

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Garden Reflections (continued)

Today, science confirms in technical terms the importance of the sun as a sustainer of life. The chemical transformation that takes place in the leaves of plants is one of the greatest miracles of nature. In the process of photosynthesis, sunlight interacts with the chlorophyll in leaves to break down carbon dioxide into carbohydrates and oxygen. Then combining water from their roots and the carbohydrates produced in photosynthesis, plants grow to provide a wide variety of nourishing foods. A vital secondary effect of photosynthesis is the removal of carbon from the atmosphere and the release of oxygen. Scientists refer to the Amazon rainforest as the lungs of the earth because it is the single largest continuous mass of trees on the planet.

Interestingly, the second chapter of Genesis uses the metaphor of a garden to set the scene for the emergence of human life on earth. Without the sustaining power of light and plant life, humans would have no chance of survival. We should all be inspired to return to the garden, plant a seed, and embrace the fragrant, fertile soil with loving hands warmed by the sun.



Peonies in Waterlogue by Mer Groch

Kevin Free

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| Programs | June 1 - June 15 (7:00 p.m. show June 15 will not be shown) | | | |
|----------|---|---------------|--------------|--------------|
| | <p>A Not Forgotten Odyssey <i>With Lynn Mander</i></p> <p>The story of Lidia Manieri's parents, who were captured by the Russians at the beginning of WWII, their service in the Polish army, and immigration to the USA.</p> <p>Ends 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.</p> | 10:00 a.m. | 4:00 p.m. | 7:00 p.m. |

| | |
|--|--|
| Movies — Noon & 8:30 p.m. | <p>June 1 to June 8</p> <p>The Longest Day (G) <i>John Wayne, Robert Ryan</i></p> <p>The epic depiction of the Allied invasion of Normandy on June 6, 1944. <i>(Run time 2:58)</i></p> |
| | <p>June 8 to June 15</p> <p>Defense of the Realm (PG) <i>Gabriel Byrne, Greta Scacchi</i></p> <p>A London reporter discovers that a member of Parliament is seeing a hooker with Russian spy connections. <i>(Run time 1:36)</i></p> |

| | |
|--|--|
| Movies — Noon & 8:30 p.m. | <p>June 15 to June 22</p> <p>The Mill's Got Talent The Hershey's Mill Players' 2016 show <i>(Run time 1:30)</i></p> |
| Movies — Noon & 8:30 p.m. | <p>June 22 to June 30</p> <p>The Mill's a' Cruisin' The Hershey's Mill Players' 2018 show <i>(Run time 1:30)</i></p> |

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

| Programs | June 16 - June 30 (7:00 p.m. show June 30 will not be shown) | | | |
|---|---|---------------|--------------|---------------|
| | <p>Local Renowned Artist <i>With Bruce Mowday</i></p> <p>Bruce talks to Adrian Martinez of Downingtown about his work. Adrian's latest work on Lafayette at Brandywine adorns resident Bruce Mowday's new book on Lafayette in Brandywine. He has done series of historical paintings on the Quakers and Native Americans and on local botanist Humphry Marshall. Adrian's works have also been featured at the White House.</p> | 10:00 a.m. | 4:00 p.m. | 7:00 p.m. |
| <p>Smart Bulbs <i>With Edie Taylor & Don Thompson</i></p> <p>We have come a long way since candles. There have been more changes in light bulbs in the last five years than in the previous 140 years. Smart bulbs offer convenience and energy savings and can make life easier.</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. | 12:45 a.m. |

| | |
|--|--|
| Movies — Noon & 8:30 p.m. | <p>June 15 to June 22</p> <p>The Mill's Got Talent The Hershey's Mill Players' 2016 show <i>(Run time 1:30)</i></p> |
| Movies — Noon & 8:30 p.m. | <p>June 22 to June 30</p> <p>The Mill's a' Cruisin' The Hershey's Mill Players' 2018 show <i>(Run time 1:30)</i></p> |

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.



blonde and black silk coat. Her body and legs are stocky like a Bichon, and her eyes are deep brown. She is constantly active, which includes running here and there in the house, barking at the birds, the phone, and people passing on the street. But she does take time out to chew on her treats (dried fish skins) which Barbara stores in the garage. Margot will tell Barbara when it is time to eat and feed her BFF Lilah (a cat) and when it

is time for a walk. When she goes for walks, she greets all the neighbors. Margot knows everyone by name and where they live. She loves everyone in her neighborhood, except for children and big dogs. She is so active Barbara takes her to Wagsworth Manor Pet Resort to play four times a week, just to work off some energy. Margot loves to go there and pulls against her leash to get inside. Her favorite activities are playing with the staff and swimming.

