



Heritage Hills Newsletter

FEBRUARY 2021



HAIKU FOR FEBRUARY

Verse and photo by Sue Shea

Winter is still here
Though snow and cold are with us
Valentines bring love

Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 12

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

Activities Office..... activities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

Security 276-2592

Bus..... 276-2877

Society Office 276-2908

Library..... 276-7655

Activities Office..... 276-2636

Fitness Center 669-5028

Hours of Operation

Activities Center

Office Hours 9 am to 5 pm

Activities Hours..... 9 to 11 am, noon to 4 pm, and 5 to 7 pm

Fitness Center & Gym Monday to Saturday 8 am to noon, and 1 to 4 pm
Monday, Wednesday, Friday additional 5 to 8 pm

Fine Arts Center Group instruction and free time are
scheduled by the Activities Office at 276-2908

Library Monday and Friday 1 to 4 pm

Bus Service - TEMPORARILY SUSPENDED

Operates on Weekdays Only (except holidays)

Goldens Bridge MetroNorth Station Trips

Morning to/from:

5:15, 5:45, 6:45, 7:35, and 8:35 – **Reservation Required**

Evening return only: 5:35, 6:35, and 8:35 – **No Reservation Required**

Midday Local Trips – Reservations Required

HH Pick-up: 8:45, 9:45, 10:45, 11:45, 12:45, 1:45, 2:45

Return Pick-up: 10, 11, 12, 1, 2, 3, 3:45

UTILITIES CONTACT INFORMATION

EMERGENCIES **9-1-1**

Comcast 866-478-7266

ConEd 800-752-6633

NYSEG 800-572-1131

Verizon 800-922-0204

Water/Sewer Your Condo Mgt. Co.

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES

Barbara Taberer, Director - 232-0807

Hot Lunch

Delivered to shut-ins, Monday thru Friday

Meals leave Van Tassell House for delivery starting at 11:30 am

Call 232-0807

Suggested contribution: **\$2**

Adult Transportation for Medical Appointments - SUSPENDED

Door-to-door, round trip, accessible/assisted

Tuesday thru Thursday, 10 am to 3 pm

Call for details – 232-0807. Suggested round-trip donation: **\$10.**

OTHER SENIOR SERVICES

RideConnect - 242-7433

Transportation services seven days a week. Call to register.

EPIC - 800-332-3742. NYS Senior Prescription Reduction

My Second Home - 241-0770

Geriatric Day Care Intergenerational Program

Westchester County Senior Programs and Services

Geri Crisco 813-6300

Referral agency for senior services including legal - 949-1305

Social Services: 995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 941-1654

Long- and short-term registered nurses.

Hospice - 666-4228 - Visiting Nurse Association State-certified program
providing home health care and emotional support for terminally ill patients
and their families

Project Time Out / Jewish Community Services - 761-0600 - Provides
in-home respite services matching families with trained sitters/companions.
Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 1-800-227-2345

Transportation for Disabled Residents - County Office of Transportation 813-7777

Para-Transit - 995-7272 provides modified vans with ramp for curb-to curb
service. Fare \$5 each way. Medical pre-authorization required. For eligibility call
995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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ENERGIZE-NY

By Flo Brodley

Tuesday, February 12, at 1 pm in the Game Room

Need to feel more comfortable in your own home? Wouldn't it be nice to pay a lower electricity bill? Here's a way to make your condo unit more energy efficient and lower your energy costs. Heritage Hills, in collaboration with EnergizeNY and the Town of Somers Energy & Environment Committee, is offering personalized assistance in applying for a FREE comprehensive assessment of your home.

Register by emailing Flo at flo613@comcast.net. Provide with your name, unit number, and telephone number.

Registration will close on February 9. Limit: 6 people

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VIRTUAL ART HISTORY FOR TRAVELERS—VIA ZOOM

Wednesdays, February 17 and 24 and March 3 and 10, from 1 to 4 pm

Club Shalom in conjunction with Westchester Community College is pleased to announce that we will be offering four lectures on the topic of art history. All classes will be presented via zoom on four consecutive Wednesday afternoons, indicated above.

This is a class for armchair travelers: those who want to relive the joys of a past trip or those planning one in the future. Over four sessions, we will explore, through detailed slide presentations, six different countries—France, Italy, Spain, Greece, The Netherlands, and the United Kingdom—and their essential contributions to art history. This will include museums such as the Louvre, the Prado, the Rijksmuseum, and many great architectural sites from the Coliseum to the great French Gothic cathedrals and ancient artifacts like Stonehenge and much more.

To attend, contact Alan Tepper at HHClubShalom@gmail.com or call him on the phone at 342-3279. If no one answers, please leave a voicemail message with your name, phone number, and email address.

* * *

SOCIETY BOARD MONTHLY MEETING

Wednesday, February 24, at 1:30 pm

The meeting will be broadcast live on Channel 12 and rebroadcast daily on that channel at 2 and 7 pm. Watch for blast emails regarding whether residents will be able to attend this meeting, depending on Covid-19 restrictions. Send email inquiries about matters of concern to society@hhsociety.org, and they will be addressed at the meeting. You must provide your name and unit number.

HERITAGE HILLS NEWSLETTER COMMITTEE

Administrator: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen
Writers/Editors/Photographers: Terry Clifford, Eric Felderman,
Cindy Kennedy, Shirley Kesselman, Karl Milde, Stan Herz Pearlman,
Elizabeth Royston, Keri Reitman Schnapper

CONTINUING EDUCATION

Submitted by Rosetta Benson

The following lectures will be presented via Zoom. Detailed information regarding how to join Zoom meetings will be emailed to all Heritage Hills residents in February and March.

THE SUPREME COURT: ORIGINS, EVOLUTION, CONTROVERSIES

Presented by Richard Clinchy

Tuesday, March 23, at 1:30 pm



Richard Clinchy, Somers Councilman and John Jay High School's Government and Law *teacher emeritus* will take us back to the summer of 1787 to remind us of the issues and disagreements that swirled around the Constitutional Convention, which in turn led to the evolution of a Supreme Court. He will discuss the controversies that were most

instrumental in creating the court's powers and procedures and answer what is meant by "original intent." Bringing us up to the present day, he will address certain questions: How do the views of today's liberals and conservatives differ? Is today's court more prone to partisan differences than those of the past? What may be the effect of the court's current liberal/conservative split on future decisions? Should the number of justices on the court be increased? Should lifetime appointment be ended?

Detailed information regarding how to join Zoom Meetings will be emailed to all Heritage Hills residents in February.

CHINA UPDATE

Presented by Marjorie Miller

Tuesday, April 20, at 1:30 pm



Marjorie Miller, Professor Emerita of Asian Studies, Purchase College, SUNY, feels that any update to China must begin with Tsai's victory in the last election and its significance. From there, her lecture will include analysis and commentary on the surprising and historic changes in China's relations with Hong Kong, the effect of Hong Kong's resistance to these changes on Taiwan, and the potential consequences—including military—of all of these developments for the future of Asia, for the United States, and for the world.

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SOCIETY NEWS

SUMMARY OF PORTIONS OF DECEMBER 16, 2020 BOARD OF DIRECTORS MEETING MINUTES

The full transcript of this meeting can be found on the Society website, www.hhsociety.org.

Dom Rubino, President, greeted everyone watching the Zoom meeting on Channel 12. Dom advised that Board member Richard Tortorella has resigned from the Board, and thanked Richard for his years of service. Frances Cicogna will become a Board member January 1, 2021.

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Bob Ettinger, Ed Goldfarb, Bill Harden, Ann Harper, Jack Mattes, Mark Packer, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz.

TREASURER'S REPORT—BILL HARDEN

• November Financials

Income	\$445,213
Expenses	(468,530)
Deficit	\$(23,217)
2020 Surplus to Date	\$295,001

The surplus will cover several large invoices coming due.

• East Hill Golf Course

We anticipate a possible bank closing date of December 22 for the property. We will be obtaining the loan from PCSB, borrowing \$995,000 for seven years at 3.5% interest rate.

ACTIVITIES REOPENING—GLORIA ANDERSON, CHAIR

The COVID numbers in Somers are still increasing, and the Activities Reopening Committee has agreed to hold steady with the current guidelines in place at the moment. Reservations will once again be needed for pickleball play.

