

Volume 162 Page

Heritage Hills Society Information

CONTACT INFORMATION - EMAIL

Societysociety@hhsociety.org
Activities Officeactivities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Fine Arts Center......Group instruction and free time are scheduled by the Activities Office at 914-276-2908

Library......Monday thru Friday Noon to 3 pm

Fitness Center & Gym ...Daily 4:30 am to 11 pm Lake Lodge......9 am to 11 pm

Meadowlark Park Dawn to Dusk Park Place Dawn to Dusk

Bus Service – Weekdays Only (except holidays) – 914-276-2877 Goldens Bridge MetroNorth Station Trips

Morning to/from: 5:15, 5:45, 6:45, and 7:45 – **Reservation Required** Evening **PICK-UPS ONLY**: 5:35, 6:35, 7:35, and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To Activites Center, Lake Lodge, Meadowlark Park, and off site, including Goldens Bridge MetroNorth Station Outbound, hourly 8:45 am to 2:45 pm Inbound, hourly 9 am to 3 pm; 3:45 pm

To Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 2:45 pm Hourly from 11 am to 3 pm; 3:45 pm

UTILITIES CONTACT INFORMATION

 Water/Sewer (Veolia)...... 877-426-8969

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

 At Van Tassel House – Free Transportation Available Monday thru Friday at noon

Delivered to home-bound, Monday thru Friday
 Meals leave Van Tassell House for delivery starting at 11:30 am
 Suggested contribution: \$3 per meal

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center - 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

My Second Home - 914-241-0770

Geriatric Day Care Intergenerational Program

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305 Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654 Long- and short-term registered nurses.

Hospice - 914-666-4228 - 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 - 914-761-0600 - 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. 800-227-2345

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb service. Fare \$5 each way. Medical pre-authorization required. For eligibility call 914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

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

914-666-7616 - $8:\!30$ am - 5 pm - Home care aides nursing, Nutrition consultation

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MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

TWO GUESTS PER UNIT LIMIT

PRIMARY ELECTION DAY FOR NEW YORK CONGRESSIONAL AND STATE SENATE SEATS

August 13 to 21

All Westchester County residents who are registered as Democrats or Republicans, including Heritage Hills residents, can vote at any polling place in Westchester County, including Somers Town Hall.

Tuesday, August 23, from 6 am to 9 pm

Heritage Hills residents who are registered with the Democratic or Republican parties can vote **only in the Activities Center** on this date.

See VOTING 101 on page 8.



INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

RETURN OF THE HERO

Sunday, August 14, at 7 pm in the Heritage Room (rescheduled from June 30)

1809 France. Captain Neuville is called to the front leaving his future bride heartbroken. He neglects to write to her. Her sister decides to write letters on his behalf to cheer her up. But it all goes south when Captain Neuville reappears.

THE TRUFFLE HUNTERS

Sunday, August 21, at 7 pm in the Heritage Room

The film explores the relationship between a group of aged men and their cherished dogs. It follows them as they hunt in the woods for a prized quarry, the Alba truffle.

After each viewing, there will be a post-film discussion led by Bill Costanzo, retired film studies instructor.

The cost is \$20 for the nine-film series, April through December. Payment by check payable to IFFC can be made at the door or left in the club's box outside the Activities Center.

We are a vulnerable population, so proof of vaccination is required. Masks must be worn during the performance to keep yourself safe and out of respect your fellow film viewers.

HERITAGE HILLS NEWSLETTER COMMITTEE

Editor in Chief: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen Writers/Editors/Photographers: Phyllis Bradbury, Dassi Citron, Terry Clifford, Cindy Kennedy, Shirley Kesselman, Karl Milde, Stan Herz Pearlman, Elizabeth Royston, Keri Reitman Schnapper



By Joyce Spector

JEWISH HARLEM: THE WORLD'S THIRD LARGEST JEWISH COMMUNITY – 1870-1930 – Illustrated Armchair Tour with Justin Ferate

Sunday, August 14, at 1 pm in the Activities Center, on Zoom, or available by link on your home computer

From the 1880s until World War I, Harlem was the third largest Jewish community on planet Earth. Join New York Urban Historian Justin Ferate on this colorfully illustrated armchair tour of Jewish Harlem, viewing important landmarks and legendary people of this oftenforgotten, but critical, aspect of Jewish history. Discover impressive reminders of Harlem's tremendous Jewish cultural heritage. Numerous national and international press organizations and publications, such as *The New York Times* and the British Broadcasting Company have extensively written or broadcast stories about Mr. Ferate and his New York City tours. He will be making this presentation remotely via Zoom.

Admission is \$10 per person in the Activities Center – **proof of vaccination and boosters is mandatory** – and \$10 per family by Zoom link. Place your checks in our mailbox along with your name, phone number, and email address no later than August 7. If you have any questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

ON THE COVER

The numerous colorful plants on the deck and in the area behind Marci Freimark's unit in Condo 25 are truly spectacular this year. Photos by Marci.

00PS!

On page 7 of the July issue, Condo 24 was erroneously not included in the list of Condos that were represented at the May Council of Condos meeting. It was represented at that meeting.

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(Club Shalom continued)

ARTIE TOBIA: SINGER/COMPOSER PERFORMS JEWISH COMPOSERS/SINGERS FROM THE 70'S

Saturday, September 17, at 7 pm in the Activities Center, and on Zoom

Artie Tobia is an established recording artist whose influences are readily present in his own catalog of over 100 songs and who has made a career of honoring those who came before him. He has demonstrated a versatility to navigate varied genres and connect with his audiences through his soulful delivery and emotional style.

Light refreshments will be served. Admission is \$15 per person in the Activities Center—proof of vaccination and booster is mandatory—and \$15 per family via Zoom link. Place your checks in our mailbox along with your name, phone number, and email address no later than September 10. If you want to sit with friends, place your checks in one envelope. If you have any questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com

* * *

PHOTOGRAPHY CLUB

By Karl Milde

OPEN HOUSE

Tuesday, August 16, at 2 pm in the Activities Center Lower Level Photography Studio

For those of you who have been waiting for months to show off your photographs and exchange tips on getting that perfect camera shot, John Lucas, Club President, has some good news: After a hiatus of several months, the Club is holding an Open House to which all are welcome. For more information on the Club and this event, see page 11.

* * *



SOCIETY BOARD MONTHLY MEETING

Wednesday, August 24, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs. It can also be viewed on the Society website at *hhsociety.org*; go to Heritage Hills Society, then choose Board Meetings & Documents.

Owners are welcome to raise matters of concern in person in the Heritage Room and can submit such concerns by email to *society@ hhsociety.org* or by regular mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number when speaking at the meeting and on written correspondence.

WELCOME TO HERITAGE HILLS EVENT

Saturday, September 10, from 3 to 5 pm in the Heritage Room

Save the date for this fun event to which all Resident Owners are welcome. Come meet members of our clubs and activity groups and learn more about our community. More details coming soon.

* * *

TENNIS GROUP

By Dena Goldstein

MEN'S DOUBLES TOURNAMENT

Saturday, August 27- Rain Date, Sunday, August 28

Starting August 1, there will be sign-up sheets by the Activities Office mail slots. If you have any questions, call Dena Goldstein at 914-589-3560.

* * *

CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. **Proof of Covid vaccinations and boosters is required**.

SAMUEL UNTERMYER: FORGOTTEN HERO

Lecture by Stephen Byrns,

Founder and President of Untermyer Gardens Conservancy

Tuesday, September 13, at 1:30 pm

The *public* Samuel Untermyer (1858 – 1940) was a member of New York's German-Jewish elite. A brilliant lawyer and investor, he was an outspoken advocate for some of the major causes of the 20th century:

- Trustbuster and economic reformer, he was the lead architect of the Federal Reserve Act.
- An ardent "Suffragent," he was an indefatigable campaigner for women's right to vote.
- His was a voice for the people; he successfully argued to save the nickel subway fare.
- As early as the mid-1920s, he led the avant-garde fight against Nazism and warned the world about Hitler.

The *private* Untermyer, on the other hand, had a very different but no less passionate dream: to create the finest garden in the world on his 150-acre estate on the Hudson River in Yonkers. This lecture will conclude with the garden's evolution – from its heyday in the 1920s, to its descent into ruin in the 60s and 70s, and to its spectacular restoration today.

Admission: \$10 per person. Pay at the door. If you have any questions, call Ann at 914-617-9434.

