



THE OFFICIAL

Heritage Hills Newsletter

MARCH 2024



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television Channel 21

CONTACT INFORMATION - EMAIL

Society society@hhsociety.org

Activities Office activities@hhsociety.org

CONTACT INFORMATION - TELEPHONE

Security 914-276-2592

Society Office 914-276-2908

Activities Office 914-276-2636

Bus 914-276-2877

Library 914-276-7655

Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building 9 am to 11 pm

Activities Office 9 am to 5 pm

Society Office 9 am to 1 pm

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

Library Monday thru Friday 10 am to 3 pm, Saturday 10 am to 1 pm

Fitness Center & Gym Daily 4 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: (out only) 5:15, 5:45, 6:45, and 7:45 - **Reservation Required**

Evening **PICK-UPS ONLY**: 4:45, 5:35, 6:35, 7:35 and 8:35 - **No Reservation**

Midday Trips - Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and off site, including Goldens Bridge MetroNorth Station

Outbound, hourly 8:45 am to 12:45 pm

Inbound, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)

To/From Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm

From: Hourly from 9:10 am to 2:10 pm

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

ConEd 800-752-6633

NYSEG 800-572-1131

Verizon 800-922-0204

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 a t 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

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

PUBLISHER: HALSTON MEDIA GROUP | 118 NORTH BEDFORD ROAD, SUITE 100, MT. KISCO, NY 10549

845-208-8151 - freeman@halstonmedia.com - HalstonMedia.com

Contact Brett Freeman for advertising in any of our publications or online.

COPYRIGHT HERITAGE HILLS NEWSLETTER. NO REPRODUCTION WITHOUT THE HERITAGE HILLS SOCIETY BOARD'S WRITTEN CONSENT.

MASKS ARE 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.

FOR INFORMATION ABOUT THE HOSTS OF THE BELOW EVENTS, SEE THE ACTIVITIES / CLASSES / CLUBS SECTION OF THIS NEWSLETTER. WHEN GUESTS ARE WELCOME, UP TO FOUR PER UNIT ARE ALLOWED

FAMILY NETWORK

Submitted by Keri Reitman Schnapper

HAPPY FEET MOVIE MATINEE

**Sunday, March 3, at 3 pm in the Heritage Room
Doors open at 2:30 pm**

FREE for residents of all ages and their children/grandchildren. BYO movie snacks, blankets, and pillows. Registration not required. If you have any questions, email keri.reitmen@gmail.com.



* * *

10 A MEN CLUB

By Mike McBride

Wednesdays at 10 am in the Heritage Room

March 6 - IFAY CHANG

Somers Board of Education

March 13 - KATI O'KEEFE

Somers Liaison for Veterans' Affairs

March 20 - DOMINICK DEMARTINO & PAT VARBERO

Somers Board of Education - School Board, Budget, etc.

March 27 - KENNETH WENTHEN III, OD

Keyhani Associates - Eye Care

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$2 admission. Bagels and coffee are available until 9:45 am. Folks socialize until 10 am, when the *Pledge of Allegiance* is said. That is followed by speakers and discussions until 11 am.

Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.

WOMEN'S CLUB

Submitted by Phyllis Bradbury

ST. PATRICK'S DAY CELEBRATION

Wednesday, March 13, at 1:30 pm in the Heritage Room

The Women's Club invites you to join our St. Patrick's Day celebration. We'll have music; Irish soda bread, coffee, tea, and cake; and a 50/50 raffle available, as well as door prizes. Flyers are at the Activities Center.

There is no admittance charge for members; \$5 for non-members. **Reservations are necessary.** To make a reservation, call Joan at 914-276-0488.

* * *

CONTINUING EDUCATION

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. Admission: \$10 paid at the door.

ITALY: LEADER IN LIFESTYLE

A photo lecture by Carla Gambescia

Tuesday, March 12, 1:30 pm

In this lecture, author Carla Gambescia offers us a fascinating story of how Italy rose from the ashes and devastation of World War II, emerging as a leader in the realms of film, fashion and design, gastronomy, and viticulture.



If you have any questions, call Rosetta at 914-277-5217.

continued on page 4

ON THE COVER

Sharon Tortorella had her husband Richard stop the car just west of the Somers National Golf Club parking lot so she could capture this magnificent winter sunset through the trees.

HERITAGE HILLS NEWSLETTER COMMITTEE

Chair: Gloria Anderson; Editor in Chief: Susan Statkowski-Rivalsi
Writers/Editors/Photographers: Phyllis Bradbury, Dassi Citron, Terry Clifford, Cindy Kennedy, Shirley Kesselman, Karl Milde, Elizabeth Royston, Keri Reitman Schnapper, Carol Vartuli

Table of Contents

Activities/Classes/Clubs	13 - 14
Classified.	33
Columns	30 - 32
Coming Events	3 - 6
Community News	6 - 8
Family Focus	15
Features	18 - 19, 24



ART AS HISTORY Two lectures by Al Hunt Professor Emeritus of History at SUNY Purchase

American Progress
by John Gast, 1872

Tuesday, March 19, at 1:30 pm
Tuesday, March 26, at 1:30 pm

These two lectures will survey American history from the point of view of the visual arts: painting, sculpture, architecture, and photography. For example:

- John Trumbull's painting *Signing the Declaration of Independence* contributed to the rise of nationalism.
- Mathew Brady's realistic Civil War photos led to the demise of landscape painting.
- Jacob Riis's photos of city slums during America's *Gilded Age* raised our nation's conscience.

If you have any questions, call Ann 914-617-9434.

MASTERPIECES OF PIANO

Music lecture/live performance
by pianist Jenny Lin

Tuesday, April 16, at 1:30 pm

Ms. Lin takes us on an intimate exploration of the piano's power to convey the deepest human emotions – featuring the most beloved piano compositions from Bach to Gershwin, from Chopin's nocturnes to Beethoven's Sonatas.

If you have any questions, call Linda 914-617-9328.



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.



EMAIL ADDRESS: 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.

FIRST AMENDMENT & HATE SPEECH SUPREME COURT UPDATE

Two lectures by Richard Clinchy,
Councilman for the Town of Somers,
and Teacher Emeritus for Government
and Law, John Jay High School



HATE SPEECH

Tuesday, April 23, at 1:30 pm

What are the limits to freedom of speech under our Constitution? Clinchy will discuss why this issue – involving some of the most renowned universities in America – became front page news.

SUPREME COURT DECISIONS 2023-24

Tuesday, April 30, at 1:30 pm

Clinchy will focus on key cases, e.g. election district gerrymandering, the limits of *presidential immunity*, and may states remove a candidate for president under the 14th Amendment's "insurrection" clause?

If you have any questions, call Rosetta at 914- 277-5217.



SINGLES CLUB

By Diane Purr

SPRINGO!

Note New Date: Thursday, March 21, at 5 pm in the Activities Center

Come join us to welcome spring with fun games of old-fashioned BINGO! with prizes, and pasta and salad for dinner. BYOB.

Leave your checks for \$15 for members and \$20 guests in the Singles Club mail slot outside the Activities Office. **RSVP no later than March 14.**

If you have any questions, contact Pat Caruso at 914-649-3232.



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, March 15, from 3 to 5 pm
in the Heritage Room

Join hosts Ami Stokhamer and Karl Milde, both Heritage Hills residents, as they lead open discussions after viewing each of the following insightful, thought-provoking videos:

- *Sloths! The strange life of the world's slowest mammal*, by Lucy Cooke
- *The Unforeseen Consequences of a Fast-Paced World*, by Kathryn Bouskill

This event is **FREE** for all residents. Light refreshments will be served. For further information, call either Ami at 914-486-9677 or Karl at 914-342-3068.

Save the date: April 19, same time and place, for the next TED Talks event.