She is an active little pup. Her favorite toys are the oldest ones she owns - Piggly Wiggly and Ducky Wucky. She licks them and sleeps with them every night. She also likes to play with a bright red tennis ball, not to play fetch, though. After someone throws the ball, she will grab it and play with it herself holding it in her mouth and giving it a shake. Margot loves to listen to Sunday services on Zoom. She especially likes the classical music. Margot is a sweet little bundle of energy who loves everyone, especially her owner, Barbara.

Margot

Marie Dolton | Merrifield

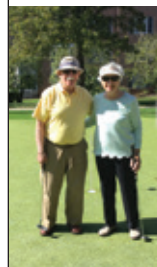
After I opened the door at Barbara Reeves-Cohen's home, a flash of happy golden blonde and black fur greeted me. Margot went past me in a blur, but she recovered quickly and within seconds was bouncing on her back legs at my knees, her adorable Yorkie face smiling and demanding attention. As we moved to the family room in the back, Margot was running between Barbara and me, anxious for us to sit down and talk about her. She jumped up on the sofa between us and rolled over for a belly rub. If I tried to stop the belly rub, she reached out with her paws asking for more. But after a few minutes of that she was up and on to another activity.

Margot is an adorable seven-year-old Bichon/Yorkie mix who has been with Barbara since she was a puppy. She has the face and ears of a Yorkie with a beautiful long golden



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

It has been an eventful time here at Riddle Village, and now that spring has arrived our residents are enjoying the newly enhanced courtyard, which features an expansive putting green and a new tranquil butterfly garden.



We recently celebrated the grand opening of our Thoroughbred Lounge. With this addition, our residents will now enjoy three restaurant options to dine in every night!



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

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



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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.

DESSERTS FOR A SUMMER PICNIC OR BARBEQUE



Marney Roia | Inverness

Fresh Berry Pie

Ingredients

Crust

- 1 Graham Cracker Crust, pre-made

Filling

- 1/2 cup sugar
- 3 tbsp cornstarch
- 3 tbsp white Karo Syrup
- 1 cup water
- 1/4 tsp salt
- 1+ quart fresh berries
- 3 tbsp Jello, same flavor as berries

Mix first five ingredients in large saucepan and bring to slow boil on stove. When starting to thicken, add Jello. Cook until mixture turns clear and thick. Cool slightly and add fruit. Put in graham cracker crust and refrigerate. Enjoy when cold!

(continued)

Quejadas (Portuguese Coconut Custard Cupcakes)

Ingredients

- 1 1/2 cups sugar
- 3 eggs
- 3/4 cup flour
- 2 cups milk
- 3 tbsp melted butter
- 1/2 tsp salt
- 1/2 - 3/4 cup coconut
- 1 tsp almond extract

Grease and flour 18 – 20 cupcake tins. I use Pam baking spray. Beat eggs and sugar together on slow mixer until sugar is dissolved in eggs. Slowly alternate adding milk and sugar and mixing well after each addition. Add butter, extract, and coconut.

Pour into cupcake tin, 1/4" from top. Sprinkle lightly with cinnamon. Bake in 325 oven for 45 minutes or until slightly brown. Remove from oven and cool 100% in muffin tin. They form their own crust. Remove from tin when cool and put in cupcake paper liners.

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Janice Saunders | Eaton

“That’s The Thing About Books. They Let You Travel Without Moving Your Feet.” - Jhumpa Lahiri

On Tuesday, April 19, 2022, the Library Board hosted a ‘box-lunch’ event at the Community Center to thank our volunteers for their service and support. We had 27 attendees at the first appreciation luncheon since the Covid-19 shutdown in 2020. The luncheon gave us a chance to visit with old acquaintances and meet others who are recent additions to our volunteer staff. We hope to make this, once again, an annual event. Our library would not function without our volunteers.

In April we added 53 new books, so please stop by and check out one of our recent additions.

Run Rose Run

by Dolly Parton and James Patterson

If you are a Dolly Parton fan, the latest collaborative effort between James Patterson and Parton might interest you. It is the story of a young up-and-coming singer/songwriter who moves to Nashville to escape an abusive past and make a name for herself in the music industry. Interspersed within the narrative are 12 new songs that help to tell the story of Annielee’s hard life; also, they are the basis for Parton’s 48th solo album release, also titled “Run, Rose, Run.”