WHO'S COUNTING? THE EMERGING THREAT OF ELECTION SUBVERSION

Lecture by Derek Tisler

Tuesday, September 20, at 1:30 pm

For the past year, Derek Tisler, Counsel, Elections & Government, at The Brennan Center for Justice, has been documenting and analyzing a well-organized and deliberate political effort in the United States. The intent of this effort is (1) to change voting laws, and (2) to change the people who determine how elections are administered.



In this lecture, Tisler will share with us why he considers this 'political effort' an emerging *threat* of election subversion. Specifically, he'll answer:

- What is meant by election subversion?
- How have voting rights changed since 2020?
- . How has the administration of elections changed?
- Why are the people responsible for ensuring fair elections leaving?
- How will these changes affect the 2022 midterm elections *and* the 2024 elections?

Admission: \$10 per person. Pay at the door. If you have any questions, call Joyce at 914-617-2127.

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item 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 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 if 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.

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond

By Teddi Meltzer

THE FRISSON QUARTET

Sunday, September 18, at 3 pm in the Heritage Room.

Yes, it's summer, but let's look ahead to Autumn and anticipate with pleasure our next concert.



From New York City, The Frisson

Quartet is explosive! Frisson features the best and brightest of classical music's rising stars who will showcase a myriad of rarely-performed masterworks. The group expands and contracts into a variety of ensembles, including quintets, sextets, nonets, and a small chamber orchestra. The ensemble performed over 25 concerts in the 2018-2019 season, including appearances in venues such as the Morgan Library and Museum in New York City.

Join us for a delightful musical experience. Tickets are \$23 at the door. If you have any questions, contact Raina Lefkowitz at 914-262-4407.

* * *

HEALTH AND SAFETY COMMITTEE

By Flo Brodley

Here's a list of special events our Committee will be hosting this fall:

September 17 – Wellness Fair at the Activities Center

October 12 - Flu Shot Clinic at Lake Lodge

October 15 and 19 - Annual Medicare Updates

November 2 – Wound Care Program by Visiting Nurse Service

* * *



By Michael Lanotte

Below are the dates for Ciao Italia future events.

August 12 - TBA

September 16 - TBA

October 10 - Columbus Dinner

November 11 - TBA

December 16 - Member Only Christmas Dinner

Since the Society Board has limited occupancy in the Heritage Room to 90 people, the Ciao Italia Board has decided its events will be Members Only until that limit is lifted. Look for email blasts, TV notices, and flyers for future event information.

Stay Safe!

WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE IF IN A GROUP HUG THE CURB • WEAR BRIGHT CLOTHING



JAY F. WRIGHT APPOINTED TO FILL SOCIETY BOARD VACANCY

The following email blast was posted on July 11:

The Society Board of Directors is pleased to announce the appointment of Jay Wright as a new Board member. He will complete the one-year term of office recently vacated by Frances Cicogna. Jay brings extensive business experience to the Board, plus many years of community service in sports and various other community activities. Jay and his wife Keeva have lived in Heritage Hills with their now 19-year-old son for more than 17 years.

* * *

SUMMARY OF PORTIONS OF THE JUNE 23 SOCIETY BOARD OF DIRECTORS MEETING – The full transcript of this meeting's Minutes can be found on the Society website. Until the next meeting, this meeting video can be viewed on Comcast's Channel 21 daily at 2 and 7 pm, and 24/7 on the website *hhsociety.org*; choose Heritage Hills Society, then Meetings & Documents.

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Bill Harden, Ann Harper, Dorinda Haskel-Palladino, Jack Mattes, Mark Packer, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, and Alan Tepper.

Board member absent: Art Singer.

Also attending: John Milligan and Dave Jacobsen

DOM RUBINO – WELCOME TO HERITAGE EVENT COMMITTEE AND DATE

A Welcome to Heritage event for the approximately 300 new unit owners since last year will occur on [Saturday, September 10]. All residents — old and new — are welcome. Board member Dorinda Haskel-Palladino will Co-Chair the Committee with Terry Clifford.

GLORIA ANDERSON - NEW JUNIOR I.D. CARDS

Currently, there are I.D. cards for any resident 16 years of age and over. Research reveals that the Westchester County standard is age 12, so we're going to follow that standard. With that card, residents 12 to 15 years of age can use our pools without being accompanied by an adult. They can also use the Fitness Center, but only when a Society Staff member is present. Holders of the Junior I.D. card cannot bring guests.

TREASURER'S REPORT - BILL HARDEN

May Financials

Income												\$	4	69	,60)7	
Expenses												(4	<u>50</u>	,93	3)
Surplus												\$		18	,67	74	

REOPENING COMMITTEE - GLORIA ANDERSON, CHAIR

The Covid risk category for Westchester County has been lowered to Medium, as there are fewer cases; but the numbers of hospitalizations and deaths have remained the same. Therefore, we continue to strongly recommend mask-wearing when indoors, and continue to limit capacity of the Heritage Room to 90 persons.

ACTIVITIES COMMITTEE - ANN HARPER, CO-CHAIR

If anyone wants to start a new club or activity, stop by the Activities Office to learn how to make that happen.

COMMUNICATIONS COMMITTEE - ANNETTE BENSEN, CHAIR

- Website
 - We hope to transition to the Cloud.
 - We're working on access at Park Place.
- Newsletter: Thank you, all contributors.

FITNESS CENTER COMMITTEE - ANNETTE BENSEN, CHAIR

We've added some new equipment which everyone seems to enjoy.

MEADOWLARK PARK COMMITTEE - PATRICIA PLOSS, CHAIR

- **Trails**: We are extending the Red middle Trail and we are able to do additional work on the Warren trail.
- Park Place: The awning will hopefully be installed in July. Meanwhile, the tables there have umbrellas. Inside, the furniture and John Lucas's photos have been installed.
- Horseshoe courts: Between Park Place and the playground area, two horseshoe courts have been added – one regulation size and one smaller one – available for use on a first-come, first-served basis. Equipment is on site at the courts.
- Native Pollinator Natural Species Garden: We are so grateful that John Maxner of Westchester Properties, which does winter and summer maintenance for the Society, has offered to donate his, time, effort, labor force, and equipment to the creation of the garden. We will only be reimbursing him for the cost of a few materials.

COMMUNITY AFFAIRS COMMITTEE - JACK MATTES, CHAIR

- Red Cross Smoke Alarms: Since 2018, more than 1,000 units have been installed here by the teams of volunteers.
- Emergency Preparedness Committee: If you'd like to volunteer to help when the Activities Center is used as the Town Shelter, please let me know at *mattes.jack@yahoo.com*. There will be a training session in late August/early September.

SECURITY - DAVE JACOBSEN, PROSEGUR SECURITY

Garage Doors: When our officers see any open garage doors after 10 pm, they're authorized to report it and the unit owner will receive a telephone call from the dispatcher. If the phone isn't answered, the officer will go to the unit to so inform the occupant.

OPERATIONS REPORT - JOHN MILLIGAN, PROPERTY MANAGER

- Storm water basin maintenance: There are 15 all on West Hill
 – which will be cleaned, as required by the town, starting with the oldest. This project may run into 2023.
- NYSEG: This year it will be working in Condos 13, 15, 16 and 17, and there will be three more addressed next year at which point this multi-year project will be complete.
- Veolia: We met with them to discuss emergencies, etc.

SOCIETY BOARD ELECTION DETAILS

At the June 23 Society Board Annual Meeting, Alan Tepper, Co-Chair of the Election Committee, presented the following details of the election results that were briefly summarized in last month's issue of this Newsletter:

Of the 1,277 Ballots received, 37 were deemed invalid.

- 15 of those invalid Ballots' outer envelopes had names in the return addresses that did not match the Society's record of the owner of the unit (only owners can vote; renters cannot vote).
- 21 of those invalid Ballots' outer envelopes were missing either the unit owner's name or the unit number in the return address.
- 1 Ballot had six names selected instead of five or fewer.

Here's the breakdown. The five with the most votes were the winners (not all Ballots had five names selected, which was permissible).

Candidate	Votes
Jack Mattes	985
Dom Rubino	928
Deica Ruiz	880
Art Singer	690
Karl Milde	660
Mark Packer	650
Jay F. Wright	550
Tina Volpe	366

JUNE SECURITY CALL REPORT

Dave Jacobsen, Prosegur Security

During the month of June our Security staff received and responded to a total of 260 calls regarding the following matters:

a total of 200 calls reg	aruning the following matters.
Medical	76
Security	40 (open garage doors, other security concerns)
Fire	9 (the majority of which were fire alarms)
Service	112 (including 76 lift assists, 10 persons
	locked out, and 16 welfare checks)
Maintenance	15

Car Accidents 1

Parking Violations \dots 7 (in handicapped spaces, fire lanes,

A roads, or B roads)

* * *

ANNUAL ART SHOW

By Jack Mattes

Saturday and Sunday, October 8 and 9

Calling all artists! The Art Show at our Activities Center is the place to display your latest paintings, photos, drawings, weavings, needle crafts, woodwork - whatever visual art forms you enjoy creating.