COMCAST COMMITTEE—GLORIA ANDERSON, CHAIR

An edited draft of the Comcast franchise agreement was sent to the Town attorneys for review and this Committee will meet with the Town on December 17 to review the new franchise contract, which is expected to be similar to the existing contract. In addition, we have requested that Comcast replace the HH broadcast equipment used to televise on Channel 12, at an estimated cost of \$15,000. The equipment is at the end of its lifespan, and the cost of the equipment is charged back to the consumer in a small monthly fee.

GOLF COURSE DEVELOPMENT COMMITTEE—PAT PLOSS, CHAIR

The eight members of this committee are Patricia Ploss, Larry Daitch, Marti Lowenfeld, Mike McBride, Alan Tepper, Bob Ettinger, Bill Harden, and Bruce Prince. They will convene in early January. In anticipation of discussions about the design and use of the course, Committee members will receive topographical maps of the 62-acres and will also tour the property.

ACTIVITIES—ANN HARPER, CHAIR

No new clubs are being approved at this time. A Pickleball Committee is being formed and we will follow up regarding Officers and members. The Board will formally approve the committee once this information is received.

SECURITY - DAVE JACOBSEN, HEAD OF SECURITY

We are not allowed to disclose information about residents who have tested positive for Covid.

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

If we print your submission, your name will be indicated. We cannot guarantee that every submission will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably *Word*) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.

OUR EMAIL ADDRESS IS: HHillsNewsletter@gmail.com.

When Submitting Photos:



If you take a picture using your phone instead of a camera, please use the highest resolution.

Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and when the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

We cannot use anything taken from the internet without authorization from the source.



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Security Call Report

During the month of December our Security staff received and responded to a total of 326 calls regarding the following matters:

Medical	75
Security	170 (fire/carbon monoxide alarms, open garage doors, other security concerns)
Service	69 (including 42 lift assists, 16 persons locked out, and 11 welfare checks)
Maintenance	1 (water main break)
Car Accidents	3
Parking Violations	8 (in handicapped spaces, fire lanes, A roads, or B roads)

During 2020 our security staff responded to a total of 3,427 calls.

COMMUNITY AFFAIRS—JACK MATTES, CHAIR

• Activities Center/Somers Town Shelter

We have advised the Town that we are prepared to use the Activities Center as a warming center, not a sleep center, in the event of a snow storm. Notifications will go out to all residents of Somers as well as our residents because the AC is considered a “Somers Town Shelter” once it is activated. We will need volunteers (around 6) to work different shifts, for welcoming people and to staff a table for sanitizing and providing masks. The Town will provide a supply of masks, gloves, and sanitizing solution. You may come in and charge your device. Food preparation is not allowed. If you wish to volunteer, please email me at mattesjack@yahoo.com.

• Somers Community Council

At a meeting with Council, the major agenda item was a police reform discussion, as mandated by the State of New York. The overall input is that our police force does a wonderful job. They provide a great service to Heritage when there are emergency calls; they are extremely helpful and courteous to us. There has only been one use of force in the last 20 years by the Police Dept as a result of a shooting incident.

FITNESS CENTER—ANNETTE BENSEN, CHAIR

• Shoes

In order to protect the workout equipment from damage, no street shoes are allowed in the Fitness Center, only sneakers. There are two seats designated for changing from street shoes to sneakers under the outdoor heaters, and one seat in the vestibule area where one person is allowed in addition to the compliance attendant. Shoes will be stored in the cubbies next to the vestibule, one cubby per person. Jackets can be hung in the locker room.

• Sign-in Requirement

Residents are asked to sign in so we can contact them in the event someone tests positive for COVID.

WEBSITE STUDY UPDATE—ANNETTE BENSEN, CHAIR

We are currently on a live feed. We are in the process of updating equipment and the manner in which we broadcast. Andrew and David are being very proactive in this regard. We will update everyone on possible changes to the website at the next meeting.

TRANSPORTATION COMMITTEE—JOHN MILLIGAN FOR MARK PACKER, CHAIR

We suspended our shuttle bus operations for the time being and will continue to monitor COVID cases both in the Town of Somers and HH. We will not consider starting service again until COVID cases have leveled off in the Town of Somers.

NEWSLETTER COMMITTEE REPORT—SUSAN STATKOWSKI-RIVALSI, CHAIR

- There will be no COMING EVENTS section in the January issue of the Newsletter—a first, and evidence that our community is doing the right thing to stop the spread of the Coronavirus by not hosting any events that could contribute to its spread. We are hopeful that the numbers will change for the better soon, and we will once again be publishing information on the usual enjoyable activities our residents are accustomed to reading about, participating in, and then writing about.
- We thank the many residents who have submitted items throughout 2020, and we look forward to receiving more of the same in 2021.

PROPERTY MANAGEMENT—JOHN MILLIGAN

• Tennis Courts

We don't expect anyone will be playing outdoors, therefore tennis court nets have been removed from courts 1 through 5. We will leave nets up on courts 6 and 7, however, snow must be melted before playing can resume. These courts cannot be shoveled nor can any de-icing materials be placed without damaging the surface.

• COVID Costs/Savings

We are now nine months into a partial shutdown of HH. During this time, we've done our best to keep our buildings open for limited use, the Fitness Center was available, pools were opened, and shuttle buses were kept running when we felt it was safe to do so. We shut down beginning March 23, and in the nine months since then we



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saved about \$121,000. Some of the savings are related to opening the pools one month later than normal, which saved about \$40,000 in lifeguard costs. We opened three pools and had a gate attendant in addition to a lifeguard at each pool, resulting in the same number of personnel as we have in a normal season, except that we only needed one outside pool maintenance person as opposed to the normal crew. Since our shuttle buses had limited attendance and limited operation, we made do with two drivers for the rest of the year, as opposed to five drivers. We used less gas, going from 300 miles per day to 40 miles per day.

The reality is, we did incur a lot of expenses to be able to open up our facilities to the extent that we did. We spent almost \$102,000 in COVID-related improvements to the property to allow us to open. Part of that expense is related to our two door attendants in the Activities Center and the Fitness Center (six days a week), that cost us about \$10,000 per month for both individuals, and is an ongoing expense. From March through the end of November, the net difference between what has been spent due to the crisis and what we have saved by limiting some services is about \$19,000. Going forward, we will now spend \$10,000/month more than we save. By the end of December, that number will decrease to \$9,000. Despite the unusual nature of this year, we didn't have significant savings. If you would like more information about how we have been tracking these costs, or have other questions, email me at jmilligan@heritagemanage.com.

[A 2020 Costs/Savings Report will appear in the March issue of this newsletter.]

• Trash Containers on Somers National Golf Course Property

For residents who use Fred's Way, you'll notice next to the maintenance yard there is a collection of empty trash containers being stored. The property owners have arranged with a garbage carting company to allow storage of these containers on their property. The Board feels this is an unauthorized use of that property, due to zoning and the DRD. We have received complaints related to the traffic and noise caused by trucks entering and leaving the property all day long. We are currently working with the Town of Somers to address this issue.

• Summary

In 2020, we didn't have any unanticipated large expenses.

RESIDENT EMAIL INQUIRIES/RESPONSES

From Patty Galon, Unit 284B—Why is NYSEG allowed to shut off electricity for 3.5 hours during winter months? These Condos get cold very fast.

John Milligan—We have been working with NYSEG, who are in their third year of a multi-year, multi-million-dollar project, to replace infrastructure within HH. Ultimately this should result in much more reliable electrical power with fewer and shorter outages. They are replacing underground wiring, transformers and switching cabinets. When it's time to hook up this new equipment, notices are sent to all affected residents of the planned power outage, with specific dates

and times. NYSEG gives themselves a 3- to 4-hour window, but rarely does the outage exceed two hours. NYSEG is not doing work on the property this winter because they are aware that residents would then lose their heat in cold weather for a period of time.

From Gwen and Diane Covert, Unit 58A—There are cars speeding up and down the East Hill. It's getting dangerous to walk outside. Will there be speed bumps installed?

John Milligan—As we have said many times, speeding is a problem in HH. The speed limit is 30 mph throughout HH, and lower around turns. We purchased a speed machine and determined that we have a problem everywhere. We installed two speed humps, one by Condo 4 on HH Drive, and one by Condo 29 on the West Hill. Two additional speed humps are in the budget for 2021. A portion of East Hill Drive will likely receive a speed hump. There are restrictions on where we can place them: the area must be a straight and level stretch of pavement, and they cannot be placed near a turn. We are aware of the problem and we are doing our best to address it.