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

HM Library contact:
Angela Linden
610-696-5374

www.hmlibrary.com

NEW BOOKS

FICTION

- Abu-Jaber, Diana - *Fencing with the King*
- Alpsten, Ellen - *The Tsarina’s Daughter*
- Benedict, Marie - *Her Hidden Genius*
- Bennett, S. J. - *All the Queen’s Men*
- Bulawayo, NoViolet - *Glory*
- Clark, Andrea Y. - *On a Night of a Thousand Stars*
- Clements, Oliver - *The Eyes of the Queen*
- Cole, Lee - *Groundskeeping*
- Fowler, Karen Joy - *Booth*
- Griffin, Anne - *Listening Still*
- Hendricks, Greer - *The Golden Couple*
- Johansen, Roy - *Killer View*
- Lester, Natasha - *The Paris Seamstress*
- Liardet, Frances - *Think of Me*
- Mallery, Susan - *The Summer Getaway*
- Meltzer, Brad - *The Lightning Rod*
- Myers, Adele - *The Tobacco Wives*
- Parton, Dolly - *Run, Rose, Run*
- Pataki, Alison - *The Magnificent Lives of Marjorie Post*
- Robuck, Erika - *Sisters of Night and Fog*
- Serle, Rebecca - *One Italian Summer*
- Smith, Jennifer - *The Unsinkable Greta James*



Pictures from recent library volunteer luncheon



- Steel, Danielle - *High Stakes*
- Walsh, Rosie - *The Love of My Life*

MYSTERY

- Margolin, Peter - *The Darkest Place*
- Bowen, Rhys - *Wild Irish Rose*
- Barr, Lisa - *Woman on Fire*
- Box, C. J. - *Shadows Reel*
- Coben, Harlan - *The Match*
- Ferencik, Erica - *Girl in Ice*
- Fluke, Joanne - *Caramel Pecan Roll Murder*
- Holmes, Colin - *Thunder Road*
- Jance, J. A. - *Nothing to Lose*
- Kanon, Joseph - *The Berlin Exchange*
- Swanson, Peter - *Nine Lives*
- St. James, Simone - *The Book of Cold Cases*

NONFICTION


- Virji, Ayaz - *Love Thy Neighbor*
- Thompson, Laura - *Heiresses*
- Bruni, Frank - *The Beauty of Dusk*
- McGrath, Alister - *A Theory of Everything (that matters)*
- O’Rourke, Meaghan - *Invisible Kingdom*
- Rappaport, Helen - *After the Romanovs*

BIOGRAPHY

- Frank, Jeffrey - *The Trials of Harry S. Truman*
- Yovanovitch, Marie - *Lessons from the Edge*

LARGE PRINT

- Grisham, John - *The Judge’s List*



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... Gratitude

Rosie Taylor | Princeton

I hadn't given them a thought for years... two women I had met through business in the late 1980's or maybe the early 1990's. I really don't remember which. But then again, it seems as if everything before yesterday is a jumble of events, people, and places.

The other day, in a mass e-mail blast from another business friend, I learned that one of these women had recently passed and the other was nearing the end of her earthly journey. I hadn't spoken with either of them in many years and, sad to say, hadn't even given them a second thought. You know how it is, over time, ties to business associates or neighbors from your old neighborhood are broken and life takes on different interests, friends, and activities. The memories of these two women came flooding back - business conferences, late night brainstorming sessions, training sessions, and a few too many parties.

We were entrepreneurs, business owners and, some would think, competitors, since we offered similar services to many clients, sometimes even the same clients. But this wasn't the case. We considered ourselves collaborators, not competitors. This is what made the 'cottage industry' of training and development unique in the business world and in the eyes of our clients. We discussed strategies, mentored and coached each other, and shared programs and materials. We truly wanted the other to be successful, and our clients got the best of the best for their particular situation.

In one of those reflective moments, you know the ones - when you look around at all you have - family, friends, health, body parts that haven't started to head south yet, and become overwhelmed by

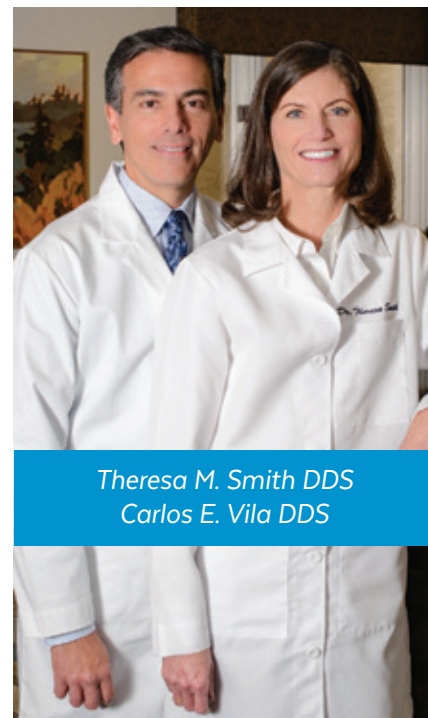
all of your blessings, I was overtaken by a rush of gratitude and had a strong drive to thank the 'handful' of women who influenced and inspired me personally and

In each letter, I told them how special they are, the impact they had on my life and the reasons I was so grateful and appreciative for them. I didn't expect a response. Was I wrong! Over the next few months, I received e-mails, letters, and phone calls from each and every one of these special women telling me just how much they appreciated the note and, in most cases, were surprised to receive it. They had no idea the impact they had on me. Many were so moved they decided to 'pay it forward' and send letters of gratitude to those who inspired them.