This non-juried exhibit is an opportunity to share your work. There is no entry fee, all artists must reside at Heritage Hills. Our Art Show is produced by Heritage Hills volunteers for residents to experience the many varied talents of our community's residents.

Applications and guidelines for participation will be available at the Activities office and on the HH website this month.

Volunteers are needed for the Art Show Committee to assist in planning the show, displaying exhibits, and assisting visitors on the show floor. To volunteer, contact *mattesjack@yahoo.com*.

We hope you've been working on your art since our 2021 Show - we look forward to seeing the results and meeting some of the artists in person.

All artwork must have a title and identify of the medium used. Hanging artwork must have the ARTIST'S NAME, PHONE and UNIT NUMBERS on its back. Sculpture or non-hanging work must be identified on each piece. Wire or hanging loops must be securely affixed to the back of Artwork to be hung. Work will be approved by the committee as ready to display, or rejected on day of submission if the above and following quidelines are not followed:

WE DO NOT ACCEPT:

- Unframed or matte board hanging artwork.
- Artwork in damaged frames,
- Serrated hangers, or string taped to the back.
- Work larger than 36" wide x 36" high (exceptions considered with advance notice).

For additional information, contact *mattesjack@yahoo.com*.



By Elizabeth Royston

COUNCIL OF CONDOS

By Terry Clifford

Condo's attending June Meeting: 1, 2, 3, 4, 5, 7, 8, 11, 12, 16, 17, 18, 19, 21, 24, 25, 26, 27, 28, 30 (Condo 24 did attend May's meeting)

Insurance:

- Jason Schiciano, President of Levitt Fuirst Insurance Company, reviewed the issue of having contractors carry insurance to cover exclusions from the State of New York Scaffold Law. This law has resulted in multiple coverage exclusions relating to contractor workers, even if the Condo is named as an additional insured. He encourages all Condos to present a copy of the contract and contractors' insurance to Levitt Fuirst for review before work begins.
- Jason stated inflation might impact the cost of 2022-2023 policy renewals. He will have quotes for us 60 days before our December 1 renewal date. The Society signed with another insurance company; however, they do not have Greater New York insurance for liability insurance. He admitted a delay in getting alternate quotes to the Society in time to get their insurance program for 2023. They will try to reestablish the relationship next year.

Grounding and Bonding Wires: A draft scope of work was submitted by the Somers Town Building Inspector, Tom Tooma. The plan did not include having wiring go through firewalls which impacts attached units. Tom explained a firewall protective sealant will be used in such areas as needed.

Rusted Electric Boxes: We have been collecting information from various condos who are requesting the rusted electric boxes be repaired or replaced on Heritage Hills Property. Only seven condos responded. A reminder will be sent to those who have not responded.

Cracked Concrete Foundations: Condo 1 had a flooding issue after a crack in the foundation. Condo 17 had to remove dry wall on a lower level in a unit to find that the snap ties for the rebar were not snapped off before the walls were enclosed, leading to moisture and water seeping into the walls.

Council Business Directory: The business directory is being updated and will be delivered soon.

The next Council meeting will be held on Wednesday, August 17, at 7 pm. We hope to see all thirty condos represented.

V.G. Taxi & Car Service

Telephone: (914) 277-4499 villagegreencarsvc@gmail.com

We provide transportation to hospitals in the regions of NY, NJ, and CT. We also transport you to and from local train stations and bus terminals in Westchester County.

Need a trip to the grocery store or any other store?

Call us to make a reservation,

we look forward to driving you.

VOTING 101

WHEN AND WHERE TO VOTE, WHO CAN/CANNOT VOTE, AND WHY

By Mike McBride and Susan Statkowski-Rivalsi

The June issue of the Newsletter correctly noted that our residents could only vote in the Activities Center on Primary Day, and for the early voting period they could vote at any polling place in Westchester County, including Somers Town Hall.

Here's what occurred on Primary Day at Somers Town Hall:

- At least 30 Heritage Hills residents showed up thinking they could vote there.
- Many of those residents were not registered with any party. They did not know that only registered Democrats or Republicans could vote in the June Primaries.

Here are the rules regarding who can/cannot vote – and where to vote – in Primary elections:

- Primaries are only for voters who are registered with the Party or Parties that have multiple candidates vying for the same position. Similar to June, for August's Primaries only the Democratic and the Republican Parties have multiple candidates vying for the same position, so only registered Democrats and Republicans can vote.
- Primary voters may only vote regarding those candidates running on their Party's ticket.
- Voters are permitted to vote at any polling place in Westchester County Prior to Primary Day.
- On Primary Day, Heritage Hills residents can only vote at the Activities Center.



By Joan DeFranesc

PODIATRIC MEDICINE
PODIATRIC SPORTS MEDICINE
FOOT SURGERY

OFFICE HOURS
BY APPOINTMENT

WILLIAM TOMBACK, D.P.M, F.A.A.F.S.

PODIATRIST - FOOT SPECIALIST

"WE MAKE HOUSE CALLS"

MEDICARE AND MOST INSURANCE PLANS ACCEPTED 1 PRIMROSE DRIVE P.O. Box 390 SOMERS, NY 10589 (914) 232-1803

HERITAGE HILLS SOCIETY 2022-2023 BOARD OF DIRECTORS

EXECUTIVE COMMITTEE



Dom Rubino, President



Bruce Prince, 1st Vice President

Chair: Infrastructure/Maintenance Yard

Committee

Member: Library Committee

Meadowlark Park Committee



Gloria Anderson, 2nd Vice President

Chair: Legal Committee

Member: Health & Safety Committee

(Board Representative)

Library Committee



Bill Harden, Treasurer

Chair: Finance & Budget Committee

Insurance Committee

Member: Meadowlark Park Committee



Deica Ruiz, Secretary

Chair: Library Committee

Member: Finance & Budget Committee



Gene Archer

Chair: Security Committee

Member: Finance & Budget Committee

Insurance Committee



Annette Bensen

Chair: Communications Committee

Communications Website Subcommittee

Fitness Center Committee

Member: Communications Newsletter Subcommittee



Ann Harper

Chair: Activities Committee



Dorinda Haskel-Palladino

Member: Activities Committee

Finance & Budget Committee

Pool Committee (Board Representative)



Jack Mattes

Chair: Audit Committee

Community Affairs Committee

Emergency Preparedness Committee

Member: Pool Committee



Karl Milde

Member: Landscape Committee

Communications Newsletter Subcommittee



Pat Ploss

Chair: Landscape Committee

Meadowlark Park Committee

Member: Community Affairs Committee

Finance & Budget Committee

Pool Committee



Art Singer

Member: Infrastructure/Maintenance Yard

Committee



Alan Tepper

Chair: Transportation Committee

Member: Community Preparedness Committee

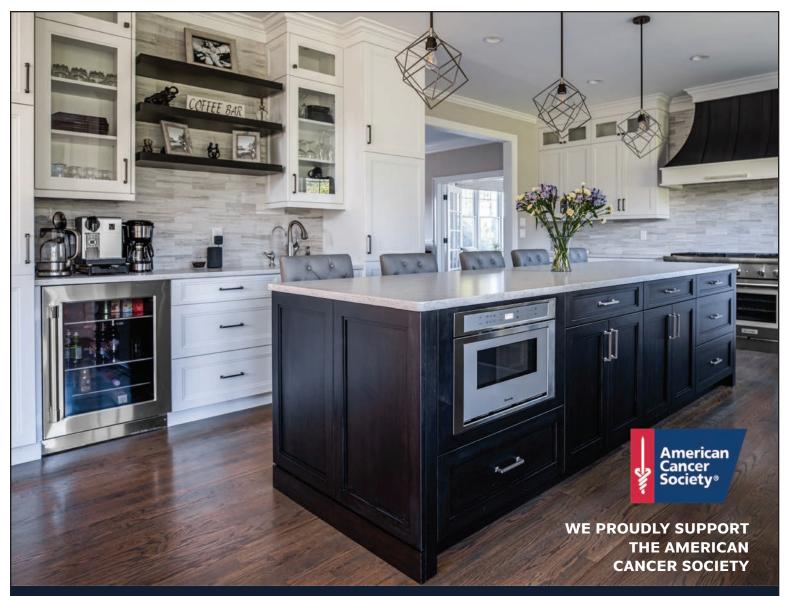
Fitness Center Committee Meadowlark Park Committee



Jay F. Wright

Member: Community Affairs Committee

Community Preparedness Committee



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LET'S WRITE

By Howard Hellman

Writing often starts with, as you know, a start. Those starts usually run out of steam, as an old adage may say, and so many of us who start out with desires of all sorts of written work fail to move any further than one paragraph.