From Denise Alexanian, Unit 592A—Roadside garbage and dog droppings [are] being left behind by residents.

Bruce Prince—A and B roads are maintained by Maxner, but occasionally something drops off the carting truck during their runs. We do not have a sanitation crew for pick up around the property. Landscapers do pick up around their specific Condos. Please do not litter.

From Norman Friemark, Unit 610E—Why we are converting Tennis Court #3 to pickleball use; can [we] add a tennis court on the East Hill Golf Course and/or use the overflow parking lot?

Bruce Prince—I spoke with Mr. Friemark and explained in detail the studies and research that we've completed regarding Court 3; He understood although he did not agree. The conversion of Tennis Court #3 to four pickleball courts will cost about \$30,000. Building a tennis court on the golf course would cost in excess of \$100,000, and may not be approved by the Town, the DEC, or the DEP because it involves an impervious surface. The overflow parking lot is needed for parking since it is not feasible to expand the large parking lot because we border wetlands.

FUTURE MEETINGS—DOM RUBINO, PRESIDENT

The next Society Board meeting will be February 24, 2021 at 1:30 pm. There will not be a Board meeting in January although the Board will hold a Work Session. As always, all residents' calls and emails will be responded to as quickly as possible. Have a safe holiday season.

The following blast email was transmitted midday on December 28:

We have been advised that someone who was in the Activities and Fitness Centers last week has tested positive for COVID-19. Anyone who has been in these buildings from December 21 through December 24 may have been exposed to the virus and is strongly advised to isolate for the next week and get tested if possible. The Activities and Fitness Centers, including the Wood Shop and Art Rooms, will be closed immediately until further notice.

The following update blast email was transmitted midday on December 29:

Yesterday morning we were advised that an employee who was in the Activities and Fitness Centers from December 21 through December 23 tested positive for COVID-19, and our residents were advised via email with all the information we had at the time. We closed both buildings immediately, and our employees were sent home and asked to self-quarantine in case they were exposed. We are currently working on directly contacting individuals who signed in at either building last week. This is an evolving situation and we just learned that on December 21, 22 and 23 the infected employee was in the Fitness Center between the hours of 8:00 am and noon, and in the Activities Center between 8 am and 4:00 pm.

Our current plan, subject to change, is to re-open the Activities and Fitness Centers on Wednesday, January 6th, following a thorough cleaning on Tuesday, January 5th. We are monitoring the situation and will keep you apprised of any updates.

The Activities Center and reopened on January 6, and the Fitness Center reopened on January 7.

* * *

PICKLEBALL

Submitted by the Pickleball Committee

For Resident Pickleball players (no guests), there is an indoor pickleball court in the gym when the gym is open. Reservations are required for 50-minute games via the Indoor Pickleball Reservations page of the Society website, hhsociety.org, under Activities. No walk-ins.

Play Hours

Monday through Saturday: 8, 9, 10, and 11 am; and 1, 2, and 3 pm
Monday, Wednesday, and Friday: 5, 6, and 7 pm

Residents must bring their Heritage Hills identification card and wear face masks to sign in at the gym.

Interested in playing? Contact us by email and we'll gladly try to find four players for games. Indicate "PICKLEBALL" in the Subject space to ensure a timely response: Denise Elliott—Denisele2010@yahoo.com, Howard Pepper—Hullpep@gmail.com, MaryAnne Finella—Mafella2801@gmail.com.

We look forward to seeing you on the courts!

* * *

TRAVEL CLUB

By Elaine Soliman

To All Our Travelers!!

The vaccine is here and we're getting close to being able to reconnect with old friends and make new ones! So, it's time to dust off your walking shoes, dig out your calendars, and get ready to see new places and maybe revisit some old ones.

The Travel Club is making plans as soon as it is safe for day trips that will take us to different places! We look forward to seeing all your smiling faces. Hopefully, it won't be long now; we are almost there!

So, until we get on the road again stay safe and stay well.

2021-22 COMMUNITY TELEPHONE DIRECTORY

By Bill Harden

Early this spring, a new phone directory will be published. The form requesting resident information can be found on page 17 of this issue. Please fill it out and submit it to the Society Office by the end of February to ensure your information will be included in the directory.

* * *

NEW WATER AND SEWER SERVICES PROVIDER

By Susan Statkowski-Rivalsi

At the end of December, owners/renters received final bills from Heritage Hills Sewage Works Corporation ("Sewage") and Heritage Hills Water Works Corp. ("Water") dated December 28, 2020, with attached notices regarding the New York State Public Service Commission's approval of the sales of Sewage's system, on December 28, 2020, and Water's system, on December 17, to SUEZ, "a global environmental company which provides both water and sewer services to about 500,000 people in New York."

SUEZ's letters dated January 15 advised we will receive actual usage bills in March with information on payment options. The letters also advised both water and sewer bills will be based on actual usage.

* * *

WALKERS AND JOGGERS BEWARE!

By Susan Statkowski-Rivalsi

According to a study by the Massachusetts Institute of Technology, germs from a sneeze can move at 100 miles per hour and travel from 19 to 26 feet. Especially at this time of year, when winter winds/breezes are prevalent, the germs can travel even further.

So, although mask-wearing while outdoors is not required, *per se*, if you're *not* wearing one and are proximate—especially downwind—to someone else also mask-less who is Covid-19 positive and sneezes or coughs, the risk of you becoming infected is considerably greater than if you *do* wear a mask. At the very least, a best practice is *not* to have your mask pocketed; but, rather, to have it around your neck so it can be quickly moved to cover your nose and mouth as soon as another individual comes into view, even at a substantial distance. Mask-up *immediately*. It's both courteous and safest to do so.

And remember to always walk facing traffic, single file, and wear light, reflective material if walking while it's dark outside.

* * *

HLibrary

By Larry Daitch

OUR MONTHLY EMAILS

We are sending monthly emails to all HHLibrary readers who have provided us with their contact information. The email includes advance information on the following month's new books list so that readers can reserve books ahead of time, direct links to the Most Borrowed Books list from 2017 to 2020, all New Books from the present year, and the Book Search section of our web pages.

In order to receive the monthly email, you must provide us with your name, phone number, unit number, and email address. Call 276-7655 any time with your information. If you reach voicemail, leave the information there. You can email the same information to heritagehillslibrary@gmail.com.

RESERVING BOOKS

To reserve a book, call 276-7655 and provide your name, phone number, unit number, email address, and the author and title of the book you wish to reserve.

OUR INFORMATION ON CHANNEL 12

The HHL is now showing book information on Channel 12, including the New Books for the coming month and web page instructions.

FEBRUARY NEW ADDITIONS TO OUR COLLECTION

The following books are located on the shelves of our NEW BOOKS section.

Newly Published Books

Biography

Clark, Heather *Red Comet: The Short Life and Blazing Art of Sylvia Platt*

Fiction

Cosby, S.A. *Blacktop Wasteland* (The New York Times 2020 100 Notable Books list)

Gaige, Amity *Sea Wife* (The New York Times 2020 100 Notable Books list)

Haig, Matt *The Midnight Library* (Winner 2020 Goodreads Choice Award)

Smiley, Jane *Perestroika in Paris*

Walters, Jess. *The Cold Millions*

Mystery

Buelens, Stéphanie . . . *An Inconvenient Woman*

Leon, Donna *Trace Elements*

Nesbo, Jo *The Kingdom*

Non-Fiction

Kolker, Robert *Hidden Valley Road: Inside the Mind of an American Family* (The New York Times 2020 Top Ten Books list)



Newly Acquired Books

Fiction

Pamuk, Orhan *The Red-Haired Woman*

Steel, Danielle *Ransom*

Steel, Danielle *The House*

Weiner, Jennifer. *Fly Away Home*

Wood, Tracey Enerson . *The Engineer's Wife*

Mystery

Child, Lee *The Affair*

D'Ambrosio, Paul *Cold Rolled Dead*

MacRae, Molly *Plaid and Plagiarism: The Highland Bookshop Mystery Series: Book 1*

Patterson, James. *Roses Are Red*

Patterson, James. *Violets Are Blue*



Flower Jigsaw Puzzle, by Terry Clifford

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WOMEN'S CLUB

HAPPY 101ST BIRTHDAY, TERRI GILLIGAN!