In each letter, I told them how special they are, the impact they had on my life and the reasons I was so grateful and appreciative for them. I didn't expect a response. Was I wrong!

Gratitude, whether expressed by words or actions, is powerful for both the giver and receiver.

in business. I took out my address book and, starting with 'A,' put a checkmark next to the names of the women to whom I wanted to write a letter of gratitude. The 'handful' turned out to be 20!



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Lenape Park

Jeff Smith | Princeton

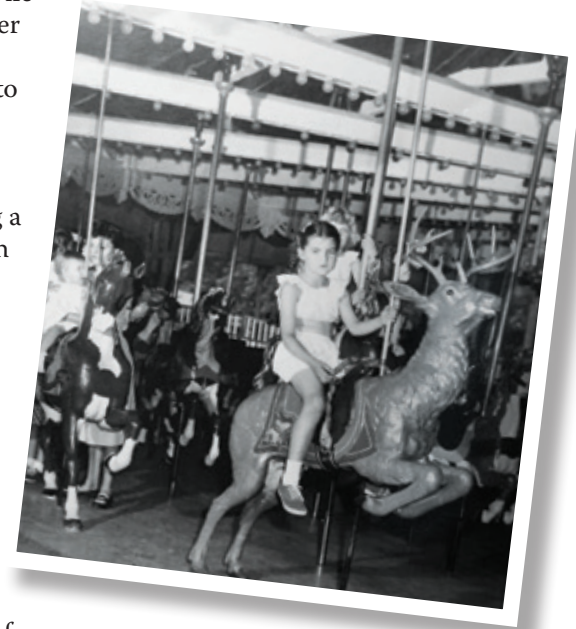
In the late 20th century, a common form of local transportation was the trolley. The West Chester Street Railway was chartered in August of 1890, and an order was placed for three single-truck electric railway cars in November of that year. After several months of constructing the tracks and overhead wires, West Chester's first trolley service was inaugurated in September of 1891. Two of the cars were intended to service the streets in West Chester. The third car went to Lenape as a means to connect West Chester with Wilmington via the Wilmington and Northern Branch of the Reading Railroad. This transfer connection with the railroad was important as it meant the trolley company could generate revenue by hauling freight as well as passengers. A single-truck boxcar was purchased and was frequently attached to the passenger cars. However, to increase revenue even further on the Lenape line, a picnic park was built on a triangular piece of land along the

Brandywine Creek. Initially, Lenape Park was used by numerous Fraternal organizations and churches as a favorite place for picnics, but as the park grew and more attractions were added, it morphed into much more. By the summer of 1892, West Chester residents could take a 4.2-mile fifteen-cent trolley ride to the park and enjoy picnic grounds, a cafe, a 200-foot-long, twelve-foot-wide boardwalk with 18 benches, a roller-skating rink, a boat wharf, a covered dance pavilion, a carousel, a shooting gallery, and a man-made lake complete with a sandy beach, thanks to several trainloads of sand brought in for that purpose. Canoeing was popular on the lake as was ice skating in the winter months. Eventually, the West Chester Railway Company purchased three open air cars for the Lenape line and would couple them together as a train to carry the overflow summer crowds to Lenape Park. The Reading Railroad operated the park until 1895 when it was sold to Norbert Hamilton.

In 1919, John Gibney bought the park

from Mr. Hamilton, whose wife was Mr. Gibney's sister. Under Gibney's management, the park's popularity continued to grow, and attendance often reached several thousand a day. More attractions were added in the 1920s including a 1,400-foot-long, 50-foot-high roller coaster, a swimming pool, and later, a miniature golf course and bumping cars. Of all the amusements though, the most popular was the carousel. Fifty-two animals including prancing horses, stalking tigers, and ferocious looking lions were hand-carved by a Philadelphia cabinet maker by the name of Gustav Dentzel. A Wurlitzer band organ provided the crashing cymbals and thumping drums. All these new attractions and concessions provided summer jobs for thousands of West Chester teenagers over the years as lifeguards, ride operators, cooks, etc.

After operating the park for 56 years, Mr. Gibney sold it in 1975 to Calvin Jacobs, the owner of Main



Line Home and Gardens, and the amusement park closed shortly thereafter. The carousel was dismantled and the 52 figures were sold to a collector of memorabilia, much to the dismay of the local citizens. The park operated for several years as a corporate picnic park, but is currently closed and the 22-acre park is for sale for \$725,000.

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On the Road Again...

with Brenda Hunsberger | Vassar

In early 2020, I received a surprising call from Viking Cruise Lines. As a senior executive at a large travel agency, it was not the call itself that was a surprise, but the message. Viking asked me to be Godmother of one of their brand-new Viking Longships, the Viking Hervor. The christening ceremony would be in March 2020, but Covid stepped in and the ceremony was indefinitely postponed.