I have written eight published books, some of which are available to read right here at the Heritage Hills Library. I started a Writers' Club in Florida years ago, and it is still running. I would like to do something like that here at Heritage Hills: form a Writers' Club that offers free help — meaning there will be no fee — for anyone who wishes to join and to help other writers you may be able to work with. Meetings can take place person-to-person, by telephone, and online, as well, so that anyone can "speak" or write to others who participate to suggest ideas.

For information or to make suggestions, start by getting in touch with me either by phone at 914-617-9225 or by email at *howardhellman@vahoo.com*.

* * *

CALLING ALL PHOTOGRAPHERS THE PHOTOGRAPHY CLUB WANTS YOU!

By Karl Milde

As indicated on page 4 of this Newsletter, after a hiatus of several months, the Photography Club is holding an Open House on Tuesday, August 16, at 2 pm in the Photography Studio located in the basement of the Activities Center across the hall from the Art and Pottery Rooms.

Club President John Lucas has plans to reorganize and revitalize the Club. John was recently ill, but he has thankfully recovered and wants to move the club forward. He would like to elect a slate of six new Board Members including new club officers — President, Vice-President, Treasurer, and Secretary — so that the Club continues with new ideas and new energy. He will remain as temporary president until the new Board is in place and there can once again be regular meetings and organized field trips. As in the past, the Club may have "Photo of the Month" contests and host lectures, by and for its members, about "Tricks of the Trade."

Over the years the Club has accumulated considerable funds in its treasury, stewarded by its loyal Treasurer, Rosemarie Russo, so no dues need be collected from new members until next year. Rosemarie will remain as Treasurer until the new Treasurer is elected and can take over responsibility for the club account.

The Photography Studio presently has two printers with photographic paper as well as floodlights for formal portrait photography. Additional equipment, such as strobe lighting to match sunlight, could also be purchased for hands-on use by Club members.

If you are interested in photography – as a professional, an amateur, a hobbyist or in any other way – please come to the Open House and meet like-minded residents here. You'll be very glad you did.

CULINARY CLUB

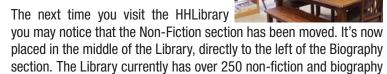
By Elizabeth Royston

The Culinary Club has resumed our monthly Wednesday evening dinners in the Activities Center at 6 pm. There currently are openings for new members. If you are interested in learning more about us, contact Pat Headen at 914-617-9050.

* * *

Hibrary COMMITTEE

NON-FICTION BOOKS



titles in our growing collection.

ADDITIONAL JOHN GRISHAM TITLES

For readers who enjoy John Grisham's books, we are pleased to add several earlier Grisham titles to our collection. These books will be integrated on the shelf with Grisham books we already own. *Sparring Partners*, Grisham's most recent book, is located in New Books section.

NEW ADDITIONS TO OUR COLLECTION IN AUGUST

Fiction

Garmus, Bonnie	Lessons in Chemistry
Giffin, Emily	Meant to Be
Glass, Julia	Vigil Harbor
Korelitz Jean Hanff	The Latecomer

Mystery

Baldacci, David	The 6:20 Man
Child, Lincoln	Chrysalis
Gerritsen, Tess	Listen to Me
Koontz, Dean	The Big Dark Sky
Pavone, Chris	Two Nights in Lisbon
Sager, Riley	The House Across the Lake
Reichs, Kathy	Cold Cold Bones
Ware, Ruth	The It Girl

Non-Fiction

Eustace, Nicole	Covered with Night
Gelles, David	The Man Who Broke Capitalism
Sedaris David	Hanny Go Lucky









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SOLD | 904 Egrets Landing | \$400,000



RENTED | 432C Heritage Hills | \$2,750mo



SALE PENDING | Reed Farm



SALE PENDING | Reed Farm

Hope is a "Pro's Pro". There was not one aspect of my sale that was less than a Five Star. Hope would receive Six Stars by me in your rating system if you provided me the option. Hope was flawless. Her advice given from the staging of the house, throughout the sale process and through Closing was invaluable. Besides that, we received numerous offers greater than the listing price and effortlessly closed on the highest offer!!! Thank you Hope. -AS, Somers

HERITAGE HILLS MARKET STATS: SALES – 6/1 THRU 7/14/2022

379 Heritage Hills Unit#B	\$431,000	1	2 (11)	964	17
372 Heritage Hills Unit#C	\$491,000	2	2 (20)	1,470	5
85 Heritage Hills Unit#B	\$507,000	2	2 (20)	1,710	3
19 Heritage Hills Unit#B	\$579,000	2	2 (20)	1,710	32
687 Heritage Hills	\$620,000	2	2(20)	1,421	20
824 Heritage Hills Unit#A	\$620,500	2	3 (21)	1,531	18
308 Heritage Hills Unit#C	\$650,000	3	2 (20)	1,780	9
773 Heritage Hills Unit#C	\$782,500	3	2 (2 0)	2,030	5

 $^{^{*}}$ Source: OneKeyMLS property type Sold Heritage Hills 6/1/22 - 7/14/22







EAST HILL MEN'S GOLF GROUP

By Ken Freeman

After unseasonably cold weather through much of April and May, it warmed up in June. While we suffered three rainouts, we still got in seven events.

June 7 Stroke Play

A Flight*: Low Gross - Bob Briganti

Low Net: 1st - Bill Glass; 2nd - Tom Reca

B Flight**: Low Gross - Ed Sottile

Low Net: 1st – Charlie Kravetz; 2nd – Bob Kenney

June 14 Stroke Play

A Flight*: Low Gross – Yogi Santa-Donato

Low Net: 1st – Bob Slotoroff; 2nd – Bob Briganti

B Flight**: Low Gross - Al Zaffiro

Low Net: 1st – Howard Weiner; 2nd – Bob McVeigh;

3rd – Jim Haggerty

June 21 Stroke Play

A Flight*: Low Gross – Bob Briganti

Low Net: 1st - Ray Ormerod; 2nd - Bob Slotoroff;

3rd – Ed Yee

B Flight**: Low Gross – Bob Kenney

Low Net: 1st – Vin Marrone; 2nd – Sandy Lieberman;

3rd - Howard Weiner

June 23 Stroke Play

A Flight*: Low Gross – Bob Slotoroff

Low Net: 1st – Ed Yee; 2nd – Tom Murray

B Flight**: Low Gross - John Mahoney

Low Net: 1st - Nick Stanton; 2nd - Marshall Fine

June 28 Stroke Play

A Flight*: Low Gross - Tom Reca

Low Net: 1st – Dan Lanza; 2nd – Joel Greenspan;

3rd – Ed Yee

B Flight**: Low Gross - Ed Sottile

Low Net: 1st – Bob McVeigh; 2nd – Bob Kenney;

3rd - Howard Weiner

June 30 Captain's Choice Team Scramble - Low Net

1st – Bob Klatzky, Dan Lanza, Charlie Kravetz, Marshall Fine

2nd - Yogi Santa-Donato, Mike Berardino, Ira Komitee, John Mahoney

3rd – Bob Briganti, Rich O'Brien, Al Longhitano, Sandy Lieberman

July 5 Stroke Play

A Flight*: Low Gross - Bob Briganti

Low Net: 1st – Ed Yee; 2nd – Ed Dougherty;

3rd - Ira Komitee

B Flight**: Low Gross – Charlie Kravetz

Low Net: 1st – Nick Stanton; 2nd – John Mahoney

*Our better golfers **The rest of us



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PICKLEBALL GROUP

ROUND ROBIN TOURNAMENT

Text and photo by Denise Elliot

The Committee hosted a four-week Round Robin tournament for the beginner players starting July 13. This first week was attended by 16 players who met new players and enjoyed the game!





The Pickleball Group celebrated a festive Fourth of July on the courts.

Photo by Peter Finella

* * *

TENNIS GROUP

Text and photos by Dena Goldstein

MIXED DOUBLES TOURNAMENT RESULTS

Congratulations to the winners and runners up of the Tennis Mixed Doubles Tournament held on Saturday, June 25th in 86-degree Heat. Everyone had a great time, and all played very competitive matches.