By Joyce Spector

If you have questions regarding the following events, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com. Walk-ins are welcome as space permits.

CLUB SHALOM CELEBRATES PURIM

Sunday, March 24, at 1 pm in the Activities Center

There are a few reasons why people dress in costume for Purim. One of the most accepted reasons embraces the theme of concealment and commemorates the saving of the Persian Jews. During the reign the Persian King Achashverosh and his Jewish wife Esther, Haman, the king's highest official, planned to kill all the Jews in the Kingdom. No one other than Mordechai, Esther's cousin, knew that Esther was Jewish.

We invite everyone to come in costume. Children and adults are welcome to participate in the costume parade. Prizes for best costume will be awarded. We will also feature a Purim *Shpeil*, i.e., a funny play, with a modern take on the Purim story. Light refreshments will be served.

Admission is \$15 per person. If you want to sit with friends, put your checks in one envelope and place it in our mail slot **by March 19**. Ten people per table maximum.

THE WORD MAVENS

Sunday, April 21, at 1 pm in the Activities Center

In this live Zoom presentation, Joyce Eisenberg and Ellen Scolnic, two ladies who know the difference between a nudnik and a nosh, will entertain you with their humorous look at Jewish holidays, favorite foods, funny stories, Yiddishisms, beloved traditions, and little-known facts they uncovered while writing their best-selling book *Dictionary of Jewish Words*. These ladies will have you reminiscing about bobbies, craving some rugelach, and laughing out loud.

Admission is \$15 per person – auditorium-style seating. Place your checks in our mail slot **by April 16**. Light refreshments will be served.

* * *



SOCIETY BOARD MEETING

**Wednesday, March 20,
at 1:30 pm in the Heritage Room**

All unit owners are welcome to attend the meeting in person. The meeting will be broadcast on Comcast's channel 21 and 1070 while in progress and will be rebroadcast daily on those channels 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 at the meeting. Residents who cannot attend may send an email to society@hhsociety.org, call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. They will be discussed at the end of the meeting. **Provide your name and unit number on written correspondence.**

* * *

HEALTH & SAFETY COMMITTEE

FREE CARFIT PROGRAM

By Flo Brodley

Sunday, April 14, from 9 am to 1 pm

CarFit is an educational program that offers older adults the opportunity to check how well the safety features in their personal vehicles "fit" them. A trained technician sits with the driver in their vehicle and reviews its safety features. Suggestions may be made to achieve a "better fit" to those safety features. The program also provides information and materials on community-specific resources that could enhance the drivers' safety and/or increase their mobility in the community. For more information, go to car-fit.org.

Our Committee is hosting this event in conjunction with the Mercy University Occupational Therapy Program. Drivers are required to schedule – in advance – one of the 20-minute appointments. Provide your name, unit number, and a phone number by email to Flo Brodley at flo613@comcast.net. The location will be confirmed at that time.

AMERICAN HEART ASSOCIATION CPR CLASS

Thursday, April 25, from 5 to 9 pm in Lake Lodge's Room 3

This American Heart Association Healthcare Provider CPR class is designed for, **but not limited to**, accreditation for Emergency Medical Technicians (EMTs), Paramedics, Lifeguards, Nurses and Doctors. Steven Pilla, Instructor (EMT-P/CIC/AHA), will teach Cardio Pulmonary Resuscitation(CPR)/Automatic External Defibrillator(AED) as well as how to handle choking situations for an adult child, and infant.

Each student will learn to use a Pocket Mask and a Bag Valve Mask; ensure the use of the AED on adults, children, and infants; and provide help to a choking victim, including oneself. Upon successful completion of this certification class, an E-card will be sent to your email inbox. The certification is good for two years.

To register, put your name, unit number, and telephone number on a check for \$60 made payable to Spilla.learnncpr LLC and place it into the Health & Safety Committee mail slot in the Activities Center.

For more information: contact Flo Brodley at flo613@comcast.net.

* * *



2024 SOCIETY BOARD ELECTION APPLICATION DEADLINE

Monday, April 15

The Society Board is now accepting applications from unit owners interested in running for the Society Board. All unit owners, their spouses, and their domestic partners may run for a three-year term commencing this coming July 1.

Applications are available in the Society Office, on the Heritage Hills website (hhsociety.org/heritage-hills-society), and via email blast. All applications must be received in the Society Office **no later than April 15**.

* * *



CIAO ITALIA

Submitted by Michael Lanotte

Flyers with all information regarding our events will be available outside the Activities Office. The bottom section of the flyer must be completed and included with checks. Also look for email blasts and TV notices.

MEMBERS ONLY EVENT

Saturday, April 20

SINGER/ENTERTAINER PETE CUSTODE

Saturday, May 18

An accomplished vocalist, Pete has been entertaining crowds with his own renditions of music by Frank Sinatra, Dean Martin, Elvis, and Bobby Darren, to name a few.

JUNE EVENT

Friday, June 14th –TBD

* * *

TRAVEL CLUB

THE MET'S CLOISTERS AND LUNCH AT ARTHUR AVENUE

Thursday, May 9, from 9:45 am to 5:30 pm

Journey to the Middle Ages at the Cloisters, a branch of the Metropolitan Museum of Art, in Fort Tyron Park overlooking the Hudson River. Designed to resemble a French Romanesque abbey, our guided tour will highlight the architecture, famed Unicorn Tapestries, brilliant stained glass windows, and illuminated manuscripts. Following that, we'll have time to enjoy the gardens.

We'll then have lunch at Ann & Tony's Restaurant on Arthur Avenue which will include salad; entrée choice of Eggplant Parmesan, Veal Parmesan, or Chicken Marsala; pasta and vegetable; and coffee and dessert. After lunch there will be time to explore the Arthur Avenue shops before we return.

Cost is \$163 per person (based on 35 to 50 attendees). Make checks payable to Heritage Hills Travel Club and place them in the Club's mail slot outside the Activities Office. Include name, phone number, and choice of

entrée with your check. The Cancellation Policy is no refunds once final payment is received unless a substitute attendee is provided.

For reservations, contact Pam Arena at 914-276-4295.

* * *

COMMUNITY NEWS

WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE, HUG THE CURB, AND WEAR BRIGHT CLOTHING



SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

FEBRUARY 21 SOCIETY BOARD OF DIRECTORS MEETING

This meeting took place after this issue of the *Newsletter* went to press, so the summary will appear in the April issue. A video of the entire meeting and subsequent resident inquiries/responses can be seen on the Society Board's website and on Comcast's channels 21 and 1070 daily at 2 and 7 pm until the March 20 meeting occurs. The full transcript of this meeting's Minutes will be posted on the website after approval at the March 20 meeting.

* * *

PING PONG GROUP

The Society Board received the following note of appreciation signed by eight of our Ping Pong players:

The ping pong players would like to thank Society for the beautiful new table that was purchased. It has really improved the quality of the games and drawn more people into the Group.

The Ping Pong Group meets Thursdays at 10 am in the Activities Center's Game Room.

* * *

JANUARY SECURITY CALL REPORT

By Rob Cassasanta, Prosegur Security

During the month of January, our Security staff received and responded to a total of 242 calls regarding the following matters:

Medical.....	80	
Security	31	
Open Garage Doors	21	
Police	6	
Fire Calls	9	(2 smoke/ carbon dioxide alarm, 3 automatic fire alarm, 0 fires, 4 other)
Service	78	(32 lift assists, 9 persons locked out, 12 welfare checks, 9 alarm batteries changes, and 16 other)
Maintenance.....	10	
Motor Vehicle Accidents.....	1	
Parking Violations.....	6	(in handicapped spaces, fire lanes, A roads, or B roads)

COUNCIL OF CONDOS

By Terry Clifford

Wednesday, January 17, 2024, the following Condos attended the meeting: 4, 5, 6, 7, 11, 16, 17, 19, 21, 22, 23, 25, 28, and 29.