The Godmother custom as we know it today is a modern concept. While blessing new ships for safe passage has been around for over a millennium, it is usually men or couples who preside over these ceremonies. It was not until the mid-19th century that the tradition changed to a Godmoth-

er who sealed the event with a bottle cracked across the ship's bow. Famous Godmothers include royalty such as Queen Elizabeth II and Princess Kate, the Duchess of Cambridge, entertainers Oprah Winfrey and Audrey Hepburn, and even Nobel Prize winners like Malala Yousafzai.

Although Covid was not 'over' by the spring of 2022, the world had opened for travel, and it was time to get the Viking Hervor named! This time the owners planned the ceremony for Paris, and my family would be able to join me.

So, off to Paris we went: my wife Patti, son Nicholas, and daughter-in-law Lauren. We had eight packed

days including sightseeing, the ceremony, and a three-night river cruise. We were a little worried about Covid affecting our travel, but when we landed in Paris, things were back to normal. We loved our tour of the city in a 1950's Citroen. We got to see the Mona Lisa and visited the top of the Eiffel Tower on the day that it increased in height by six meters! We had hot chocolate at the world-famous Angelina, and macarons from the great Laudree. We had so many fantastic meals I was worried my dress would not fit for the naming ceremony!

The day of the ceremony was overcast, but fortunately no rain. I felt like a movie star myself as I was glammed up by both a hair stylist and a makeup artist, and had my official photo taken to hang on the ship. Finally, the long-anticipated moment came. I said the famous words: "I name you

Viking Hervor. May your passengers and crew always be safe, and may you always have a hands width of water beneath your keel." Then I pressed the button, and the bottle of Aquavit hit the side of the boat, smashing into pieces! A fabulous dinner at an historic building next to the Opera in the center of Paris capped off the festivities.

The next day we started the three-night Viking cruise visiting Saint-Germaine-en-Laye, birthplace of King Louis the XIV and Giverny. Sadly, we were too early in the season to visit Monet's Garden, but we did have a chance to view his works in the museum in town. One highlight of the cruise was having a continental breakfast at Versailles and visiting the breathtaking Hall of Mirrors.

All too soon, our magical trip ended, but we had our wonderful memories, and an honor I will never forget!



Paris in Citroen



Eiffel Tower



Viking Christening



Onboard Viking Longship



Versailles Hall of Mirrors

Basic Bridge

Walt Woerheide | Springton Village

In duplicate bridge games one usually gets to see all the bids on a hand. It is frequently fascinating to see the variety of contracts at which people arrive. One of the reasons this occurs is the different bidding systems players use. In this month's hand, the bidding can go multiple ways. The first three bids are standard. South has thirteen points and a 3-3-3-4 distribution, and so would open one club. North has two choices. He can raise clubs or bid one diamond. I like the one diamond as it provides South with a little more information in deciding what to bid next. Many people also play that a one diamond response to a one club opening denies a four-card major. In this case, South would now bid one no-trump as North may only have four diamonds and South has nice no-trump distribution. His weakest suit is diamonds, which is North's suit.

At this point, North should note that South did not bid one heart or one spade, which implies he has at most three cards in each suit and that in turn means he has no less than seven cards in the minors. As South opened with one club, that would imply he has at least four clubs, and that between them they have at least a nine-card fit in clubs. It also means that in the major suits they have at most five cards in each. Although it is normally better to play in no-trump instead of a minor suit, the fit of the two hands

suggests no-trump would be risky and there would appear to be ruffing opportunities for North's hand. So North bids two clubs.

Had North let the one no-trump bid stand, West would lead the six of spades. East would play the ten, and South would suspect West holds the ace and queen. He would take the king, and then as soon as he tries to set up one of his minor suits, the opponents will take four spade tricks.

Depending on the partnership agreements, two other bids would be available to North. North could just jump directly to two clubs as he has a weak hand with only seven high card points and three distribution points. This bid denies any four-card major and reduces the chance of East entering the auction. The problem with the one diamond bid is that if West makes a takeout double, East-West will find their fit in spades which should make at least three. Some people play inverted minors. In this case, a raise to two clubs is a strong bid and a raise to three clubs is a weak bid. This system has the advantage of leaving bidding room to explore game if North's hand is strong, and it quickly shuts out the opposition from bidding if North's hand is weak.

West leads the eight of diamonds on the assumption that South must have stoppers in spades and hearts based on his one no-trump bid. North had bid diamonds, so West is opting to

lead through North's strength. When West later plays the six of diamonds, his partner will know he had a doubleton in diamonds based on his high-low sequence.

When played at two clubs, South makes two, losing one club, assuming he plays for the jack to drop, two diamonds, one spade, and a diamond ruff. With any other opening lead South should make three. At one no-trump South is down one, losing four spades, two diamonds and one club.