The Winners were Ben Goodman and Lili Venta, and the Runners up were Debra Bastiaens and Joe Guzman. In the Consolation Match, the Winners were Louise Squitieri and Mitch Schilkraut; and the Runners up were Barry Moskowitz and Jan Thornley.

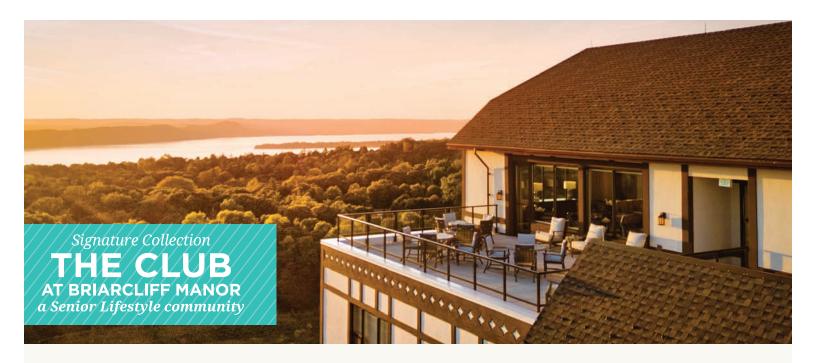
See page 4 for information regarding the August Men's Doubles Tournament.



Debra Bastiaens, Joe Guzman, Ben Goodman, and Lili Venta



Mitch Schilkraut, Louise Squitieri, Barry Moskowitz, and Jan Thornley



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Call 914-505-8717 to get on the exclusive invite list for upcoming events.

UPCOMING CALENDAR OF EVENTS

All That Jazz

SATURDAY, AUGUST 13 1:30 P.M. JOIN US FOR AN AFTERNOON OF FABULOUS JAZZ MUSIC.

Fun in the Sun Open House

WEDNESDAY, AUGUST 24
10 A.M. - 4 P.M.
DISCOVER HOW LIFE AT THE CLUB IS
LIKE A NEVER-ENDING VACATION!

RSVP/TODAY!

TOWN MEETINGS NOW ON CHANNEL 1072

The Comcast channel for Heritage residents to view Somers Town meetings – Board, Planning Board, Zoning, and Appeals, etc. – is now 1072 (it was 22).

Meetings are broadcast live, and rebroadcast daily, enabling residents to see what is going on in our town.

To find the meeting schedule, visit the Town's website, *somersny.com*, and choose "Meetings."

NOW YOU KNOW!

* * *

TOWN OF SOMERS SENIOR SERVICES

Submitted by Barbara Taberer, Director

At Van Tassel House you can enjoy game play, free exercise and watercolor painting classes and social dance instruction by Rich, hot lunch in-house or delivered, and twice-monthly trips to the Somers Library.

For more information on those and on free transportation, call 914-232-0807. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. An aide may accompany the rider.

MEDICAL TRIPS – For appointments in Somers; the Putnam Hospital area; Katonah, Yorktown, and as far south as Mount Kisco, see bus schedule on page 2.

AUGUST SHOPPING TRIPS – Four trips by bus per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pick-ups start at 10 am, with 1 1/2 hours shopping time, and you return home early-to-midafternoon.

MONDAY	FRIDAY
INDINDAT	FNIV <i>A</i>

NOW YOU KNOW!



@BonnieSue-Photography

MEADOWLARK PARK PLAY TIME

Submitted by Keri Reitman-Schnapper



Leo having fun in the tube. By Rebecca Weinstein



Lucas and Gabriella enjoying the playground equipment. By Vanessa Anaya

MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES Produced by the Activities Office Phone: 914-276-2636 or go to activities@hhsociety.org

Advance registration is required. 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 914-276-2636.

TWO GUESTS PER UNIT LIMIT

AARP SMART DRIVING CLASS

Get a 10% auto insurance reduction and four points off your NYS DMV driving record – good for three years. Price: \$25 for AARP members, \$30 for non-AARP members. Make check payable to "AARP" and leave it in the AARP mailbox outside the Activities Office. Include your name, phone number and class date on the check. You will be contacted ONLY if the class you selected is full. Bring your AARP membership card and driver's license to the class. Attendance at two three-hour consecutive sessions is required. **Must show proof of Covid vaccination AND wear a mask**. You cannot mix and match among date sets – must be consecutive! All sessions occur in Lake Lodge's Room 3 from 10 am to 1 pm.

Wednesday and Thursday, August 3 and 4 Thursday and Friday, August 18 and 19 Wednesday and Thursday, September 7 and 8

ARTS & CRAFTS

I Love Art Class: After School ART in Heritage Hills for Children Ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750. **Needlecraft Group**: Charitable needlecraft group meets Wednesday at 12:30 pm in the Game Room. All skill levels welcome. \$10 annual dues. Bring proof of up-to-date Covid-19 vaccination. For questions, or to register, call Linda at 914-277-2776.

Painting with Judika Class: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring your mask and your creative spirit! To register, call Judika at 914-438-6750.

Sketch Workshop Group: Wednesday at 9:30 am in Studio A. No fee. Beginner's welcome.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full 4-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at *eveymusart@comcast.net*.

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 914-276-0671 or 914-552-2303.

CHORAL GROUP

Wanted: singers for "The Meadowlarks," the newly formed Heritage Hills Choral Group directed by Peter Muir. Preference for those who can harmonize. If interested, contact: Janice Malett at 914-715-8247.

CIAO ITALIA CLUB

Dues are waived for 2022 if you paid your membership for 2020-2021. If you wish to become a new member, dues are \$12 per person for 2022. Membership forms are available outside the Activities Office. You can also print a copy (at home) from an email blast.

CLUB SHALOM Watch for communications about upcoming club events.

CONCERT SOCIETY CLUB

We present four classical concerts each year in May, June, September, and October on Sunday at 3 pm in the Heritage Room. We feature the best and brightest of classical music's rising stars. The annual subscription rate is \$80 per person or \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407. Marvelous music by acclaimed artists at bargain prices.

CONTINUING EDUCATION CLUB

Our mission is to educate and *entertain* with monthly presentations by experts in the fields of art, literature, music, theatre, history, and politics on specified Tuesdays at 1:30 pm in the Heritage Room. See the COMING EVENTS section of the Newsletter for more information or call Ann at 914-617-9434.

CULINARY CLUB

We meet for dinner in the Activity Center once a month on a Wednesday evening at 6. If you are interested, contact Pat Headen at 914-617-9050.

DANCING

Friday Night Social Dance: Friday, August 5, from 7 to 10 pm in the Activities Center. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677. Next Dance: Friday, September 2.

EXERCISE

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am at the Fitness Center and on Zoom. Light Cardio and Balance, Functional Strength and Stretch, Restorative Breathing and Relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at *zumbawithme@aol.com*.

Body Sculpting Class: Warmup low impact cardio, strength and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday thru Thursday at 9 am and Thursday night at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@amail.com.

Cardio/Strength/Stretch Class with Lori Barr: Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch and breath work – all set to great music! Appropriate for all levels. Bring a resistance band to each class. Weights are available for use or bring your own. Tuesday and Thursday from 9:30 to 10:30 am in the gym. Fee: \$8 per class. Try the first class for free!

Chair Yoga with Satish Class: Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind body connection. Live music. Practice every Tuesday from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$8 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Chair Zumba/Toning with Theresa: Monday at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at *zumbawithme@aol.com*.

Gentle Yoga with Lisa Thomas: Monday at 1 pm and Friday at 10 am. \$12 for a 75 minute class. Lisaathomas@optonline.net or 914-497-0243. Lyrical Arms Class with Theresa: Friday at 10:50 am at the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Tuesday at 11 am at the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow beginner line dances to ALL music genres. Contact Theresa for more information at <code>zumbawithme@aol.com</code>. Pilates Barre Class: Monday, Wednesday, Thursday at 10:15 am and Monday at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or <code>Labzeiss@gmail.com</code>.

ACTIVITIES/CLASSES/CLUBS

Zumba Gold with Theresa. Friday at 10 am in the Fitness Center and on Zoom and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at *zumbawithme@aol.com*.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to *Facebook.com* to join the group "Heritage Hills Family Network" or email *keri.reitman@gmail.com*.

FUN & GAMES

Bridge—Duplicate Club: Monday and Thursday at 12:30 pm in the Activities Center—vaccinated only. For information, call Marie at 914-277-4266.