Homeowners Insurance: Condos encourage each condominium unit owner to carry homeowner insurance which covers damage to the inside of their unit such as water damage and upgrades to kitchens, baths, and flooring, which are not covered by their Condo's insurance.

Unit Owner Mortgages: In the fall of 2023 lending guidelines were issued for home purchasers applying for mortgages which eventually come under Freddy Mac or Fannie Mae. The guidelines require Condos to have a minimum of \$10,000 per unit in their "Reserve Fund" to cover capital costs. Special assessments may also result in denial of such mortgages. However, a Condos may use capital loans to offset this issue. This information came from the December issue of the "Common Ground Newsletter" received by members of the Hudson Valley Community Association Institute (CAI).

Code Compliance Committee: The Committee will meet with Somers Town Supervisor Rob Scorrano and Town Building Inspector Tom Tooma in January. Discussion will take place on permits and updates on the grounding wire and hot water heater issues.

Willow Wood Gun Club Update: The Gun Club asked the Judge to throw out Article 78. The Judge asked for more information from both sides concerning this issue. Stay tuned.

Condo Board Term Limits: A review of the those in attendance indicated no one has specific term limits, since it is difficult to get unit owners to step up as Board Members.

The next meeting of the Council of Condos will take place on Wednesday, March 20 at 7 pm in the Heritage Room of the Activities Center. We look forward to seeing a representative from each Condo at the March meeting.

* * *

ATTENTION ALL CLUBS

By the Newsletter Committee

When the Covid-19 pandemic hit and everything shut down, since there were no regular Activities or Classes or Club meetings occurring, the *Activities/Classes/Clubs* section of this Newsletter was discontinued. As our facilities reopened, that section was reinstated when each Class instructor or Club provided its current information.

The information contained in that section is very welcoming and useful for our new neighbors (often 20 in one month). We've noticed that not all current Clubs are listed there. If yours is not there and it would like to be added, provide in writing to the Activities Office (activities@hhsociety.org) the Club's name and some brief, *general* information. (Refer to pages 13 and 14 of this issue to see acceptable information - note that there are no one-time events listed there, as they go in the COMING EVENTS section.)



COMMUNITY THEATRE

By Muriel Weiss

The drama behind the drama.

After much reading and discussion, we have selected a play for June which we are sure you will love as much as we do. We also successfully interviewed an exciting new director and were looking forward to working with her. Unfortunately she has developed a serious health issue which has curtailed her ability to direct. We wish her well and hope we can work together in the future.

Please step up if you are interested in directing either our June play or a future production.

Stay tuned for audition information etc. Direct your interest and questions to: Helen-at 917-554-4417.

* * *

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

The 2024 golf season is just around the corner. Time to get your clubs ready . . . AND to join the East Hill Men's Golf group. Our season begins April 4. We welcome members at all skill levels. Our handicap system makes for friendly competition where everyone has a chance to win, even duffers like me. And best of all, it's a fun group. Don't mind the club name; golfers from both of our Hills are welcome.

We play on the beautiful Somers National course on Heritage Hills' West Hill. It can't get more convenient than that! We play 9-hole rounds Tuesday and Thursday mornings, weekly, April through November. You can play as much or as little as you want.

While a range of Somers National seasonal memberships are available, to play there with *our* group you don't need to be one of its members. For our Tuesday and Thursday morning rounds, our members are offered a discounted daily rate.

If you're interested in joining our group or have any questions, please reach out to Membership Chair Bob Kenney, at rlkret@aol.com or 914-617-9884. You'll be glad you did!

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

MEMBERSHIP

Membership dues for 2024 are \$12. Membership forms are available in the Activities Center. Include your full name, unit number, and telephone number in an envelope with your check. If you have any membership questions, contact Alfreda Savarese at 914-617-2007.

* * *

Library



OUR GROWING FICTION COLLECTION

The Library's fiction list this month features *Wandering Stars*, Tommy Orange's much anticipated follow-up to *There There*, his Pulitzer-finalist novel. Also included are *The Women*, by Kristin Hannah, about American nurses during the Vietnam War, and Anna Quindlen's latest book, *After Annie*.

Several fiction authors new to our collection make their debut. Among them are Bonnie Jo Campbell (*The Waters*) and Shelby Van Pelt (*Remarkably Bright Creatures*).

NON-FICTION BOOK REVIEW

For a review of *Master Slave Husband Wife* by Ilyon Woo, see page 31 in the COLUMNS section of this Newsletter. The acclaimed historical non-fiction book was added to our collection in January.

NEW ADDITIONS TO OUR COLLECTION IN MARCH

To reserve any of the books listed below, please stop by or call the Library at 914-276-7655.

Fiction

- Burns, Amy Jo.....*Mercury*
- Campbell, Bonnie Jo....*The Waters*
- Hannah, Kristin.....*The Women*
- Mallery, Susan.....*The Summer Book Club*
- Orange, Tommy.....*Wandering Stars*
- Quindlen, Anna.....*After Annie*
- Stradal, J. Ryan.....*Saturday Night at the Lakeside Supper Club*
- Van Pelt, Shelby.....*Remarkably Bright Creatures*

Mystery

- Berry, Steve.....*The Atlas Maneuver*.
- Box, C. J.....*Three-Inch Teeth*
- Elston, Ashley.....*First Lie Wins*
- Finn, A. J.....*End of Story*
- Fredericks, Mariah.....*The Wharton Plot*
- Kellerman, Jonathan....*The Ghost Orchid*
- Paris, B. A.....*The Guest*
- Patterson, James.....*Crosshairs*



By Phyllis Bradbury



ATHLETIC ORTHOPEDIC NEUROLOGIC

AON

PHYSICAL THERAPY & WELLNESS, PLLC



THE ROAD TO RECOVERY STARTS HERE

MILL POND OFFICES

NEW LOCATION
BREWSTER
3 Starr Ridge Road
Brewster, NY 10509
(845) 279-9288

293 Route 100 • Suite 107
Somers, NY 10589
(914) 276-2520

GOODROW BUILDING
862 Route 6
Mahopac, NY 10541
(845) 208-0963

www.aonpt.com



EAGLE PAINTING

COMPANY

Interior Painting

Deck Staining

Power Washing Patio/Decks

Wallpaper Removal


Garage Floor Painting

Carpentry

Free Estimates - eaglepainting@gmail.com

(914) 299-0328

WC-18019-H06 • Insured



Marc's Clockworks

CLOCK REPAIR

15 Amazon Rd. Carmel NY

845.605.9931

MarcClockworks@gmail.com
find us at MarcClockworksNY.com



JUNK REMOVAL DUMPSTERS
FULLY LICENSED AND INSURED



- ✓ DUMPSTER ON WHEELS
10,12,15,18 yd.
- ✓ CONTAINERS
15, 20, 30 yd
- ✓ JUNK REMOVAL

10% Senior Citizen discount with ad.
www.MVPJunkRemoval.com

(914) 703-2626

Michael Procopis • mvppropmain@gmail.com

—Your Premier LOCAL Liquor Store—
Friendly Service & Expert Advice

Lincolndale Wine & Liquor



FREE
local delivery
FOR ORDERS OVER \$75

845-475-7574
914-248-6000

155 RT 202, VILLAGE PLAZA, LINCOLNDALE
Mon-Wed 930-9P • Thurs-Sat: 930-930P • Sun: 12N-8P

NEED HELP AT HOME?
CALL US ANYTIME (914)-864-0588

FREE ASSESSMENT

- PERSONAL CARE ● DEMENTIA & ALZHEIMER'S
- COMPANION CARE ● SAFETY & FALL PREVENTION



Right at Home
In Home Care & Assistance

NYS LIC 2497

Spring into wellness at
Luz Medi Spa!