By Phyllis Bradbury

We are happy to spotlight a special Women's Club alumni, Grace (Terri) Gilligan whose 101st birthday was on January 15, 2021.

I have the pleasure of living next door to this marvelous woman. Recently we had a lively conversation while sitting in her living room.

Terri and her husband moved from Pleasantville to Heritage Hills in 1995, and she joined the Women's Club shortly thereafter. Perhaps we have current members who remember that she and Gerry Ryan were coordinators for Women's Club trips for about nine years. They arranged for trips to see New York City to see plays, visits to the Stock Market and the United Nations, boat rides on Long Island Sound, and, of course, many dinners. They also hosted a yearly fashion show. Terri said that the Women's Club had about 150 members at that time. She was also Treasurer and Co-President of the Club and worked on Christmas dinners and toy drives.



It was a special visit with Terri sharing her happy memories of our Club and the many friends she made. We thank her for her service to this group and wish her good health and happiness.

* * *



HERITAGE HILLS COMMUNITY THEATER

Submitted by Diana Richter

Heritage Hills residents are welcome to join the Heritage Hills Community Theater free of membership charge until our annual meeting in late June, when a new board will be elected. Anyone interested may send their name, address, and email address to Myra Linker by email at mli328@aol.com, or call her at 669-5157.

The theater group also is interested in hearing from HH residents who would like to direct one of its future productions. Please contact Muriel Weiss, Co-President, by email at must87@comcast.net or by phone at 277-8825.

The board is currently reading plays with future shows in mind.

* * *



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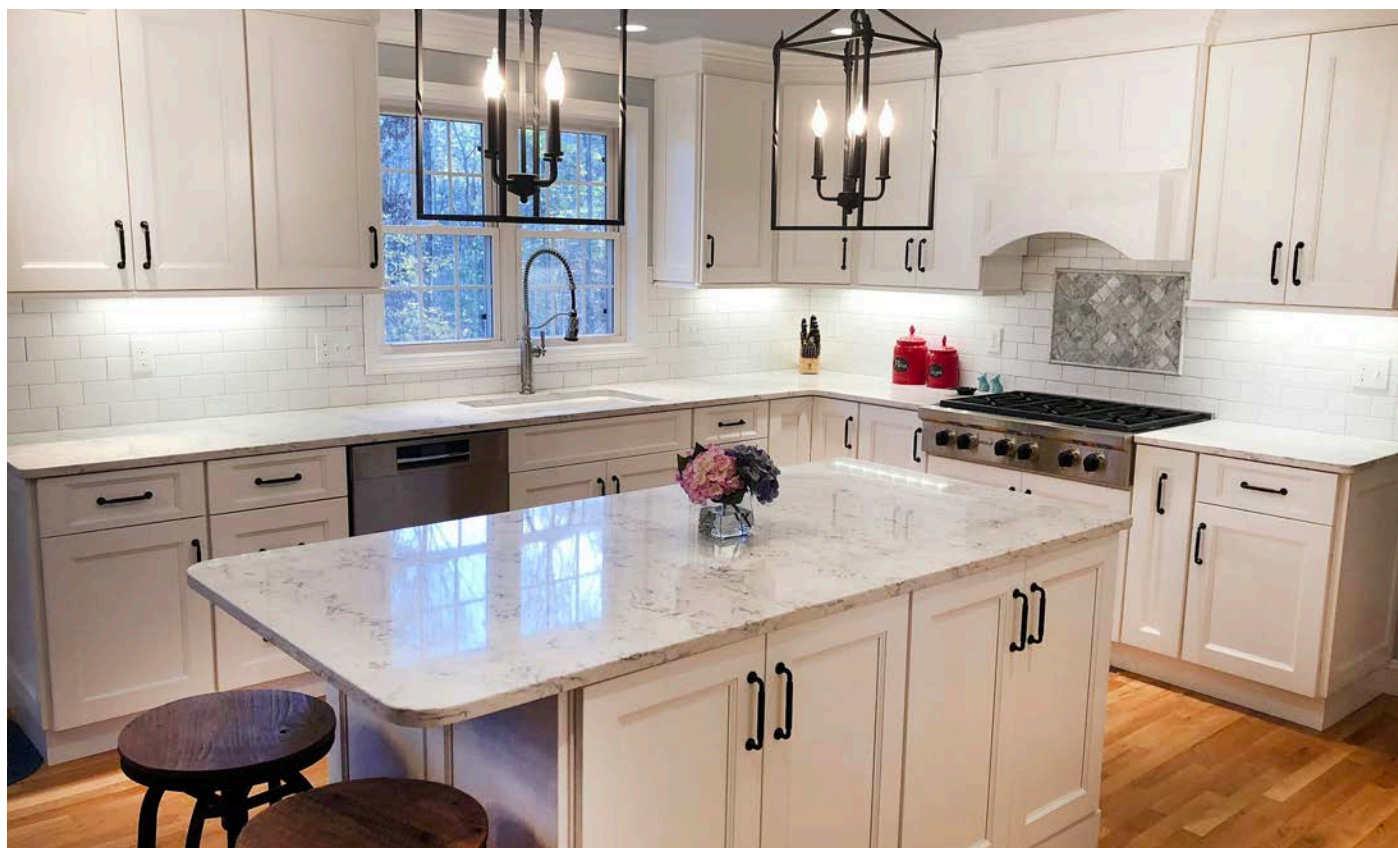
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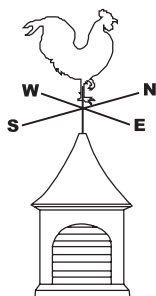
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UPCOMING ACTIVITIES & EVENTS

Produced by the Activities Office

Phone: 276-2636 or go to activities@hhsociety.org

Advance registration is required.

At all times while insider the Activities Center, masks covering both the nose and mouth must be worn, and safe social distancing must be practiced.

For general information or to book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at activities@hhsociety.org or by phone at 276-2636.

ARTS & CRAFTS

Needlecraft Club: Charitable needlecraft group meets Wednesdays at noon in the Game Room. All skill levels welcome. To register, call Linda at 277-2776.

Painting with Judika: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! Thursday, February 18, March 18, and April 15 at 5 pm in the Activities Center. \$40 per class includes all supplies. Bring your mask and your creative spirit! To register, call Judika at 438-6750.

Woodcraft Club: The shop is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 276-0671 or 552-2303.

EXERCISE

Building Better Bodies (BBB): Monday at 10:45 am via Zoom. Class focus is balance, core, and strength. There is no up/down from the ground in BBB. Contact Ingrid at 391 4046 or ingrid9597@gmail.com for more information.

Hikers & Walkers: Weekly hikes from September to June. Information and our schedule are available at hhsociety.org / Activities / All Activities / Hikers and Walkers.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email keri.reitman@gmail.com.

FUN & GAMES

Bridge—Duplicate: Temporarily playing online at [Bridgebase](https://www.bridgebase.com) Mondays, Tuesdays, and Thursdays at 12:30 and Fridays at 10 am. For information, call Joyce at 276-2497.

GARDEN CLUB

For information about the club, including arranging for the use of garden squares in our Community Garden, contact club President Karl Milde by phone at 342-3068 or email at karlmilde@aol.com.

HEALTH & SAFETY

Blood Pressure Screenings With a Smile: The second Friday of the month (February 8) at 9, 9:20, 9:40, 10, 10:20, and 10:40 am. Your temperature will be taken. To register, contact Nurse Ellie Edam at elliebob1@gmail.com or 617-2109.

Dementia Caregivers Support Group: A support group that provides an opportunity to be with others who understand the daily struggles of caring for loved ones with these conditions. Meets the first Thursday of the month at 1 pm in the Game Room of the Activities Center. To register, call 617-9328 or email facilitator Linda Ludwig, Psy.D. at ludwiglr@aol.com.

Spousal/Partner Bereavement Group. A support group that provides an opportunity to be with others who have lost a spouse or partner. Meets the second Thursday of the month at noon in the Activities Center (8-person maximum). To register, call 617-9328 or email facilitator Linda Ludwig, Psy.D. at ludwiglr@aol.com. Next Meeting: Thursday, February 11th.