Bridge Lessons Class: Mini review of common Bridge conventions. Thursday morning from 10 am to noon at the Activities Center. \$5 per class payable at time of lesson. Contact: Marie Sugar at msugar156@gmail.com or 914-277-4266.

Heritage Hills Scrabblers Group: Casual Scrabble game play on Thursday from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. Bring proof of Covid-19 vaccination and boosters. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

Mah Jongg Group: Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available-contact Sue Furino 914-617-9110). Friday at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646). Tuesday and Thursday from 11 am to 1 pm in Lake Lodge. We now have room for a few new members — Thursday preferred. Contact Rebecca Fierro at 914-669-5328.

Ping Pong Group: Thursday at 10 am in the Game Room. Open to all residents. Come hang out and play!

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to *hhgardenclubsecretry@gmail. com.* If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the Game Room of the Activities Center. Your temperature may be taken. Mask-wearing is voluntary. Do not come for your Blood Pressure Screening if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus, or travelled to areas that have experienced high levels of the virus. Contact Ellie at <code>elliebob1@gmail.com</code> or 914-617-2109 for more information.

Alzheimer's/Dementia Caregivers Support Group: Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place on the first Thursday of the month at 12:30 pm in Lake Lodge. Facilitated by Linda Ludwig, Psy.D. To register, call 914-617-9328 or email <code>ludwiglr@aol.com</code>.

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 12:30 pm in the Activities Center. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email *ludwiglr@aol.com*.

Senior Entitlements Program – Westchester County: Watch for communications about our upcoming monthly session.

HIKERS & WALKERS GROUP

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

LIBRARY

Open Monday thru Friday from noon to 3 pm, For information on the collection, visit the webpage at *hhsociety.org* or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Monday from 9:30 to 11 am in the Activities Center or by Zoom with closed captioning. For information, email Ken Benjamin at *kenbenja@aol.com* or call 914-617-9817.

RAINBOW CONNECTION

Rainbow Connection is a group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

SHAKESPEARE GROUP

Meets in person and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. We meet every Tuesday from 10 to 11:30 am in the Activities Center, Room 3. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SPORTS

Bocce Group: April through October: Wednesday and Saturday at 9:30 am. **Pickleball Group**: Pickleball on the outdoor courts is open play, no reservations required. The gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email *PickleballHH@gmail.com*. See you on the courts!

Golf Group: Join the East Hill Men's Golf Association to enjoy weekly Thursday 9-hole casual competitions in a variety of formats, as well as Tuesday Stroke Play opportunities, from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or rlkret@aol.com.

Shuffleboard Group: October through March on Wednesday from 1 to

3 pm, and on Saturday from 9:30 am to noon in the gymnasium. **Tennis Group**: All Tennis reservations are now made via *www.playtomic.io*, or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group call Barry at 914-617-9259 or Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

TEN-A-MEN'S CLUB

Come at 9 am and have continental breakfast for \$2. Meeting starts at 10 am in the Heritage Room.

HERITAGE HIILS TRAVEL CLUB

Our mission was designed for those who enjoy traveling on trips, whether they are near or far. All details are handled by the Travel Club. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

WOMEN'S CLUB

We meet the second Wednesday of the month at 1:30 pm, except in January, July, and August. Our regular meetings will resume in September. Information about the Fall events will be in the September Newsletter. For more information, call our membership chair, Alfreda Savarese, at 914 617-2007.

WRITERS WORKSHOP CLASS

Workshops on *Google Meet*! Monday at 1 pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! *Lindaspear211@gmail.com*.

AMI STOKHAMER, PRESIDENT, FRIDAY NIGHT SOCIAL DANCE GROUP

Text by Shirley Kesselman, photo by Ami Stokhamer

Ami Stokhamer came to live in Heritage Hills eight years ago from Bedford. Happiest doing her own thing, Ami had developed a dog-walking and cat-minding business. Once here she recognized the need for house watchers. She gave up dogwalking and now concentrates on cat and house minding.

Upon moving to Heritage Hills, Ami committed herself to becoming involved. Writing a "Meet Your Neighbor" column for this Newsletter was her initial endeavor. She has tried other activities and currently focuses on dancing, gardening, and yoga. "I'll probably continue these forever," says Ami.

The entrance to Ami's condo unit is a testament to her love of gardening where you are greeted by an enchanting arrangement of plants. Roses, hostas, coral bells, sage, dianthus, and boxwood line the walkway. Outside her kitchen's door on the deck more flowering plants can be viewed. Ami has been gardening since early childhood when her mother set her up with a small rock garden. Now Ami's daughter shares her interest and talent for gardening.

Ami never danced until she settled here at Heritage Hills. Always shy, she avoided her high school prom because "I was terrified of dancing."



However, Ami enjoyed moving to music. When a neighbor here suggested they attend the Heritage Hills dance together, Ami agreed because she had promised herself to be involved. At the dance she was invited by an older gentleman to cha-cha. She could follow as she innately had rhythm. Her partner complimented her, and she went on to dance with others. Her love of dance was ignited.

This year Ami became President of our Friday Night Social Dance Group. She succeeds Dorothy Yodice who founded Ballroom Dancing at Heritage Hills approximately 20 years ago. The name of the group has changed because the evening now encompasses more than traditional ballroom

dances. Rock & Roll is popular. There may be a line dance if requested. Free style dancing is encouraged—no partner required. Ami's goal is to provide a social evening with ample opportunity to dance. "You don't have to know particular steps. If you prefer, you can sit at the table, watch, and party," she emphasizes.

Dances are usually held on the first Friday night of the month. They begin at 7 pm and end at 10 pm. Johnny Angel, a Heritage Hills resident and popular disc jockey, provides the music. He honors requests. Cost is \$10 per person. Heritage Hills residents are permitted two guests per unit. Refreshments include coffee, ice water, and desserts as cookies and miniature cupcakes. Attendees may bring wine and additional food, perhaps pizza, chips, and pretzels.

"Dancing changed my life," declares no-longer-shy Ami. She is eager to share her love of dance with us.

* * *

A UNIT OWNER'S LYRICAL OPINION ON THE STATUS OF WALKERS AND SIDEWALKS IN HERITAGE HILLS

By William A. Colavito

The Hills of Heritage are alive with the sight of walkers.

They walk the narrow streets in the light of the day, eyeing the autos, which pass close by their way.

Walking without reflectors, even as it gets dark, Seemingly ignoring the safe pathways in Meadowlark Park.

As they walk from sunlight into shadows cast by tall trees, It results in the walkers being so difficult to see.

In single file, some two or three abreast, occasionally with a carriage far out to the left,

Then from a curve in the opposite direction, a walker appears with his canine collection.

What in the world are drivers to do? Would sidewalks by the roadways resolve this dilemma? Society thinks no,

"We own not that land, as we assume you all know, There are pipes and culverts and wires below, All in the places the sidewalks would go.

"Sidewalks of course were never intended And what about the money which would have to be expended."

Until the wisdom of Soloman finds a fix for these woes, Walkers be wary, and drivers, drive slow.

GARDEN CLUB BRUNCH-IN-THE-GARDEN

Text by Joanne Meder, photos by Carol Vrtuli

Members of the Heritage Hills Garden Club were greeted with a picture-perfect day on Sunday, July 3, for the Club's first-ever "Brunch-in-the-Garden," About 70 members of the Club and a few guests were treated to a delicious variety of foods - including homemade muffins, croissants, specialty cakes, French toast, assorted quiches, and fresh fruit salad, plus coffee, tea, cold juices, and sparkling water. It was a great opportunity for gardeners to exchange timely tips and information about their gardening experiences.



Some of the participants standing behind Ruth Santacroce's magnificent flower plantings.

* * *

WE COULD HAVE HAD ELEPHANTS IN HERITAGE HILLS

By Stanley Herz Pearlman

Except for timing and a recent legal decision, we could have had elephants trampling through Heritage Hills. You think goose droppings are bad!

As road signs at the entrance to town announce, Somers is the "Cradle of the American Circus." It's all homage to Hachaliah Bailey, a town farmer who in 1805 acquired an elephant to exhibit. Thus began the seeds of what would ultimately become the American Circus. The potential was always there to have a zoo or circus in Somers. It never happened, but just suppose it did.

That brings us to a recent lawsuit. It was significant enough to be cited in *The New York Times*, *The Washington Post*, and other papers. But as a result of recent Supreme Court decisions and Congressional hearings, it didn't get the front page attention it should have.



The case before New York's highest court, the Court of Appeals, was brought by an animal rights group that wanted an elephant removed from the captivity of the Bronx Zoo. It revolved around habeas corpus which is argued by *people* to assert the right to contest illegal confinement. The group argued that these rights should be extended to "cognitive complex animals such as elephants."