Embark on a journey to a healthier you!

BOOK NOW FOR:

- Vitamin Shots
- IV Therapy
- Weight loss



(866) LUZ-3110
www.luzmedispa.com
@luzmedispa



Route 100 Market and Deli

291 Route 100, Somers • 914.277.8539 • Route100market.com



100% Boars Head Deli

Mon - Fri: 5am - 5pm
Sat - Sun: 6am - 4pm

Order Online
www.Route100Market.com

Delivery Available
#weareroute100market





Open 24/7/365 • Visit Us At Route100market.com

YELLOW SHED ANTIQUES

BUYING ONLY Items for sale? Call us!

WE BUY: GOLD • STERLING SILVER • JEWELRY COINS • PAINTINGS • BRONZES • CLOCKS COLLECTIBLES • ANTIQUES • ETC.

Call for an Appointment
845-628-0362
 WE WILL COME TO YOU!

53 YEARS!



Lize Lubbe
LEPT
 Physical Therapy

914.875.9430
 www.lizelubbept.com
 contact@lizelubbept.com




Old Post Rd. Prof. Bldg.
 (Blue Building, 2nd Floor)
 892 Route 35 • Cross River, NY 10518
 (and also PT Studio at Apex Fitness)

John M. O'Hanlon, DPM
 PODIATRIC MEDICINE AND SURGERY

Board Certified in Foot Surgery, Wound Care and Podiatric Medicine

ARMONK PODIATRY 34 Maple Avenue Armonk, NY 10504
 914.273.3100

SOMERS PODIATRY 268 Route 202 Somers, NY 10589
 914.276.3718




SOMERS SUPER DELI

CALL SCOTTY or Mario / GET DELIVERY with  **DOORDASH**

MEAL DEALS - FEEDS 4 ADULTS
LET US CATER YOUR NEXT PARTY!

914.248.8975
 1 LOVEL STREET, LINCONDALE NY
 (1 Mile South of West Hill Entrance)



BUDGET® BLINDS



Style and service for every budget.®



Book a free consultation with
 Angela Malone


914 788 8787

*Service... Integrity...
 Compassion*

Yorktown FUNERAL HOME
 Family owned and operated

We began with a mission to celebrate life and serve families. There is much peace to be found here, and we invite you to find yours. Explore more. Take a tour. Read our story. Share in experiences.



Anthony J. Guarino
 Family Owned & Operated
 945 East Main Street • Shrub Oak, NY 10588
 (914) 962-0700
 YorktownFuneralHome.com • yfh945@gmail.com

KH KITCHEN HEADQUARTERS

1961 Commerce Street • Yorktown Heights, NY 10598

1-855-518-2436

CALL US TODAY FOR AN APPOINTMENT!

HOURS:

Sunday Closed

Monday 10 AM-6 PM

Tuesday 10 AM-6 PM

Wednesday 10 AM-6 PM

Thursday 10 AM-7 PM

Friday 10 AM-6 PM

Saturday 10 AM-6 PM

Let us create a unique design that will make your kitchen dreams come true, creating a lifetime of memories.





Oscar's II
ITALIAN RESTAURANT / BAR
Flavors Inspired by the Seasons

*Come with family
& feel the joy of
mouthwatering food!*

**GIFT CERTIFICATES
AVAILABLE!**

Happy Hour Sunday thru Thursday 4 - 7pm
Special 10% OFF with this coupon

325 ROUTE 100 | SOMERS, NY 10589
914-556-6687

Open 7 days a week • www.oscars2restaurant.com



Serving all Faiths since 1858 • Cremations and Burials

FUNERAL PREARRANGEMENT
Both pre-payment and no-payment options

- Only 1/4 mile from 684 exit 6.
- Only 1 block from the Katonah Railroad Station.
- Less than 60 minutes from N.Y. City.
- Parking facilities for over 100 cars
- Monuments & inscriptions available.

4 Woods Bridge Road, Katonah • (914) 232-3033
www.clarkassociatesfuneralhome.com
info@clarkassociatesfuneralhome.com

DANIEL B. McMANUS - Proprietor
BRUCE E. REISDORF - Licensed Manager
JOSEPH M. McMANUS - Director • RONALD P. CERASO - Director

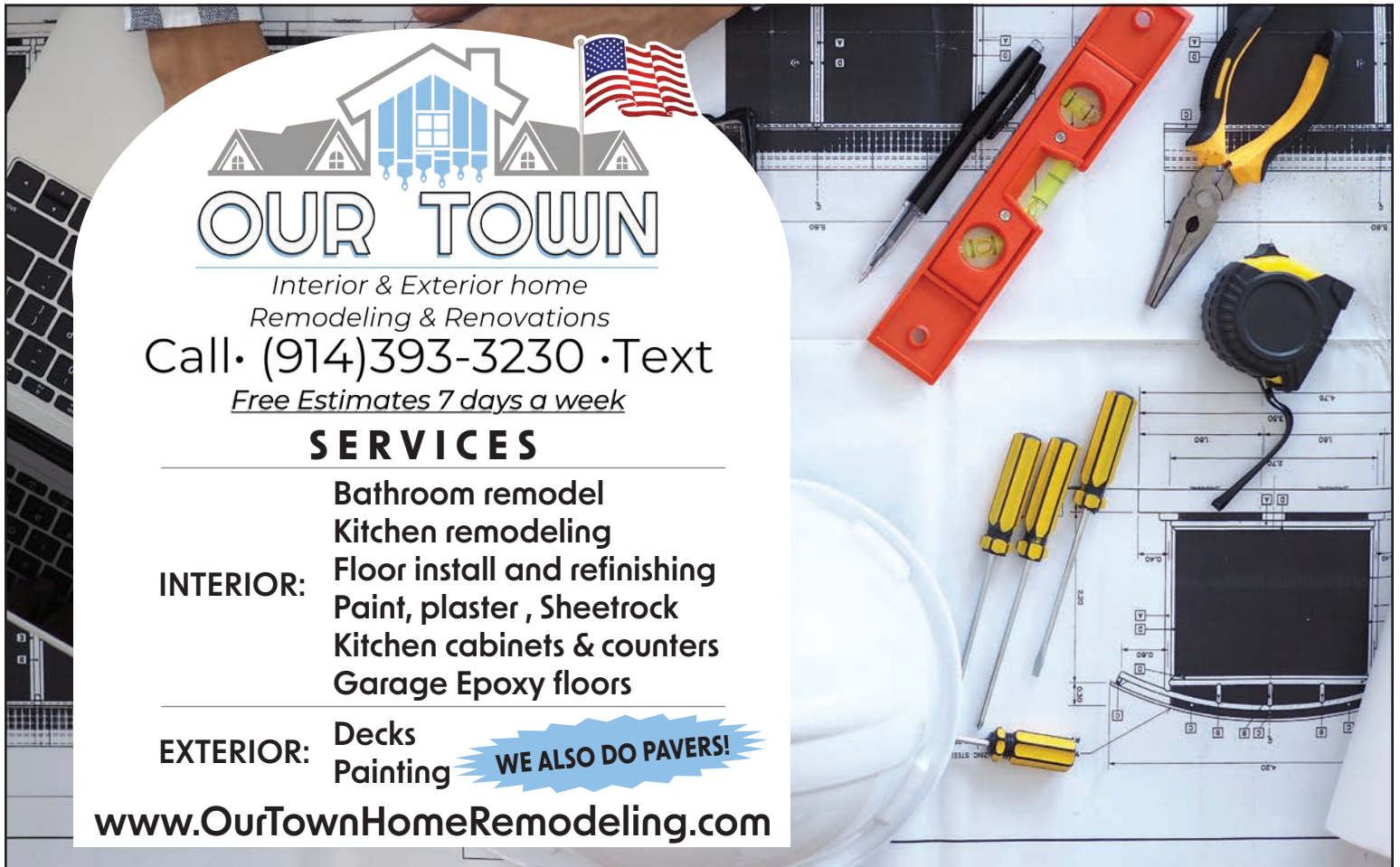


**HEY NEIGHBOR,
LET ME HELP YOU SELL
YOUR HOME?**



Scan me
for your free
home valuation!