East Dealer, East-West vulnerable.

| | | |
|------------------|-----------------------|-------|
| | North | |
| | ♠2 | |
| | ♥J9 | |
| | ♦KT532 | |
| | ♣K9854 | |
| West | | East |
| ♠AQJ64 | | ♠T753 |
| ♥QT83 | | ♥6542 |
| ♦86 | | ♦AQ7 |
| ♣62 | | ♣AJ |
| | South | |
| | ♠K98 | |
| | ♥AK7 | |
| | ♦J94 | |
| | ♣QT73 | |
| Bidding: | South West North East | |
| | Pass 1♣ Pass 1♦ | |
| | Pass 1NT Pass 2♣ | |
| | Pass Pass Pass | |
| Opening Lead: 8♦ | | |

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Going Down

Scott Burkhart | Inverness

One of the rites of passage growing up is summer jobs. My last summer job was working at an iron mine in Morgantown.

On day one the summer help was issued hip boots and the mandatory helmet and head lamp. There would be times that this would be our only source of light as it is dark 3,079 feet underground. We then marched to an elevator large enough to carry an iron-ore-filled railroad car. A sign above the elevator said 124 days without an accident. That really reassured me! Going down took forever. Upon exiting the elevator, we marched through a tunnel with a railroad track. The foreman must have been an ex-drill sergeant. He was almost running to see if we college kids could keep up. Everything was cold, wet, and muddy. Perfect working conditions! Correction. There was no mud, only *muck*. Our job description was *mucker*. I could not wait to



impress my friends and tell them that I was a mucker and got to wear long underwear while they sweltered in the summer heat.

My first few weeks consisted of keeping the railroad tracks free of muck and pressing my body against the tunnel walls every time a train came through. I was then promoted to miner's helper. The miners worked in newly-dug tunnels, locating veins of iron ore and then blasting through the rock wall. My job was to work with a miner and either help him or get

help if something went wrong. I was advised to get earplugs and a metal lunchbox.

My first blasting experience was a scare-the-new-guy routine. The miner showed me the bag of dynamite we would use. He said to keep it away from flames as a cigarette dangled from his mouth. He then warned me to handle it with care as he threw it to me like a frisbee. What a sense of humor! We set the dynamite with the blasting cap needed to ignite it in a hole chiseled in the solid rock. We inserted our earplugs and got as far away as we could before the blasting cap engaged. The vibrations from the blast blew my lunchbox open and scattered my lunch throughout the tunnel and muck. The miner smiled

and said, "by the way, your lunchbox has holes to insert cotter pins, so the top won't blow off." Now he tells me!

At the end of my tour, I was put on the 11:00 p.m. to 7:00 a.m. graveyard shift. I crawled through a narrow tunnel to get to my new crew. Thank goodness for my headlamp. I knew I had found them when I saw their headlamps. When I asked what my job would be, they just laughed and said: "you can either catch up on some sleep or play crazy eights." They were not kidding!

That mine closed in 1977. The experts said it was because of foreign steel imports and Bethlehem Steel cutbacks, but I knew the real culprit... crazy eights.



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BOCCE

Nora Liero | Merrifield

Did you know that bocce was played in its current form as far back as 264 B.C. by Roman soldiers during the Punic Wars against Carthage? There were even more illustrious players during the Renaissance, including Leonardo Da Vinci and Galileo Galilei. The HM Bocce league continues this ancient tradition! League play began May 22 and continues through July 31 on the courts near the swimming pool. We are looking forward to many village nights, too, and socializing with our fellow players and neighbors. Even if you aren't in the league this year, you can still play. Schedule a specific day and time on Skedda, or take a chance that a court may be free. Have fun!

BOWLING

Rosie Taylor | Princeton

The 2021-2022 bowling season is in the history books. Again, a sincere thank you to all regular bowlers, substitutes,

and the Bowling Committee - Jim & Carol Burnham, Betsy Towell, and Jeff & Rosie Taylor - for helping make this a fantastic season!

Another round of applause to:



First Place Team **The Mulligans**
(left to right) Tony Capriotti, Lin Bailie, Irene Kane, & Joe Reed



Second Place Team **The Divots**
(left to right) Ronnie Manaker, Chris Schaffer, Dee Ferwon, & Caroline Lamberjack

PICKLEBALL

Tom Fant | Yardley

This is the time of year when the Pickleball Nation works together to keep the courts playable, dodging the pop-up showers and working together to squeegee, blow, and broom-dry the great courts professionally installed by Jim McGinn. After the past two months of spring rain showers, it is a terrific benefit to have courts that dry so quickly. Also, we are thankful for the influx of new players - a neat mix of new residents, some inexperienced and some skilled at other racquet sports. The daily availability of the courts, fine weather, and new players

make for a very fun and active group of HM residents. New player training sessions are scheduled from June 1 - August 31 on the first and third Saturday mornings and on the second and fourth Wednesday mornings at 8:00 - 9:00 a.m. on Courts 4 and 8.