LIBRARY

To reserve and arrange to pick up a book Monday and Friday from noon to 4 pm, call 276-7655. For information on the collection, visit the webpage at hhsociety.org / Heritage Hills Library, or call 276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Mondays and Thursdays from 9:30 to 11 am. For information, email Ken Benjamin at kenbenja@aol.com or call 617-9817.

SPORTS

Bocce: April through October: Wednesdays at 1 pm and Saturdays at 9:30 am. More information will be available in the spring.

Pickleball: All reservations for indoor Pickleball play are made for 50-minute games via Indoor Pickleball Reservations under Activities at hhsociety.org. The site has general information about the gym usage as well. For information about the Pickleball Committee and community, please email Denise at Denisele2010@yahoo.com and include "Pickleball" in the subject. Hope to see you on the court!

Tennis: All tennis reservations are made via the Committee webpage under Activities at hhsociety.org. For general information, at hhsociety.org go to Activities, All Activities, Recreation, Tennis Committee, or call Barry at 617-9259. For information about the Tennis Committee, call Jan at 276-2106.

WOMEN'S CLUB

There are no meetings or events scheduled for February.

Please note: Dues are waived for 2021 if you paid your membership for 2020. For new members, please call Membership Chair, Alfreda Savarese at 617-2007 for information.

WRITERS WORKSHOP

Workshops on *Google Meet*! Mondays and Saturdays at 1 pm. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com



JASON AND THE DETECTIVES

By Karl Milde

Chapter 1: The Move

"But I'll miss all my friends!" Jason protested when his mom and dad told him they would be moving out of the city. "Can't we stay here? Please!" Even as tears welled up in his eyes, he could tell his pleading would be of no use. He'd soon be leaving his home in Brooklyn for upstate New York, and that was that. Where was this crappy place called Somers, anyway?

Jason, age nine, had been attending PS 29 since kindergarten and was now in fourth grade. Nearly every day he and his friends would meet after school in the vest-pocket "Cobble Hill Park" and would play games of their own invention. In one of his favorites, which they called "Whodunnit," they pretended to be detectives. One of the boys thought of a crime and the others interrogated him. They gave themselves twenty questions to figure out the where, the when, the how, and the who did it.

On the last half-day of school in mid-June, Jason bid a sad farewell to all his friends there and walked home with a heavy heart. A large moving van stood at the curb in front of the brownstone that had been his home his whole life. As he arrived, he saw two movers shove the last few cardboard boxes into the back of the truck and pull down the

rear door. "That's finally it," said one of the men to the other. "These people sure have a lot of stuff."

Jason's parents and Amy, his younger sister, stood on the sidewalk surrounded by many of their neighbors as he walked up. His mother hugged him warmly and suggested he go inside and take one last look around before they left. "Just check to make sure we've got everything, and say goodbye to your room." She looked wistfully up at the three-story building and added, "Once we leave, you won't be able to see it again. This house won't be ours anymore."

Jason jogged up the cement steps and entered their family home one last time. All the rooms had been emptied and the sound of his footsteps on the hardwood floors echoed from the bare walls. He took a peek in his bedroom, but without furniture it looked very different from before. It was no longer his room, so there was nothing to say goodbye to. He rejoined his family outside where they were exchanging goodbye hugs with many of their neighbors. Even friendly "Uncle Ted," who owned a small jewelry store on nearby Court Street, was there to wish them well.

Jason had not seen, nor could he even imagine, what their new home in Somers might look like, but of one thing he was sure: It could not possibly be as nice as their brownstone in Brooklyn. All he knew was that they were going to a place called "Heritage Hills."

continued in the next issue

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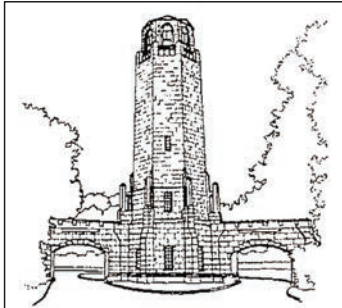
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NEW SOMERS COVID-19 TESTING LOCATION OPENS!

Text and photo by Sue Shea

I was surprised to see that the former Chase Bank in Somers, next to Taste, had recently become a Covid-19 testing site.

A driver in her car was waiting in the side drive up area for the test. I questioned the medical person wearing his full protection uniform and face shield who was standing outside. He gave me a card with the information:



No Walk-In patients allowed- Testing by Appointment Only

Website: www.Healthytherapeutics101.com; then click register button. The top location on the website is the Somers Location.

Appointments can be made by phone (917) 450-6412

Alternatively, patients can book appointment via Text Message by sending: #quickswab or #covidnow to 72345

Hours: Mon-Fri 9 am - 5 pm; Sat, Sun 10 am - 4 pm

Standard Testing is charged to your insurance—THERE IS NO FEE

Rapid Testing, if needed has a cost to each patient of \$200 and takes about one hour for results.

I have had the rapid testing twice at a Caremount drive-up for two procedures, and my insurance covered the fees.

* * *

WESTCHESTER COUNTY NEWS

By Terry Clifford

Westchester County provides information such as:

- Zoom Training for Seniors
- Help for Caregivers
- The Next Stage Network helps you to take an active role in planning your future
- Breath-Body-Mind (BBM) a program of gentle movement, breathing, and relaxation exercises to reduce stress
- The CV19 Check-Up Tool to help you be safer and healthier
- Asking the Right Questions: An inclusive Approach to Estate Planning

Go to www.westchestergov.com/seniors scroll down to Newsletter, sign up, provide your email address, and your full name. You will receive an email to verify your email address. Once you do you will receive their weekly newsletter offering the above-mentioned topics and other important information.

* * *

NEW YORK STATE HAS UPDATED ITS WEBSITE

By Terry Clifford

The website www.ny.gov is extremely informative.

Your computer, tablet, or smart phone leads you directly to Covid-19 vaccine information (see below). Scroll down on the home page to find the iPhone and iPad apps regarding transportation, Council on Children and Families, health, veterans affairs, I Love NY, public safety, recreation, NY Fishing, Hunting and Wildlife, etc. Discover monthly virtual music and dance performances as well as information on news and initiatives within New York State.

It is important to sign up for COVID-19 Vaccine information:

1. Vaccine Distribution Update
2. Click on "Am I Eligible?"
3. Click on "Get Started"
4. Fill in the Form: "About You: Contact Information: Additional Information: Acknowledgement" (check box at the end of Acknowledgement in the left-hand corner).
5. Click "Submit" in the right-hand corner.

You will receive an immediate message indicating if you are currently eligible. If not currently eligible, you will receive a message from NY State either by email or text indicating when you are eligible and where to receive the vaccine.

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HAPPY YEAR OF THE OX

Text and photo by Cindy Kennedy

Chinese New Year begins on February 12, ushering in the Year of the Ox. The twelve animals in the Chinese zodiac rotate in 12-year cycles. Hence, the Year of the Ox is deemed a special year for those born in lunar year 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, as well as in 2021. Year of the Ox personality traits are said to include intelligence, reliability, and trustworthiness.

There's a caveat, however, in revealing one's own zodiac animal, as I discovered during my business travels to Asia. As editorial managers at Pearson International, Howard Cheung, who was based in Hong Kong, and I collaborated on a primary course for kids learning English in Asia. One conference took place during Chinese New Year, and I was surprised that no woman mentioned what her Chinese year was. When I later asked Howard why, he set me straight. "My wife and every Chinese woman I know," he replied, "would never reveal their zodiac animal. For to do so, they would have to admit their age."

Throughout Chinese New Year festivities, red, the color symbolizing energy and luck, is featured in paper lanterns, decorations, and costumes. Traditionally, red envelopes with crisp new bills are exchanged. Red satin lines the box of an exquisite present once given to me by my Taiwanese writer, Catherine Yang. She lived in Yang Mei, southwest of Taipei, and I often traveled to Taiwan to work with Catherine and to visit schools. One November, I experienced a 6.8 earthquake while staying on the 25th floor of the Chinatrust Hotel. ("Our hotel is built to sway," its manager calmly assured me.) The next fall, I was in the same hotel when a calamitous typhoon blew through. Mere hours before I was due to fly home from Taipei airport, a Singapore Airlines plane crashed on takeoff, with scores of fatalities. Catherine, concerned for my safety, presented me with a vintage brocade-covered box containing a dozen miniature teapots nestled in red satin. Most of the teapots are carved from soapstone; the green one is jade. Some are etched with tiny Chinese characters, with wishes for good fortune. I have treasured them ever since.