Kayleigh Mayer
Licensed Real Estate Salesperson
Kayleigh.mayer@exprealty.com
M: 914-879-2949

OUR TOWN
Interior & Exterior home
Remodeling & Renovations

Call • (914)393-3230 • Text
Free Estimates 7 days a week

SERVICES

INTERIOR: Bathroom remodel
Kitchen remodeling
Floor install and refinishing
Paint, plaster, Sheetrock
Kitchen cabinets & counters
Garage Epoxy floors

EXTERIOR: Decks
Painting **WE ALSO DO PAVERS!**

www.OurTownHomeRemodeling.com

MASKS ARE 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.

GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to Activities at 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.

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.

Learn to Bead with Allison: Join us on Mondays at 10 am in Room B for our beading class. Each class is \$25 including materials fee. You go home with a piece of jewelry that you made for yourself or for a special someone. Come and join the fun. To enroll or for more information, contact Allison Rubin at 914- 629-3655 or ahrubin521@yahoo.com.

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels are welcome. \$20 annual dues. Proof of vaccination is required. For questions, or to register, call Linda at 914-277-2776 or Ginger at 914-617-9058.

Paint & Sip with Judika: 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 creative spirit! To register, call Judika at 914-438-6750.

Photo Club: The Photo Club meets monthly on the second Friday of each month in Room 2 of the Activities Center. All who are interested in participating, regardless of level of experience, are welcome. We discuss details of the club such as: presentations by members or outside experts, have a Photo of the Month contest, and discuss participation in the annual Heritage Hills Art Show. For more information contact Myra Hopper at 520-390-5523 or myrahopper@gmail.com.

Sketch Workshop: Wednesdays 9:30 to 11:30 am in Activities Center's Studio A. Portraits, figures, still lifes. Bring your choice of paper, pen, pencil, watercolor, pastel, etc. Models are welcome to pose for 20 minutes (clothed!). No fee, no teacher, but guidance available.

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

Woodcraft Club: The shop at the Activities Center 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.

CIAO ITALIA

Membership, open to all residents, is \$12 per person for the year. Membership forms are available outside the Activities Office. Fill out the information requested at the bottom of the form and include it in an envelope with your payment. Watch for flyers and TV notices, and see the COMING EVENTS section of this *Newsletter* announcing upcoming events.

CLUB SHALOM

You don't have to be Jewish to love Club Shalom, a Club dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

CONCERT SOCIETY

We present four classical concerts each year in May, June, September and October on Sundays at 3 pm in the Activities Center's Heritage Room. We feature the best and brightest of classical music's Rising Stars. The annual subscription rate is \$90 per person or pay \$26 per person per concert at the door. 2024 Subscription Forms are available at the Activities Center. If you have any questions, call Raina Lefkowitz at 914-262-4407.

CONTINUING EDUCATION

Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, history, and politics on specified Tuesdays at 1:30 pm in the Activities Center's Heritage Room. For more information, see the COMING EVENTS section of this Newsletter or call Ann at 914-617-9434.

CULINARY CLUB

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6 pm. If you are interested, contact Barbara Gangemi at 914-617-9037.

DANCE

Friday Night Social Dance. The first Friday of every month from 7 to 10 pm in the Activities Center's Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677.

EXERCISE CLASSES

Linda's Lake Lodge Classes: Body Conditioning: 8:30 am Tuesdays and Thursdays. Rock & Roll Workout: 9:30 am Tuesdays. Yoga Pilates: 9:30 am Thursdays. Sports Conditioning: 9 am Sundays. All classes are \$10 per class. Register at the start of the month for the classes you plan to attend. Contact Linda Zeiss instructor at Labzeiss@gmail.com or 718-541-0861.

Cardio/Strength/Stretch Class with Lori. 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. Resistance bands and weights available. No mats needed. Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. Fee: \$10 per class. Try the first class for free! Class is also available on Zoom. Email Lori at efyjig@gmail.com.

Getting Back on Track (15-15-15) with Theresa: Fridays at 10:50 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Wednesdays at 11 am in 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 zumbawithme@aol.com.

Tai Chi & Chi Gong with Master Ellen. Monday from 12:30 to 1:30 pm in the Gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact heritagehillstaichi2@gmail.com.

Yoga

Chair Yoga with Satish: 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. \$10 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Gentle Yoga with Lisa. Mondays at 11:30 am and Fridays at 10 am in Lake Lodge's 2nd floor. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

Vinyasa Yoga with Joe. Saturday at 9 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at josephferrari@me.com.

Zumba

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

Zumba Gold with Theresa. Friday at 10 am in the Fitness Center and on Zoom, and Saturdays 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](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email keri.reitman@gmail.com.

FRENCH CONVERSATION GROUP

Meets the 2nd and 4th Friday of the month at Lake Lodge in Room 1 from 11 am to noon. Members should have a basic knowledge of French conversation but need not be fluent. Refresh your French language skills and laugh and learn with us. If you have any questions, call Carole Ellis 914-260-9182 or email her at carellis14@yahoo.com.

FUN & GAMES

Bridge—Duplicate: Plays Mondays and Thursdays at 12:30 pm in the Activities Center—**vaccinated only.** For information, call Marie at 914-277-4266.

Friends in the Hills Club. Open to all adult Heritage Hills residents. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of this *Newsletter* for event details. Email us at Friendsinthehills@aol.com with any questions or contact Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

Mah Jongg: Plays Mondays at noon in Lake Lodge and Wednesdays at noon in the Activities Center (space is available—contact Sue Furino 914-617-9110); Fridays at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646); Tuesdays and Thursdays from 11 am to 1 pm (we are at full capacity and are only taking people for the waitlist at this time. Call Cheryl Milde at 914-342-3068 for further clarification).

Ping Pong: Plays Thursdays at 10 am in the Activities Center's Game Room. Open to all residents. Come hang out and play!

Scrabblers: Casual Scrabble game play on Thursdays from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or cjwhitestar@comcast.net.

Chess Club: We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Wednesdays from 1 to 3:30 pm in Lake Lodge's Room 3. Bring your chess set if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at patpugs@comcast.net or 914-276-6550.

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to hhgardenclubsecretary@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 Activities Center's Game Room. Your temperature may be taken. Mask-wearing is voluntary. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus, or traveled to areas that have experienced high levels of the virus. Contact Ellie at elliebob1@gmail.com 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 the first Thursday of the month at 12:30 pm in Lake Lodge's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email.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. Meetings take place on the second Thursday of the month at 12:30 pm in Lake Lodge's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or ludwiglr@aol.com.

Senior Entitlements Program-Westchester County: Watch the COMING EVENTS section for communications about upcoming sessions.

HIKERS & WALKERS GROUP

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

INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Activities Center's Heritage Room, followed by a discussion. April thru December. \$20 for the series. Schedule is posted in the Activities Center and on the Society website. For information, contact Steve Klepner at 845-297-7066 or spk010@yahoo.com.

LIBRARY

Open Monday through Friday from 10 am to 3 pm and Saturdays from 10 am to 1 pm. For information on the collection, visit the Heritage Hills Library webpage at hhsociety.org or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION CLUB

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

SINGLES CLUB

If you are interested in joining the club, contact Pat Caruso at 914-276-2224 or carusop515@comcast.net. Membership dues are \$12 per year.

SPANISH CONVERSATION GROUP

Spanish Conversation Group meets on the first Thursday of the month in Lake Lodge's Room 1 at 11 am. This group is open to intermediate through fluent Spanish speakers. ¡Vengan!