The Pickleball buzz word for June is "Main Street," the area in the middle of the court that makes a great target for a hard, deep shot that may confuse your opponents, "Yours!"

Don't forget to stretch to warm up your body to stay flexible, extend your playing time, and avoid minor aches.

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Wasp Out!

Lee Dastur | Quaker

This is the time of the year when creeping, crawling, and buzzing things appear – wasps, bees, beetles, butterflies, ants, spiders, caterpillars, and mosquitoes. Insects make up about 80% of the animal species on the planet. We're outnumbered!

Why are all of these little critters here? They are essential to the workings of our ecosystem. They serve as pollinators, predators, efficient clean-up crews, and they're the basis of the food chain we all depend on.

Pollinators are the ones we've come to respect - the butterflies, bees, hummingbirds, and moths. Without them, of course, our food sources wouldn't thrive. But we're a little less fond of spiders and wasps, and many of us find our hard-working clean-up crews – flies, roaches, and some kinds of beetles – disgusting.

Spiders and wasps have the ability to bite or sting, and that scares us. But they don't pay much attention to us

unless they feel threatened. Mostly they're just cruising around doing their job –preying on other insects to feed their babies.

These predatory insects help keep other insects under control. In general, they're remarkably efficient. Unfortunately, many non-native insects such as lanternflies, Japanese beetles, and stinkbugs have wound up on our shores. Since our native predators do not recognize these invaders as food, the insects multiply unchecked, damaging gardens and crops. Imagine what our world would be like without our predators!

Blowflies and beetles head up our recycling crew. These insects dispose of dead and decaying things – animals, plants, and, famously, dung. It's their work that helps to renew depleted soil. How would we manage without them?

All of our insects have important purposes. Our unbeloved ticks once served as food for turkeys, grouse, and other ground-dwelling birds. Our disease-carrying mosquitoes



"Dead bug" drawing by Lee Dastur

still feed reptiles and fish. Household spiders lurk in corners to dispatch the silverfish and moths.

In general, though, we've been trained to be suspicious of 'bugs.' Indeed, we may be inclined to reach for the pesticide when we see one. But pesticides kill the good bugs

along with the bad, and they pollute our waterways in the process.

In small yards like ours, we can use 'targeted pest controls' - swatters for splattering slow-moving things, a pot of soapy water for drowning beetles. Citrus oil sprayed on the eaves will discourage carpenter bees. Cartons of ladybugs will eliminate aphids. This really works! I once had a tulip poplar tree that dripped sap on my car. One carton of ladybugs polished off the aphids that were nibbling the leaves, and then we got to watch the ladybugs lay eggs and reproduce!

Our fragile and complex ecosystem depends on the unheralded work that our busy insects do. It will benefit us all if we learn more about these little creatures and protect them.



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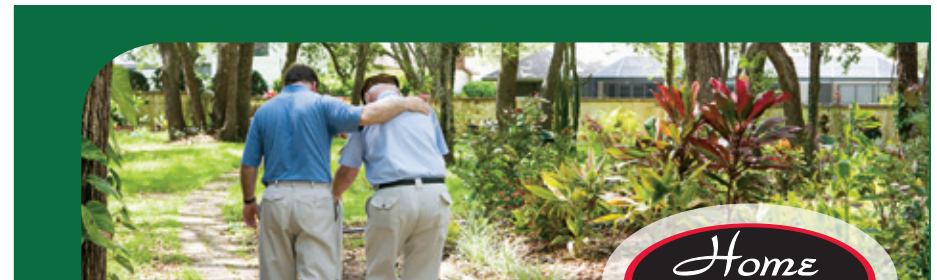
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PC Ad Blockers Update

Don Trauger | Kennett

I wrote about ad blockers in December 2020, and now is the time to revisit the subject to see which ones are best. You may have heard of the term but you may be unsure as to what they all do. Ad blockers are small apps that only work when they are added to your web browsers, such as Chrome or Edge. They are referred to as extensions or add-ons. Their main purpose is to block ads that can slow the loading speed of web pages. Of course, the benefit is that you see few or no ads on the web page you entered in your browser. However, there's more to an ad blocker than just blocking ads.

Having an ad blocker installed can also give you an unseen benefit. Ads can carry malware, so if you block ads, you gain added protection over and above what your anti-virus program offers. So, which one is best? Using my personal testing it's still **AdBlock Plus** by a small margin.

One thing I found out during my testing is that Microsoft's Edge has

better native security characteristics than either Google's Chrome or Firefox. When Edge is configured to 'Strict' mode, Edge made less work for the extensions tested. You can read my previous article about Edge here: <https://hersheysmill.org/?s=Edge>.