One of the judges who opted for the court accepting the case leaned toward a ruling for the pachyderms. He opined that as to whether an elephant should be accorded a human right, a dictionary may define "person" one way, but the word's meaning under the law has changed over time. He noted that corporations are now treated as people in certain situations. "The nature of humanity and the nature of intelligence are going to change as science changes," he said.

The seven judges ultimately ruled against the rights group 5 to 2. Hence, even if there was now a zoo in Somers, the elephants still would not have overtaken Heritage Hills.

This case first came to my attention in *Jewish Week*. So obviously the religious sages saw moral implications in debating the rights of the animals.

This raises a question of biblical proportions; if the elephants were roaming our community under habeas corpus, would the males then have to be circumcised?

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OUT OF THE MOUTHS OF BABES

By Andrew Pellegrini

Mom and Dad had been married about four years. They had a small apartment in Riverdale. My eldest sister, Claire, was about three.

My parents were to have a get-together with several couples one evening at the apartment. They went over the shopping list — food, dessert, coffee, and a few other items. Dad was to go to the stores to pick up the items, while Mom straightened up. On Dad's way out the door, Mom hollered from the kitchen, "Guy, I almost forgot, get the booze." Mom hurried over with the list to give Dad.

Of course, at three years old, Claire insisted on going with Dad whenever he left the apartment. Dad unhesitantly agreed.

As Dad and Claire got on the elevator, the elderly couple who lived above our apartment were already on it. Their names escape me, but both of my parents said they were lovely people and enjoyed seeing Claire any chance they got.

Dad and Claire said hello. Then the elderly woman said, "Claire, you look so pretty today. Where are you and Daddy going?" With the timing of Bob Hope, Claire said, "We're going to get booze!"

Dad always said that was the longest thirty seconds of his life. He does remember the gentleman had a smile "a mile wide." He said the woman looked stunned. It was about 1955.

Upon arriving at the ground floor, Dad and Claire said goodbye without making eye contact. Fortunately, the next time Mom and Dad ran into the elderly couple, they were as kind and cordial as ever. The relationship remained very friendly.

From what I was told, at least the party went well!



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THE SEWING MACHINE MADE IN SOMERS

By Karl Milde

A sewing machine made in Somers? Yes! Not only that, but it was a better machine than the competition. The brainchild of a German immigrant named George Juengst, it was less fatiguing to use and quieter



than other sewing machines known at that time. It also malfunctioned less often and was capable of sewing any type of material.



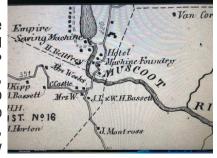


By the Somers Historical Society

The well-known Singer Sewing Machine Company started in 1851, after settling a patent dispute with Elias Howe, who famously invented and patented the first practical sewing machine in 1846. Juengst obtained three patents on his improvements to that machine and founded the Empire Sewing Machine Company (Empire) in 1860. He opened a factory in Somers and started selling his machines in 1864. An employee, Sidney Tyler, made further improvements for which he obtained two patents in 1866. Tyler's patents were assigned to Empire, so the company's sewing machine was covered by five patents.

The main office of the company was at 536 Broadway in New York City, a building that's still there today. Somers was chosen as the site of their factory because the Muscoot River provided a source of power and an iron mine near Butlerville provided ore for the foundry. Business was brisk because they had a great product, although their sales never approached those of Singer. The company had about one hundred employees in its heyday.

Empire continued to produce sewing machines only until 1871. Why did they stop? Unfortunately for Juengst, New York City decided to damn up the Muscoot River to create a reservoir. As a result, his source of power literally dried up. Seeing the end was



near, Juegnst was able to sell his patents, his machine diagrams, and his factory machinery to the Remington Company. Remington had manufactured arms during the Civil War, and pivoted to making the Juengst sewing machine and the famous Remington typewriter.

Just where was the Empire Sewing Machine factory? It was located in several buildings alongside the Muscoot River, close to what is presently Route 35 and Wood Street. After the factory closed, the buildings were used for a time by the Christian Brothers as a teaching college called "Saint Joseph's Normal College."

None of those buildings are there today. Only the foundations remain along the banks of the Muscoot River. The area is in the woods on private property belonging to the New York City Department of Environmental Protection.

This sewing machine can be seen at the Somers Historical Society Museum on the second floor at Town Hall.

* * *

WELCOME TO SCHNORRDOM - Part 2

By Andrew Pellegrini

Stan Pearlman's June article bought back a fond memory from my childhood.

My father told me as a child he worked at a pharmacy in the Bronx. The pharmacy was owned by Mr. Boxer. Mr. Boxer was a quiet, kind and well respected pharmacist. Back in the day, pharmacies had lunch counters which also served ice cream and sodas. Dad worked the lunch counter for Mr. Boxer after school and on weekends.

Dad related that every day an elderly group of about six gentlemen would come in. They would say to my dad, "Kid, give me a two-cent plain." A two-cent plain was a glass of soda water, now called seltzer. All the men would get their drinks, pay, and recess to a table.

Then like clockwork they would return to the counter and tell my dad, "Kid, put some syrup in here. Just for a little color." The syrup was Coca-Cola syrup. A coke was three cents. Dad would look at Mr. Boxer. Mr. Boxer would nod his approval.

After several weeks of this, my dad asked Mr. Boxer why he allowed it. Mr. Boxer told my dad, "Son, you see these men and their families come in almost every day. They buy ice cream, medication, gifts, and sundries. They want to feel like they are getting something for nothing. Let them feel that way."

Then Mr. Boxer lowered himself to look my dad in the eye, and said, "Guy, always remember this: In life, never let yourself get to the point where you step over dollars to pick up dimes."

As dad got older, he realized exactly what Mr. Boxer meant. I did also.

Dad loved to tell that story. I have always tried to keep that sage advice in the forefront of all important decisions. It has served me well.

Mr. Boxer was a great man.

So was my dad.



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HEALTH & SAFETY COMMITTEE

KEEP YOUR THYROID HEALTHY: DO A SELF-CHECK!

Submitted by Peggy DeGasperis RN

Why should you check your thyroid?

The thyroid is a small gland responsible for producing hormones that play a crucial role in many of the body's systems. Various symptoms occur when the thyroid produces either too much or too little of the thyroid hormones. Either can disrupt healthy functioning of target organs to which the thyroid sends hormones, like the heart, brain, liver, and kidneys. The good news? Once diagnosed and treated, it's entirely possible to live a normal, healthy life.

You can check your thyroid yourself.

Take the neck check: Have a hand-held mirror and a glass of water handy. With the mirror in your hand, focus on the lower front area of your neck, above the collarbone, and below the larynx (voice box). That is where your thyroid gland is located. While focusing on that area, tip your head back, take a drink of water, and swallow. As you swallow, look at your neck. Check for any bulges or protrusions. (Don't confuse the Adam's apple with the thyroid gland.) If you do see any bulges, see your physician. You may have an enlarged thyroid gland or a thyroid nodule.

Encourage friends and family to get tested.

If a family member or a friend has mentioned feeling cold a lot of the time, having trouble sleeping, or difficulty swallowing, maybe it's time to suggest they ask their doctor about thyroid dysfunction. It's all too easy to dismiss "little" issues like dry skin as being insignificant, but testing could help them find treatment quicker.

Is thyroid disease common?

It's estimated that over 30 million Americans have thyroid dysfunction, yet at least half of these cases are undiagnosed and, consequently, untreated.

Are some people more susceptible to thyroid dysfunction?

Although women are five times more likely to develop thyroid problems than men, it can happen to anyone.

What's the good news?

With a proper diagnosis, thyroid dysfunction can be successfully treated so you can enjoy a healthy lifestyle.

References:

- Thyroid Disease: Causes, Symptoms, Risk Factors, Testing & Treatment (clevelandclinic.org)
- January Thyroid Awareness Month (nationaltoday.com/thyroid-awarenessmonth/)



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TRAVEL GROUP'S DAY ON THE HUDSON

Text and photos by Shirley Kesselman

"A lovely day, a lovely trip, said Dietmar Choka summing up the feelings of the 48 participants who went with the Heritage Hills Travel Group on a day's outing in July featuring the Hudson River. We had left Lake Lodge on a Friendship Tours bus at 10 a.m. after being signed in by Travel Group member Pam



Cliff and Sandy Wohlberg signing in with Pam Arena

Arena. Our tour director narrated a history of the Hudson River from the time of the Revolutionary War as the bus wound north and crossed the Hudson.