SPORTS

Bocce Group: April through October: Wednesdays and Saturdays at 9:30 am.

East Hill Men's Golf Association: 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.

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@Outlook.com. See you on the courts!

Shuffleboard Group: October through March on Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon, in the Gym.

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 Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

TED TALKS

On the third Friday of the month, from 3 to 5 pm in the Heritage Room, hosts Ami Stokhamer and Karl Milde (residents) present two thought-provoking TED Talk videos, after which there is open discussion. Free event with light refreshments. For more information, see the COMING EVENTS section in this Newsletter, or call Ami at 914-486-9677 or Karl at 845-545-1959.

10 A MEN CLUB

Come to the Activities Center's Heritage Room Wednesdays at 9 am and have continental breakfast for \$2. The meeting starts at 10 am.

TRAVEL CLUB

Our mission is designed for those who enjoy traveling, whether the trips are to nearby or far away destinations. All details are handled by the Group. 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

Meets the second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details. We welcome new members! Dues for renewals and new members are \$12 for the year. For more membership information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

WRITERS WORKSHOP CLASS

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



A SMALL ACT OF KINDNESS

By Karl Milde

Five-year-old Billy held his mother's hand as they walked briskly down the street together in busy New York City. They stopped at the next corner and waited for the light to change before continuing. Crossing over, Billy noticed an old man sitting on the sidewalk outside a drugstore, his back against the building. Next to him was a sign that read, "I'm hungry. Can you spare a dollar?" People were walking by; some even entering or leaving the drugstore. No one seemed even to notice him.

Billy held tight to his mother's hand and pulled her over toward the man. She resisted at first, but then apparently changed her mind and followed. When they came close, Billy could see the man's face was bruised and cut. "Does it hurt?" he asked innocently, pointing to the cut on the man's forehead. The mother cringed and tried to pull Billy away, but he let go of her hand and stood firm.

"It hurts a lot," the man said. "Thanks for asking."

It was clear to Billy that the man needed help. He looked up at his mother expectantly, but she urged him to walk away. "He needs our help, Mom," Billy said. "We can't just leave him."

By this time, passers-by had stopped to see what was happening, at first

just two but then a few more. A small group began to assemble. They crowded around Billy and the old man; some of them even dropped a dollar into an upturned hat at the man's side.

"Please, Mom," Billy pressed her without whining. His mom opened her purse to take out some money but then changed her mind. She closed the purse and said, "Let's go inside. We'll buy the man what he really needs: some first aid."

Billy followed her as she went into the drugstore and looked around. She quickly found bandages and Bacitracin ointment on the shelves, made the purchase, and brought them outside. By this time the small crowd had dispersed, but not without leaving quite a few dollars in the hat.

Billy's mother approached the man and showed him what she had and explained what she wanted to do. He nodded his head and held still while she applied the salve to the wound and covered it with a bandage. As she did so, he looked up at her with tears in his eyes. When she was finished, he could barely speak, but he managed to say, "Thank you."

Billy's mother took her son by the hand and continued on down the street. "You shouldn't talk to strangers," she cautioned. Billy looked back over his shoulder at the man, smiled, and waved. The man smiled and waved back.

Billy knew in his heart that he and his mother had done the right thing.

Every Drop Counts.

WORLD WATER DAY
is March 22, 2024

BEE & JAY
Plumbing & Heating
TAKE \$25 OFF
YOUR NEXT SERVICE CALL!

FOR ALL YOUR PLUMBING,
HOT WATER HEATER & GAS NEEDS
60 Years of Excellence

719 Rte. 6, Mahopac, NY 10541 • 845.628.3924 • beeandjay.com

Looking for tighter, clear skin
with wrinkle and blemish reduction?

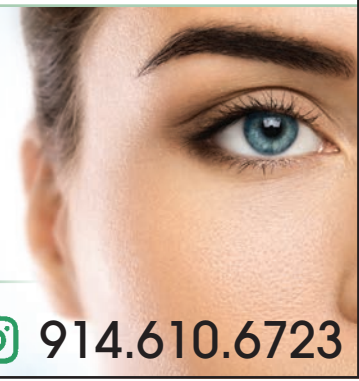
OUR SPA SERVICES INCLUDE:
IPL Treatments & Hair Removal
Facials • Nail Care
Make Up & Hair Services
Wrinkles & Pigmentation

Fashion
Spa & Hair Salon

719 Route 6
Mahopac, NY 10541



914.610.6723



*Proudly serving the Heritage Hills
and greater Somers Community*



Certified in pediatric & prenatal care
and upper and lower extremity adjusting.
Treating patients of all ages, including
seniors and children.

378 ROUTE 202 • SOMERS NY
914.618.4330

www.drvcny.com



Vacation-For-The-Day On Lake Mahopac

PONTOON BOAT RENTALS!

RESERVE NOW for Best Availability!
24HR ONLINE BOOKING



845.628.6550

897 South Lake Blvd., Mahopac • MahopacMarina.com

Fully Stocked Marine Supply Store • Full Service Marina • Boat Repairs

**RENTALS
INCLUDE
GAS!**



Benjamin Moore®

\$10 OFF*

Call today and let us make sure you get the best paint and advice to get your project done right. This exclusive offer ends 12/31/24.

*DISCOUNT IS \$10 OFF EACH GALLON. EXCLUDES AURA

BREWSTER PAINT & DECORATING CENTER

Family Owned and Operated Since 1989
38 ARGONNE RD • BREWSTER, NEW YORK 10509
845-279-7686 HOURS: Mon-Fri 6am - 5:30pm
 Sat 6:30am - 4pm
WWW.BREWSTERPAINTANDDECORATING.COM

The Vacation Therapists®
 We Plan - You Relax
frank@pinnacletrips.com
845-669-6149

Frank Bastone, Chief Vacation Therapist®

DANA'S DINER
 Breakfast & Lunch

OPEN Wednesday-Sunday
CLOSED Monday & Tuesday

SENIOR DISCOUNT SPECIALS

565 Route 6 | Mahopac, New York | 845-533-5330 | danasdinermahopac.com

Large Selection of Jewelry and Engagement Rings

WE BUY GOLD
Free Verbal Appraisals

Diamonds, Rings, Chains, Earrings, Bracelets, School Rings, Broken Jewelry, Mismatched Earrings, Tiffany, state Jewelry, Sterling Silver, Flatware

COINS
 Gold, Silver, Platinum, Bars, Proof Sets, Mint Sets, Paper Money, Certified and Uncertified Coins.

Sponsor of THE WESTCHESTER STAMP & COIN SHOW

JEWELRY REPAIR
 Done on Premises

\$25 BONUS
 For any scrap gold sold worth over \$200
 CANNOT BE COMBINED WITH OTHER OFFERS

FOLLOW US

 anthony_jewelry_and_coin

650 Lee Blvd 1st Floor • Jefferson Valley Mall • 914.299.3995

MEET YOUR NEIGHBORS SANDRA AND CLIFFORD WOHLBERG

Text and photo by Shirley Kesselman

Sandy and Clifford Wohlberg agree they love it here. Eighteen years ago they moved from Long Island to Heritage Hills. Cliff, as he is known, had seen an ad for this development and, with Sandy, came to take a look. He had grown up in The Bronx and as a child he frequented the area for hiking and fishing. He and Sandy both liked what they saw and were attracted to Somers' bucolic feel. They agreed to uproot themselves to become residents here.



Sandy was raised in Brooklyn. She has a Bachelor of Arts degree from Skidmore College where she majored in French Literature. Continuing her education, she earned a Masters' degree from Hofstra University in Reading and a second Masters' degree in learning disabilities. She worked as a resource room teacher in Queens.