The global pandemic this year, alas, has restricted the traditional festive Chinese New Year parades and celebratory banquets. As usual, however, I will email new year greetings to my former colleagues in Asia and to our friend, Tuan Vo, in Vietnam. As the Year of the Ox is welcomed, we will be glad to bid "good riddance" to the nasty Year of the Rat.

* * *



BELIEVE IT OR NOT, IT'S TIME TO PLAN YOUR DREAM VACATION

By Karl Milde

Unless you went somewhere last year before mid-March, you skipped your 2020 vacation. After a year of staying at home, most of you are *sooooo* ready to get up and go! But as the saying goes, "he who hesitates is lost." If you are in line to receive a vaccine this winter or spring, it's already time to make your summer 2021 vacation plans.

And consider this—since you saved money by not vacationing *last* year, why not make your vacation extra special *this* year? First imagine all the places you'd like to go, then choose one or two at the top of your list. No excuses. It's time to just go for it.



At the top of my wife, Cheryl's, wish list is to visit the Keukenhof Botanical Gardens in Lisse, Netherlands, when the tulips are in bloom in mid-to-late April. We were all set to go there in 2020—flights, hotels, tours, the works—when the pandemic hit. So, we cancelled everything and hunkered down. Trusting (okay, *hoping* is more like it) we'll receive our immunizations in time, we plan to take the same vacation this year. Tours of the tulip gardens are very popular, so as soon as the reservation window opened up, we put down a deposit.

At the top of *my* list is a trip to Durango, Colorado, to ride the most famous steam train in America—the Durango & Silverton Narrow-Gauge Railroad, which operates using restored, vintage (early 1900's) steam locomotive engines and cars. The trains follow the winding Animas River in the Rocky Mountains from Durango to the mining town of Silverton, Colorado—a three-hour trip through breathtaking scenery. We plan to fly non-stop to Denver and then take a one-hour flight to the Durango—La Plata County airport. There's a lot to see and do there in addition to train-rides, but the trains are the main attraction. There's a brew train, a wine train, and even a "Polar Express" at Christmas time. We reserved our flights and booked a four-day stay in an historic Durango hotel, originally built in 1887.



If you're looking forward to taking a vacation this year, you'd better get cracking on planning your trip. When vaccines get this pandemic under control, I predict the vacation economy will take off like a rocket due to all of the pent-up wanderlust. If so, reservations to and from the places you'd like to see, and tours you want to take, may become difficult to come by.

Therefore, my advice is to think ahead and, while you're at it, think big. Whatever is at the top of your bucket list, do yourself a favor and check it off in 2021.

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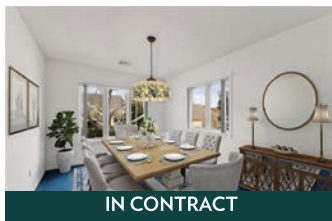
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2020 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD

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COLDWELL BANKER • Somers	\$11.8M
DOUGLAS ELLIMAN • Katonah	\$9.7M
RE/MAX CLASSIC • Somers	\$3.7M

Source: HGMLS, 1/1/2020 – 12/31/2020, Condominiums, total volume sold by office, city/town Somers

BUILDING RADIO CONTROLLED MODEL AIRPLANES AS A HOBBY

Text by Shirley Kesselman, photo by Guy Hochgesang

When Guy Hochgesang was in junior high school, he read an article about building model airplanes and decided it was something he would like to try. He bought his first model airplane kit from a local hobby shop. While he built his first planes, he exchanged knowledge and insights with a neighborhood friend who shared this interest. Guy has continued building model airplanes throughout his life, with a long hiatus during college and the years he helped care for his young children.

Guy still constructs his planes from a kit containing component parts made from balsa wood. His early ones had a gasoline motor. These had wires attached, so that he could circle them above his head while moving them slowly up and down. When he was in high school his parents gave him a kit for his first radio-controlled airplane. A step up, "It was very primitive compared to what is available now," says Guy.

Building things always interested Guy. He says the skills desirable for anyone who wants to build today's radio-controlled model airplanes include woodworking, soldering ability, an elementary knowledge of



aeronautics and electronics, and the capability to apply plastic film to balsa wood, a finishing process. Building radio-controlled model airplanes takes patience.

Today's radio-controlled model airplanes require a radio receiver and an electric motor that propels the plane, as well as batteries to run both. You can get instruction in building these planes in magazines such as *Model Airplane News*.

Kits to build radio-controlled model airplanes usually cost from \$75 to \$200. It depends on the size of the plane. In addition, an electric motor costs about \$30, a radio receiver another \$45, and batteries \$10 to \$15. Once these were widely available in hobby shops. Nowadays they are usually purchased on the internet.

In Westchester there are several model airplane clubs. Members fly their planes at a field in Mahopac and in Croton Point Park, as local parks no longer allow flying model planes. Guy explains, "Once drones became popular, park officials felt there was too much buzzing around." You can find information about local airplane clubs at the Academy of Model Aeronautics website, www.modelaircraft.org.

Guy occasionally flew his models in parking lots; however, he no longer flies them. For him building is the passion. It has become an engrossing, although solitary, hobby. Currently, three of his models sit atop a cabinet in his condo unit. He says, "If you like to build things, constructing a radio-controlled model airplane is an excellent hobby. It is painstaking, but very rewarding!"

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A BREATHTAKING NEARBY WALK

Text and photos by Shirley Kesselman

When Cheryl Hochenberg moved to Heritage Hills from Long Island 12 years ago, she immediately joined our Hikers and Walkers Club. Since then, she has led 12 to 15 hikes during each club season which runs from September thru June. She is currently Vice President of the Club.

As Cheryl is my neighbor, I regularly see her heading out or coming home from a walk around Heritage Hills. During our chats I realized she has a vast knowledge of places to walk and/or hike. Here is one of her favorite walks which she recommends for Heritage Hills residents.



ROCKWOOD HALL

The Rockwood Hall section of Rockefeller State Park Preserve is on the Hudson River. The wide trails make for easy walking while enjoying magnificent views of the river and Palisades Cliffs. Although

Cheryl strongly urges anyone going on trails to carry a trail map, she admits, "It would be hard to get lost at Rockwood Hall."

Originally the summer residence of William Rockefeller, brother of John D. Rockefeller, this section of the 1,385-acre Rockefeller State Park Preserve was laid out by preeminent landscape architect Frederick Law Olmstead. In addition to a 204-room mansion, a carriage road system was built, and unusual ornamental trees were planted. After the death of William Rockefeller's heirs, the property underwent several ownerships. In 1999 it was donated to the state as part of the Rockefeller State Park Preserve.



Carriage roads circle the property and have become the trails for walkers and runners. The one-mile-long Lower Trail parallels the awesome Hudson River. The Upper Trail, a half-mile long, heads uphill, goes through a wooded area, then an open field, and descends passing some very large, impressive rocks. The trail affords panoramic views out over the river.

Sycamore, maple, and weeping beech

trees, as well as exotics, dot the vast lawn of this former estate. Blanket picnicking is permitted, dogs on a leash are allowed on the trails, and horseback riding is welcome. The Preserve is open to the public year-round from sunrise to sunset.

To reach Rockwood Hall take the Saw Mill River Parkway to the Pleasantville exit, and turn west onto Route 117. After passing Route 9A you will eventually pass the entrance on the left to the main



section of Rockefeller State Park Preserve. Keep driving, staying left onto Rockwood Road. When you can't go any further, look for parking between Phelps Memorial Hospital and Regeneron.

Cheryl adds these words of caution, "Go early on weekends to find parking space. Rockwood Hall is a very popular destination."