First stop—After crossing the Hudson, the west entrance to *Walkway Over the Hudson*. On disembarking the bus, travelers had the option of walking on this 1.26 mile crossing or staying comfortably on a plaza with

benches under umbrellas at its entrance, at which there was a detailed display about the Walkway's history and development. Both alternatives offered one a view of the magnificent surrounding landscape.

Second stop—the *River Grill* for lunch. Situated at a marina on the Hudson River, the spacious restaurant served us a generous main course of steak, sole, or chicken, preceded by a salad and accompanied with soft drinks. I found the dessert, a fudge-like cake, delicious.

Last stop—a cruise on the boat Pride of the Hudson. a sightseeing ship docked in Newburg. Upon boarding, we could choose to sit inside a temperature-controlled space with wraparound window views or on an outside deck fore, aft, or on the second level. As we sailed the captain narrated. We passed Bannerman's a/k/a/Pollepel - Island with its castle, West Point, and Storm King Mountain. How fortunate we were gifted with a breeze, blue skies, and puffy clouds.



Dietmar and Christine Choka and Jean McMahon on Pride of the Hudson

At 6 pm we were back at Lake Lodge having spent a day learning about the Hudson River and marveling at its beauty. Thank you, Heritage Hills Travel Group.





By Joan DeFrancesca

MORNING ROLL CALL

By Adelaide B. Shaw

five for breakfast a full house at the bird feeder

come one, come all no reservations needed

the acrobat upside down and right side up downy woodpecker

competition a squirrel does his routine

choosing a mate good looks are a plus his bright red plumage

extended family two cardinal pairs share a meal

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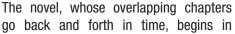


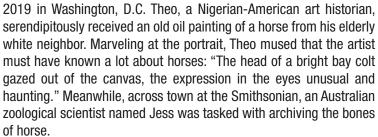


THE BOOK SHELF

By Cindy Kennedy

Pulitzer Prize winning writer Geraldine Brooks' prodigious skills as a storyteller are evident in *Horse*, her splendid blend of fiction and fact. *Horse*'s equine character is Lexington, the 19th century stallion who was deemed the greatest racehorse of his era.





Horse's narrative then reverts to 1850, with the foaling of a new colt at Dr. Elisha Warfield's plantation in Lexington, Kentucky. The foal, named Darley, was "a bright bay colt like its dam, with a white star and a snip on its face and four white feet." Dr. Warfield gave Darley to Harry Lewis, the stable's Black trainer, as part of his wages.

Although Harry was a freedman who had bought himself out of bondage, his thirteen-year-old son Jarret was still enslaved. Harry assigned the boy to train Darley. Soon Jarret and the horse became inseparable: "The colt was turning out intelligent and strong, open to whatever Jarret asked of him. As the horse built strength, they'd go longer and harder. That was how you built a four-mile horse—bone and muscle and wind."

After Darley won his debut race at the Lexington track, Harry saved his earnings to buy Jarret's freedom. However, among the crowd who came to see Darley run was Richard Ten Broeck, a New Orleans businessman determined to buy the fleet-footed bay. Citing a law that it is illegal for Blacks to own or races horses, Ten Broeck forced Dr. Warfield to sell him Jarret and the horse, now renamed Lexington.

Distressed to be traded away from his father, Jarett found purpose in Lexington's success on the track. Despite Lexington's fame, however, Jarret knew that he and the horse were "the stakes, not the stakeholders. Only horses were honest, in the end."

In *Horse*'s powerful conclusion, Geraldine Brooks deftly ties together the converging storylines of Jarret, Theo, Jess, and the painting. When 2022 fiction prizes are awarded, *Horse* is a sure bet to sprint to the winner's circle.

(Note: *Horse* 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 11.)



By Karl Milde

GERALDINE

BROOKS

THE IMPORTANCE OF CRUCIFEROUS VEGETABLES

It's a startling fact: Of all the common vegetables, cruciferous vegetables are, by far, the most healthy. They contain the most vitamins and the most plant omega-3s. Just three cups a week will reduce the risk of certain types of cancer by up to 41%.



It takes twenty-three cups of other varieties of vegetables to get the same result.

Which vegetables are cruciferous, and what does this word mean? Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, and turnips are cruciferous. Just remember your B's, C's, and also your K and T. It almost rhymes!

My old *Webster's New Collegiate Dictionary*, which my parents gave to me when I left for college, does not include the word "cruciferous." Turn to the more modern *Wikipedia* and you'll find this word is an adjective, meaning "relating to or denoting plants of the cabbage family" (the *Cruciferae*).

Kale, broccoli and Brussels sprouts have the most vitamins A, C, and E (about 9% of the recommended daily dose) and the most vitamin B-1, (about 15%). Broccoli and Brussels sprouts also have the most omega-3s. A cup of broccoli contributes about 200 milligrams, and a cup of Brussels sprouts about 260 milligrams of omega-3s to your diet.

Omega-3s are nutrients that help build and maintain a healthy body, including your immune system. They are key to the structure of every cell wall. They're also a good source of energy.

To take advantage of all the benefits of cruciferous vegetables it's best to eat them raw, in a salad for example, or a crudité. The next best way is to steam them. This retains the nutrients more effectively than sautéing or boiling. Enzymes and vitamins are heat sensitive, so you should take these vegetables off the stove as quickly as possible.

Also, don't cook them in copper pots because the copper depletes vitamins C and E. Use stainless steel, enamel, or glass cookware.

When storing your cruciferous vegetables (or any vegetables for that matter) you can increase their longevity by refrigeration. Spray them with water from time to time while in your refrigerator and they'll last even longer. If you refrigerate them more than a week they'll lose their nutrients, so in this case it's better to freeze them.

One final tip: Eat the broccoli leaves as well as the "fruit." The leaves have even more nutrients than the other parts of the plant. Similarly, it's the outer leaves of cabbages and lettuce that are the most "nutrient dense."

As we move away from fatty meats to stay healthy, we need to get the most from our vegetables. And, by the way, you can grow most of these vegetables right here in the Community Garden.



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MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350 email: mlowenfeld@houlihanlawrence.com

Total units sold by OneKey/HGAR MLS agents from 1/1/2022 to 7/10/2022

	2022	2021	2020	2019
TOTAL	80	60	46	72
SOLD	(\$276,000-\$785,000)	(\$275,000\$719,000)	(\$249,500-\$670,000)	(\$247,000-\$610,000)

Various units sold by MLS agents from January 1 to July 10, 2022

		1 BE	EDROOM						
ADAMS	\$280,000; \$316,000; \$310,000	FRANKLIN	\$295,000; \$295,000; \$276,000; \$336,000	RADCLIFFE SUFFOLK	\$525,000; \$480,000 \$359,000				
AMHERST	\$451,000	GUILFORD	\$412,500; \$426,000; \$431,000						
	2 BEDROOM								
ARMONK	\$465,000; \$479,000; \$495,000; \$578,000; \$500,000; \$515,000	CORTLAND FAIRVIEW HANOVER	\$475,000 \$520,000 \$600,000	SALEM	\$497,500; \$606,000; \$501,000; \$525,000; \$517,000				
BEDFORD CANAAN	\$505,000 \$472,500; \$485,000;	HARVARD JACKSON	\$720,000; \$675,000 \$425,000	SOMERS STRATFORD	\$450,000; \$559,000 \$525,000; \$535,000;				
COLGATE	\$560,000; \$570,000 \$525,000	LINCOLN LITCHFIELD	\$352,500; \$410,000	211111111111111111111111111111111111111	\$475,000; \$625,000; \$491,000; \$525,000;				
CONCORD	\$512,500; \$465,000; \$485,000; \$425,000;	MONROE PRINCETON	\$459,000 \$579,000	WELLSLEY	\$485,000; \$530,000 \$620,500				
	\$557,570	RIDGEFIELD	\$579,000; \$507,000						
3 BEDROOM									
COLUMBIA CROTON I	\$785,000 \$575,000	JEFFERSON II SHERMAN I	\$655,000 \$560,000; \$660,000	SHERMAN II	\$740,000; \$699,000; \$782,500				
CROTON II	\$645,000; \$640,000; \$650,000		\$710,000; \$563,000; \$631,000; \$633,000	YORK	\$470,000; \$525,000				
JEFFERSON	\$450,000; \$520,000								

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If you have any questions or would like to know about sales for your particular unit, please do not hesitate to contact me: Cell: 914-420-1850 or Email: mlowenfeld@houlihanlawrence.com

Thank you, Marti

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