Cliff graduated from Stuyvesant High School in New York City, then attended New York City Community College from which he has an Associate of Applied

Science degree. He went on to study insurance nights at New York University and spent his professional life as an insurance agent.

Forty-five years ago a friend introduced the couple. The following year they married – a second marriage for both. From their first marriages, Sandy had two daughters and a son and Cliff had two sons. Their children continue to be a source of concern, enjoyment, and pride.

Sandy and Cliff have been very much involved with both the Somers community and with Heritage Hills.

Cliff has served on the Town of Somers Zoning Board of Appeals. For a short while he was on our Society Board. Currently he is an active member of the Woodshop where he makes pens, key rings, letter openers, and small bowls. All these are donated to churches, synagogues, hospitals, and Guiding Eyes for the Blind to sell. Cliff has donated over 750 items to charities. Around Heritage Hills he is referred to as "the pen man." In addition, he relishes teaching woodturning.

Sandy's first years at Heritage Hills were spent as an active member of the League of Women Voters. She was a golfer and played tennis. For a while she served as coordinator of the French Conversation Group, and currently is Co-Chair of Hospitality for our Duplicate Bridge Club. Very friendly and outgoing, Sandy loves giving dinner parties and back yard barbeques.

The Wohlbergs have played bridge for many years and join each other on Monday and Thursday afternoons to play at the Duplicate Bridge Club.

"I wouldn't want to live anywhere else," they each affirm.

HEALTH & SAFETY COMMITTEE SAFE DRIVING COURSE RETURNS TO LAKE LODGE

Text and photo by Karl Milde



As many residents can recall, a Safe Driving Course under the auspices of the AARP was offered at least once a year at Lake Lodge. Harvey, the course instructor, made the course enjoyable by his sunny nature and his funny anecdotes. But then COVID hit, and Harvey moved to Florida.

Karl Milde and the Health & Safety Committee are pleased to announce that the Safe Driving Course at Lake Lodge is back! The first course was held on Saturday, January 27. By attending this all-day course now offered by AAA, twenty-seven residents took advantage of the perks – a 10% discount on their auto insurance and reduction of traffic infraction points on licenses.

A resident of nearby Mahopac, the instructor, Cindy Marcus-Jones, is in the photo on the far right. Cindy kept the class members entertained with video clips of driving issues while guiding them through the official AAA Safe Driving workbook.

When the course was over, all the participants signed out; and in two weeks they would receive a certificate of completion to send to their insurance companies.

Flo Brodley, Chair of the Health and Safety Committee, and Karl greeted participants as they arrived. Flo will arrange for future classes if there is sufficient interest among the residents.

THE MORNING DISCUSSION GROUP KEEPS THE CONVERSATION GOING

By Susan Statkowski-Rivalsi and Karl Milde

The Monday Morning Discussion Group, led by Ken Benjamin, is always packed with fascinating food for thought, usually about recent events. The one held in January on the birthday of Dr. Martin Luther King, Jr., was no exception.

That morning, forty-nine residents crowded Room 2/3 at the Activities Center. At first, there was discussion about United States immigration rules. That was followed by opinions on the secret hospitalization of Defense Secretary Lloyd Austin ("He was embarrassed to reveal his prostate cancer," so it was thought.)

Then, at 10 am the most interesting discussion began when three Black Heritage Hills residents took their seats at the table at the front of the room for the main event of the day: "Keep the Conversation Going...On Being Black and Living in Heritage Hills."

Three years ago, Ken started this Martin Luther King, Jr. Day tradition. At the first such event in 2021, resident Patricia ("Pat") Adams was the special guest. Then last year, Jay Wright joined Pat at the table, and this year there was a third participant: Emmeline Joseph, a relative newcomer to Heritage Hills.



Ken Benjamin, Pat Adams, Jay Wright, and Emmeline Joseph

Photo by Susan Statkowski-Rivalsi

Ken began the discussion by asking the three panelists to introduce themselves, provide a short bio, and comment on their experiences being some of the very few Black Americans living in our area. Each gave examples of a "rough beginning," but all three agreed that they very much enjoy living here.

Pat, Jay, and Emmeline then responded to questions from those in attendance about other experiences, for instance easing into relationships with neighbors and reactions when they ran errands in and around Somers when they first arrived here and now. Near the end of the discussion a member of the audience raised the issue of how we might increase the diversity of our population here.

Overall, it was a very positive way to start a special day. Hopefully, the tradition will continue on "MLK Day" next year, when the Morning Discussion Group hosts another "Keep the Conversation Going" event.

TENNIS NEWS

Text by Dena Goldstein, photos by Joan Traper



The Yearly Tennis Dinner and Party was held on January 20. It was a great Saturday evening!

Players of all levels enjoyed playing, and the food break, catered by DeCicco's, gave everyone a chance to socialize while dining. The delicious cake and cookies were from Sweet Delights! We filled four courts rotating players in and out, and didn't stop play until it was time to say "Good Night!"

We hope to see everyone on the Heritage Hills Tennis Courts soon.



Florence Olsen, Tom Heintzelman, Caroline Volpe, and Paula Geneves



Fran Lupo and Louise Squitieri



Joel Housman, Connie Tuosto, Tom Heintzelman, and Bob Berman

Aardvark Insurance

AUTO • HOME • UMBRELLA • LIFE • BUSINESS

Are your rates going up?

Call Us for MULTIPLE QUOTES So You Can Get The Best Buy!

- Savings • Service
- Satisfaction

Don't Call an 800 #
SHOP LOCAL!

REPLACING scores of
Allstate, State Farm & Geico
Policies EVERY DAY!

Stay Safe. Stay Healthy.

421 ROUTE 6, MAHOPAC, NY - 845.208.3707

SOMERS PHARMACY

A LEGACY FOR OVER 40 YEARS!



50% OFF
ALL GREETING
CARDS

- Medication Synchronization
- CBD Products
- Immunizations and shots
- Open Enrollment Reviews
- Durable Medical Equipment
- Diabetic Supplies

Come Browse our
EXPANDED Gift Section!

FREE LOCAL DELIVERY

336 US 202 • Somers NY 10589 • 914 276 2121 • thesomerspharmacy.com

The Wig Outlet

- CUSTOM WIGS & HAIR PIECES
- CHILDREN'S COLLECTION
- EXTENSIONS
- HUMAN & SYNTHETIC
- JEWELRY
- GIFTS



20% OFF
Synthetic Wig
\$50 OFF
Human Hair Wig
JUST MENTION THIS AD AT TIME
OF PURCHASE.
ONE DISCOUNT PER CLIENT.



By Appointment Only

194 S. CENTRAL PARK AVE • HARTSDALE, NEW YORK • 10530

914.644.9447 | TheWigOutlet.org



RPC

PAINTING &
CONTRACTING

CLEAN-OUTS
& JUNK
REMOVAL

FREE
ESTIMATES!

Contact Rick Cook TODAY!

914-486-8905

richardcook12374@gmail.com

rpcpaintingandcontracting.com

What steps have you
taken to protect your
life savings from the
cost of long term care?

CALL NEW YORK'S
ELDER LAW TEAM
914.948.1500



WHITE PLAINS • SOMERS • WWW.ESSLAWFIRM.COM

- Asset Protection • Elder Law
- Medicaid Applications (Nursing Home/Home Care)
- Guardianships (Contested/Non-Contested)
- Wills, Trusts & Estates

✓ Past Chair of Elder Law Section of
NYS Bar Association

✓ "Super Lawyer" In Elder Law for
16 consecutive years



Contact ANTHONY J. ENEA, ESQ.
Managing Member • Fluent in Italian
914.948.1500



Enea, Scanlan & Sirignano, LLP
Attorneys at Law



Cyigi Finan

Licensed as Geraldine Finan
Top Producing Agent for 25+ Years
Associate Real Estate Broker
GRI, ABR, SRES, CDPE, Notary Public
M: **845.590.6864**
GFinan@houlihanlawrence.com

Thinking of buying or selling?