* * *

DISPATCH FROM THE PROVINCES

RARA AVIS

Sculpture and photo by Eric Felderman



* * *

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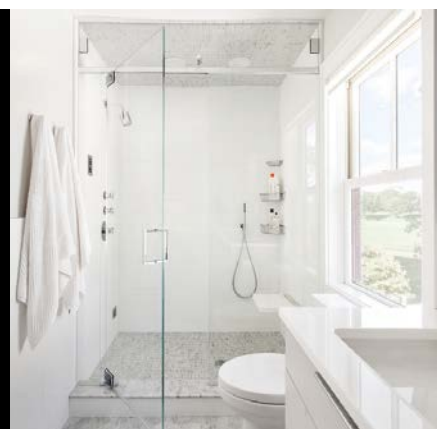
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THE BOOK SHELF

By Cindy Kennedy

When *Interior Chinatown* was announced as the 2020 winner of the prestigious National Book Award, no one was more surprised than Charles Yu, the novel's author. The award ceremony, usually a festive affair held in Manhattan, was streamed virtually last November. Charles Yu, the writer of three previous books, was so certain his unconventional novel would not win that he had not prepared any acceptance remarks.

Interior Chinatown is written as a seven-act screenplay, interspersed with the internal musings of Willis Wu, a bit-part actor. Willis lives above the Golden Palace Chinese restaurant in an SRO (single room occupancy) building "where you can hear at least five dialects being spoken." A TV cop show called "Black and White" is being filmed at the restaurant. Initially, Willis is cast as Generic Asian Man, but he longs for bigger parts on screen and in life.

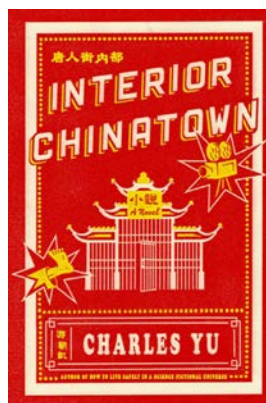
The lead roles of the "Black and White" cop show respectively are Miles Turner, a handsome African American detective, and Sarah Green, his accomplished and attractive white partner. Minor roles on the show are filled by other SRO residents, including Pretty Asian Hostess, Asian Waiter, and Gambling Den Boss. Willis lands a Special Guest Star part, but the role he strives for is Kung Fu Guy.

Willis's elderly father takes a minor role as Old Asian Man: "A leading man trapped in the body of an extra. He spent decades in this place, the interior Chinatown, taking the work he could get. Gangster, cook, inscrutable, mystical, nonsensical Oriental." He is disappointed that Willis "the son who was born here could be part of the American show, black and white, no part for yellow. The son who got As in every subject, including English, now making a living as Generic Asian Man."

Things begin to look up for Willis when Karen Lee is cast on "Black and White." Their work together on the police show quickly progresses to a budding romance. Willis's quest to land the Kung Fu Guy role, however, threatens their relationship. As their individual careers advance, Willis and Karen must figure out whether their screen roles or their real lives are more important.

Interior Chinatown is typeset in Courier, the typeface used by script writers. The author's decision to present his satirical tale as a screenplay may seem to some as choosing style over substance. Charles Yu, the son of immigrants from Taiwan, nevertheless, has written a memorable novel about Asian American assimilation, one worthy of the National Book Award.

(Note: *Interior Chinatown* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 8.)



HOW DOES YOUR GARDEN GROW? GROWING BLUEBERRY BUSHES

By Karl Milde

Did you ever wonder why we have so many rhododendron and azalea bushes here at Heritage Hills? The simple answer is *acidic soil*. This soil – soil with a pH in the range between 4 to 6 – is called "ericaceous," a word which stems from the Latin *erica*, which means "heather."

Most plants dislike acidic soil, but it's where some plants do best. Among these are heathers, rhododendrons, camellias, azaleas, and blueberries. Yes, *blueberries*. Blueberry bushes should feel right at home in here in Heritage Hills.

However, before running out to the local nursery and buying blueberry plants, or ordering them online, there is a problem you should be aware of: our deer love blueberries too. Short of surrounding blueberry bushes planted around your unit with netting or mesh, spraying constantly with deer repellent, or planting instead wild elderberry bushes (*Sambucus Canadensis*), which deer do not prefer, you can't expect much of a harvest.



So, given the deer problem, how can we grow blueberries here Heritage Hills? One way is to container plant the bushes on your deck, where deer can't reach them. There is also another solution, namely, the Community Garden, which is surrounded by a protective fence.

Whether you are a member of the Garden Club or not, you can visit the Community Garden and not only enjoy the ambiance but also pick blueberries there when they are ready to harvest, between June and August. That's because the Garden Club will be planting quite a number of bushes inside the fence near the new tool shed. If you are a member of the Club, you can also plant them in your own assigned square.

If you do wish to plant blueberry bushes, you will need a pH kit to test the soil. If your soil is pH balanced, that is with a pH between 6 and 8, you can add an organic soil acidifier, such as Sulphur chips or ericaceous compost. Do this several months before planting to drop the pH to between 4.5 and 5, the right level of acidity for your blueberry bushes.

To avoid lowering the pH in a large area containing other plants, you might start your blueberry plants in a pot on your deck, transplanting to ever larger pots as they grow. Alternatively, you can plant seedlings in a raised bed. The plants should be spaced five feet apart. They will bear more fruit if they can cross pollinate, so you should preferably plant two or more varieties. There are many to choose from, including Duke, Bluecrop, Herbert, Patriot, Spartan, Earlyblue, Premier, and Climax (a super pollinator).

Blueberries can be picked after they turn completely blue. In fact, they'll taste best if they are picked one or two days *after* they turn blue.

In the end, there is nothing more delicious and healthful than blueberries. You can have a bowl of berries with cream, or make blueberry muffins, blueberry syrup, blueberry jam, and blueberry pie. Yum!

FIT-BITS

By Mary Tedesco

NEW YEAR, NEW YOU!

It's so important to maintain optimal health on a daily basis, not only for your overall wellbeing but it helps you to achieve all other goals in your life. Here are some of the best wellness goals for the new year:

1. **Eat a good breakfast every day.** Be sure to include a clean protein which will assist in building and maintaining muscle and also stick with you through the morning, so you don't eat more foods.
2. **Selfcare.** This year selfcare is super important not only for our physical health but our mental health as well. Take a 20-minute break each day and perhaps take a bath with Epsom salts, have a cup of good tea, or meditate. Reflect. Take that time to allow your body to relax.
3. **Abstain from consuming alcohol and smoking.** Kick those bad habits right out the door! One bad habit can lead to another. Make a conscious decision to do right by your body.
4. **Count your steps.** Try to get in at least 12,000 steps a day. There are a lot of apps that can help, such as *googlefit* and *myfitnesspal*. But most important, take ownership of this on your own to be active on a daily basis. Walk, walk, walk.
5. **Get adequate rest!** People do not always think that sleep is very important, but actually it is one of the healthiest things you can do for yourself. When you rest your body and mind slow down and engage in the process of recovery.
6. **Eat a plant-based diet.** You may not want to go full on vegetarian, but just thinking about basing your diet on plants really helps you to eat more veggies and plant-based foods. Aim for 75% of your diet to be plant based, and you will feel the difference.
7. **Learn to breathe deeply.** This is up there close to adequate sleep. Take very deep breaths from the belly (not the chest area). Doing so helps clear out the lungs and strengthens them as well as helps clear the mind.
8. **Get together with friends.** It's extremely important at any age to be social, and it has been hard in the last year. We all have to make the effort even in the colder weather. When do-able, ask a friend to sit outside and talk even for just 20 minutes; bring some hot chocolate or special tea. Or ask a friend to become a walking buddy; believe me...they need one too!
9. **Unplug. Unplug. Unplug.** And read a good book. The real news can be rough, a good book is soothing...it's a no brainer!
10. **Stretch.** Especially if you have been sitting at a computer all day long, get up and reach up to the ceiling, drop your arms to the side and bend over and slowly come up one vertebrae at a time; and repeat doing that several times. Your body will thank you.



COOKING FOR ONE

By Ami Stokhamer

Six years ago, I moved into Heritage Hills after completing a three-month renovation, including the kitchen. But I barely used it! I was a cliché. The woman with the brand new kitchen that never cooked!



Enter COVID-19 and its effect on my life. With time to spare, I now cook every day for myself. And I love the entire creative, methodical, and transformative process, from the prep work to the finished meal. I even enjoy cleaning up!

Having a freshly prepared meal every day is a satisfying, healthy gift to myself.