Although **AdBlock Plus** is my #1 recommendation, **AdBlocker Ultimate** also does a good job. In testing I have run up to five ad blockers and two other anti-tracking extensions at the same time, and there were no problems. The only thing I noticed was a very slight increase in page loading time of about one second.

To improve your security when using a browser, install **AdBlock Plus** and **AdBlocker Ultimate**. To increase your privacy also add **Disconnect**. It prevents web sites from planting trackers that can follow you from site to site adding more potential unwanted ads and who knows what else. One other extension that I like is **TrafficLight**. Every time you do a

Google search it places a green check next to each individual result. That means it's safe to click the result.

Installing an ad blocker is quite easy. For Chrome, open the program, click the three vertical dots in the upper right corner and navigate to 'More tools' then click 'Extensions'. On the upper left side click the three horizontal bars. At the bottom, click 'Open Chrome Web Store'. In the 'Search the store' field type 'adblock plus' (no quotes) and press the keyboard's Enter key. You should see the **AdBlock Plus** icon. Click it to add to Chrome and follow any screen prompts. For the Microsoft Edge browser, open Edge, then click the three horizontal dots in the upper right of the window, then click 'Extensions'. Click 'Manage extensions'. Scroll to the bottom and click 'Chrome Web Store'. Follow the above instructions for adding **AdBlock Plus** for Chrome to Edge. Add **AdBlocker Ultimate** using the same basic procedure. Notice that you can also add more extensions to Edge from the Chrome Web Store. That's because Edge was developed using the same platform as Chrome. Note: **Disconnect** and **TrafficLight** can be added to Edge using the Chrome Web Store. Just follow the previous procedure for adding **AdBlock Plus** for Chrome. After you click the selected icon, you will see a prompt to 'Add to Chrome' even though you are using Edge; follow the prompts.

After installation, check to make sure the extensions are configured for maximum protection. For all

extensions right click the newly-added icon at the top right of the browser's window and click 'Options' (Chrome) or 'Extension options' (Edge). For **AdBlock Plus**, choose to 'Block additional tracking,' 'Block cookie warnings,' 'Block push notifications,' and 'Block social media icons tracking.' Also, uncheck 'Show Acceptable Ads.' For **AdBlocker Ultimate** all options should be on, or green. **TrafficLight** options should be on, or blue. **Disconnect** has no configurable options.

That's it for ad blockers but there are thousands of extensions you can add to browsers to enhance their usefulness. Just don't add too many!

Three Tech Steps to do Before You Die

Summary of an article by Kim Komando (APRIL 23, 2022)

In today's digital age, we have to plan for what happens to all our online accounts, data, notes, photos, videos, websites, playlists, blogs, business documents, tax forms, and subscriptions once we're gone.

Take these step now, to set up "Legacy Contacts" to ensure your accounts are in the right hands after you pass away.

Your Apple account

Apple's Legacy Contact debuted with iOS 15.2 as a safe and secure option for data stored in your Apple account after you die. This includes photos,

messages, notes, files, apps, and device backups.

Movies, music, books, or subscriptions you purchased with your Apple ID and data stored in Keychain (payment information and passwords) can't be accessed by a Legacy Contact.

You can add more than one Legacy Contact, and all of them will be able to access the account to make decisions.

iPhone Setup:

Open Settings and tap your name.

Go to Password & Security > Legacy Contact. Follow the steps to add one or more Legacy Contacts.

Share your Access Key by selecting Print or Send Access Key.

Facebook:

Name a legacy contact who can write posts, update your profile photo, and get a copy of everything you did on Facebook after you pass.

On desktop: When you're signed into Facebook, go to Settings & Privacy > Settings and look for Memorialization Settings.

On mobile: Select the three-lined menu option in the bottom right. Scroll down to Settings & Privacy. Tap to open, then select Settings. From the Account menu at the top of the next screen, select Personal and Account Information > Account Ownership and Control. You'll see Memorialization Settings. Follow the steps to add

your Legacy Contact and make other decisions concerning your content.

Once a year, you will receive a reminder of who your legacy contact is or you can click "stop annual reminders" in the Annual Reminder section.

To have your account deleted after you pass away, on the Memorialization Settings page, scroll down. Right above the Close button, there is an option you can click that says, "Request that your account be deleted after you pass away."

Search history and location data – Google

Protect your privacy even after you're gone when it comes to Google. There may be a few things in your search, watch, and location history that you'd prefer to stay private. Anyone with

access to your account will only see what you want them to see by setting up auto-delete.

Google auto-deletes account records after 18 months by default. You can shorten that window by going to your Google Activity controls and log in with your Google account.

Under Web & App Activity, you'll see Auto-delete. Be sure this is turned On.

Click the arrow to choose your preferred timeframe: 3 months, 18 months, or 36 months.

Finally, create a digital checklist with all your accounts, passwords, and online assets.

Full article: <https://www.komando.com/kims-column/tech-steps-before-you-die/835592/>

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