If you'd like some inspiration, here is one of my favorite meals for one:

AMI'S SAUTEED CHICKEN AND VEGETABLES**Ingredients**

1/2 chicken breast, boned and skinned
 1 egg, beaten
 1/4 cup bread crumbs and 1/4 cup grated parmesan cheese mixed together
 A wedge of sweet Vidalia onion, peeled and chopped
 About 4-5 mini sweet peppers, seeded and sliced
 2-3 broccoli florets, separated, with stems chopped
 A handful of cherry tomatoes, halved
 Olive oil and butter as needed (or any butter spread containing olive or canola oil)

Directions

Dredge chicken breast in bread crumb/cheese mixture, dip in beaten egg, then dredge again in bread crumb mixture. Set it aside.

Heat a tablespoon or two each of olive oil and butter (enough to coat a non-stick fry pan) and add chopped onions. As they soften and become translucent, add sliced mini peppers. Let the onions and peppers soften and reduce, then add the separated broccoli florets, with chopped stems. Keep stirring and let them soften. Lastly, throw in the halved cherry tomatoes.

Remove the vegetable mixture from the pan and set it aside in a bowl.

Add a little more oil and butter to the pan and brown each side of the chicken breast on medium high heat. As soon as both sides are brown, reduce the heat to the lowest possible setting, cover the pan and let the chicken cook through until done (no pink inside). After about 15 minutes, check the center of the chicken breast for doneness.

Add the vegetables back to the pan to warm and then plate the chicken and vegetables. Grind a little coarse salt and pepper over the top.

Enjoy!!

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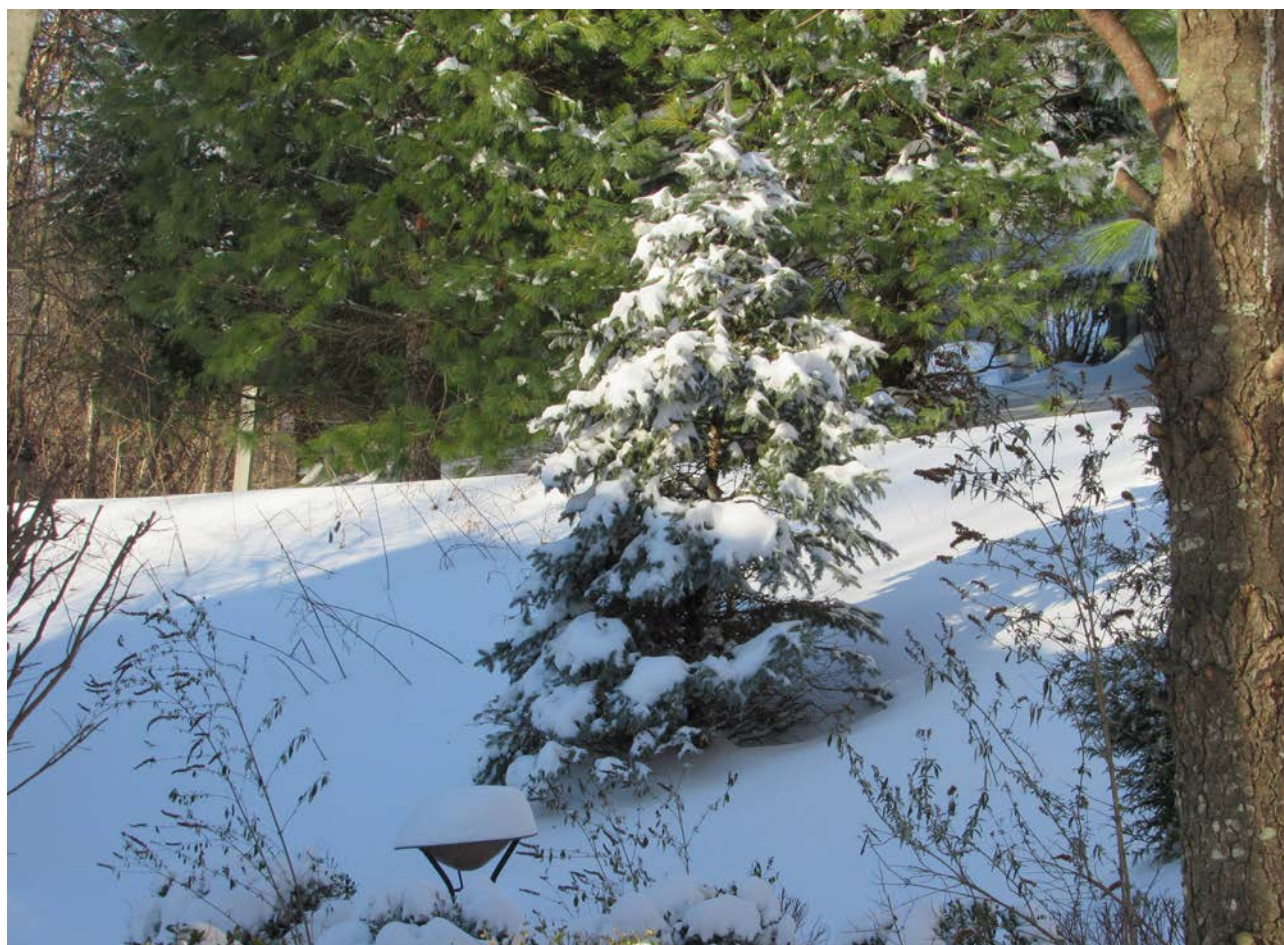
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By Terry Clifford

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Individual units sold by various MLS agents from January 1 to December 31, 2020

1 BEDROOM

ADAMS	\$227,500; \$246,000; \$287,500	FRANKLIN	\$249,500; \$250,000; \$295,000; \$300,000	RADCLIFFE	\$420,000; \$437,000; \$419,000; \$445,000
AMHERST	\$380,000	GUILFORD	\$282,500; \$321,652; \$319,200; \$300,000; \$335,000; \$340,000		

2 BEDROOM

ARMONK	\$375,000; \$460,000; \$415,000; \$375,000; \$325,000; \$370,000; \$407,000; \$424,000; \$464,000; \$365,000; \$405,000; \$459,000; \$470,000; \$383,000; \$395,000; \$465,000; \$419,000; \$445,000; \$465,000; \$330,000; \$419,900	HAMILTON	\$255,000; \$340,000; \$320,000	PRINCETON	\$470,000; \$538,000
CAANAN	\$404,000	HANCOCK	\$325,000	RIDGEFIELD	\$439,000; \$434,000
CONCORD	\$424,000; \$375,000	HANOVER	\$394,500; \$485,000; \$420,000; \$424,500	ROCKLAND	\$365,000
DARTMOUTH	\$452,500	HARVARD	\$550,000; \$650,000; \$670,000; \$660,000	SALEM	\$455,000; \$447,000; \$430,000; \$460,000; \$475,000
FAIRVIEW	\$418,750; \$420,000; \$455,000; \$418,000; \$440,000; \$485,000; \$421,500; \$480,000	JACKSON	\$337,000	SOMERS	\$425,000; \$430,000
		KATONAH	\$345,000	STRATFORD	\$510,000; \$449,000; \$525,000; \$435,000; \$395,000; \$505,000; \$573,000; \$435,000; \$435,000; \$569,000; \$449,000; \$450,000; \$389,000; \$390,000; \$429,000
		KENT	\$410,000; \$425,000; \$450,000		
		LEXINGTON	\$435,100; \$374,500; \$435,000	STRATFORD II	\$495,000; \$546,000
		LINCOLN	\$292,000	SYRACUSE	\$526,000; \$614,000
		MADISON	\$302,000; \$340,000	WELLSLEY	\$497,999; \$527,000
		MONROE	\$318,000; \$322,000; \$389,000; \$360,000; \$359,000; \$255,000; \$379,000	YALE	\$595,000

3 BEDROOM

COLUMBIA	\$722,500; \$829,000	SHERMAN	\$512,500; \$574,000; \$555,000; \$505,000; \$475,000; \$630,000; \$495,000; \$619,900; \$599,000; \$597,000	SHERMAN II	\$552,500; \$545,000; \$600,000; \$570,000; \$620,000; \$710,000
CROTON II	\$475,000			YORK	\$425,000; \$485,000 \$460,000; \$468,000
JEFFERSON	\$340,000; \$365,000; \$315,000; \$410,000; \$390,000; \$399,000; \$435,000				

HERITAGE IS STILL IN DEMAND!

Good thoughts and best wishes,
Marti

My cell phone is 914-420-1850 or email mlowenfeld@houlihanlawrence.com

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