LET'S TALK!

HOULIHAN  LAWRENCE

YORKTOWN BROKERAGE | 703 EAST MAIN STREET | JEFFERSON VALLEY



A Gift Shop
Born Out Of Love
For Hand Crafted + Quality Goods

Tues-Sat. 11-5

914-556-6006

somersgeneral.com

2 OLD TOMAHAWK ST. SUITE 5 • YORKTOWN HEIGHTS, NY 10598
(near Barnwood Grill & Traditions Restaurant)

HANDYMAN of HERITAGE HILLS

- Expert Painting & Carpentry
- Deck Staining/Paint
- Power Wash & Repaired
- Repairing Walls & Hanging Pictures/Drapes

John (914) 299-0328

FREE ESTIMATES • eaglepainting@gmail.com



Join Us For Our Brunch Buffet
Every Sunday: 12n-3p

**OPEN FOR
LUNCH &
DINNER**

www.jaiporeny.com 280 ROUTE 22 | BREWSTER, NEW YORK | 845-277-3549

OUR LOCATIONS
Hartsdale, NY
Briarcliff Manor, NY (Closed Wednesdays)
Ridgefield, CT
Coming Soon to Southington, CT



Carpet

Hardwood

Floor Refinishing

Luxury Vinyl Plank

Tile

Area Rugs

H2O Proof Laminate



HUNTER DOUGLAS WINDOW TREATMENTS

20% OFF

ANY NEW SHADE PURCHASE THRU 6/1/24

DESIGN INSPIRATION for Every Room!



**0% FINANCING
AVAILABLE**

\$250 OFF

Any purchase of \$1,999 or more.

Coupons must be present at the time of purchase. Some restrictions may apply. Cannot be combined with any other offer. Excludes labor.

KENNY'S CARPET ONE FLOOR & HOME

\$100 OFF

Any purchase of \$999 or more.

Coupons must be present at the time of purchase. Some restrictions may apply. Cannot be combined with any other offer. Excludes labor.

KENNY'S CARPET ONE FLOOR & HOME

**FREE
In-Home Consultation**



KENNY'S CARPET ONE FLOOR & HOME

246 Route 52 Carmel, NY • www.kennyscarpetone.com • 845-225-4330

MON-FRI: 9 AM-6 PM • LATE NIGHT ON THURS EVE BY APPT ONLY • SAT: 9 AM-4 PM

HOPE MAZZOLA

— YOU'VE GOTTA HAVE HOPE —

cell: 914.714.0090

hopemazzola@gmail.com | hopemazzola.com

Sales Vice President
Licensed Associate Real Estate Broker



★ Congratulations Hope Mazzola ★

#1 Selling Agent — Somers (school district) *

#1 Units Sold - New York

#14 Units Sold Company-wide

*Based on Total Volume Single-Family Sales Ranking 1/1/2023 to 12/31/2023 MLS/OneKey

TOP
Real Estate
AGENT
2023
Westchester
Magazine
Real Estate
All Stars

Home Buying Season



IS UPON US!

THE GROUNDHOG SAID EARLY SPRING What Does That Mean For Real Estate?

If you're thinking about Selling, is now the time? What are the predictions for this Spring and the rest of 2024? I can answer all of your questions and keep you updated on the market including:

- First signals of what we're seeing for 2024
- Will inventory finally grow this year?
- An update on home prices, and where this is likely headed
- What to expect in terms of inventory this spring
- What stable interest rates mean for the market

Let's talk about the market and help you stay updated to help you make the right decision - sell or wait.

If you're concerned about "where you're going", I'll help you with an introduction to a top agent to help you find your next chapter - from Maine to Montana, California to Connecticut



Find Out What Your
Condo Might Be Worth.
Call Hope or Scan QR code
Your Local Expert.



Scan the QR code to
visit Hope's Website



SOLD - 11 Krystal Drive
\$515,000



SOLD - 640B - Armonk
\$595,000



SOLD - 470D - Sherman II
\$795,000



I have worked with Hope several times in the past. She has always been so responsive, caring and on top of the sale process. She's not only the best Realtor I have ever worked with but one of the best humans I have ever met. *M.K. sold condo 2023*

#UGottaHaveHope

WILLIAM RAVEIS

95 Katonah Ave | Katonah NY 10536



A photograph of two elderly women with white hair, smiling and laughing together. They are wearing light-colored sweaters. The background is softly blurred, suggesting an indoor setting with natural light.

love I loved making new friends.

We see *you* here.

The things you love doing are more than just passions. They're what make you "you." This is why at The Bristal, our expert team members dedicate their time, attention, and energy to creating customized social activities that ensure each resident continues being the unique person they are. And, in the process, create the one-of-a-kind community we are, too.

Schedule your visit today and see for yourself.

THE BRISTAL AT ARMONK | 914.354.3100

THE BRISTAL AT WHITE PLAINS | 914.444.2260

The Bristal
ASSISTED LIVING

thebristal.com

Independent Living | Assisted Living | Memory Care



Licensed by the State Department of Health. Eligible for Most Long Term Care Policies. Equal Housing Opportunity.

ROSY GLOW - A SIMPLE GIFT

By Andrew DeMarco

With the holiday season now over, I would like to tell you all about the best gift I received this past Christmas. Well, it was actually a gift I gave but what I got in return by giving this gift was immeasurable.

This story begins over 25 years ago when my niece Elaina and I would set up the train set and Christmas village for the holidays. At that time, I gave her a simple toy. We eventually stopped putting up the trains, but Elaina and I kept the tradition of setting up the Christmas Village.

This year while decorating the house for Christmas I came across that simple toy and thought I would "regift" this gift that I gave Elaina 25 years ago. So, I wrapped it and put it in the bag with Elaina's other presents.



On Christmas Day when it was Elaina's turn to open her presents, she reached into the bag and, as luck would have it, this regift was the first one she pulled out. When she unwrapped it, her expression was priceless and she exclaimed, "My train whistle!!" As she clutched the whistle, all her other gifts did not seem to matter. And then she began to blow it in her fiancé Scott's ear, for which he thanked me. (Knowing my niece, she will probably use it any time she has to get Scott's attention.)

This was just the beginning, because this regift just kept on giving, as it opened a flood of memories. We all had those "do you remember moments" about the train set and all the past holidays. More importantly, it was the memories Elaina had with her Pop-Pop and Nanny and the train set.

I seemed to remember that my mother didn't appreciate Elaina constantly blowing that whistle, but my father enjoyed it because it was annoying my mother. The bottom line was that they really didn't care because we all had fun and it meant that the family was together.

So, there you have it, a simple wooden toy given to my niece 25 years ago - that I now gave to her again years later - led to the best present I received this year because of the memories it brought to me and the rest of us. I know it filled us all with the Holiday Spirit and, with an assist from some spiked eggnog, gave us that feeling that Cousin Bob would call that...Rosy Glow.

THE ANNALS OF MUSIC

By Karl Milde

WOLFGANG AMADEUS MOZART

If I had a chance to have dinner with any music composer, living or dead, I would choose Wolfgang Amadeus Mozart over all other composers, including J. S. Bach, Handel, Haydn, Beethoven, Schubert, Wagner, Brahms, and countless others. Mozart has been heralded by those masters as being the most brilliant composer of all time. Conductor and composer Gustav Mahler admired Mozart's music so much that, on his deathbed, he lay with a smile on his face conducting with his fingers and murmuring "Mozart."



Mozart composed his first symphony at only eight years of age. He composed his last symphony (later dubbed the Jupiter at age 34. In his all-too-brief life of 37 years, Mozart composed nearly 800 works including 41 symphonies, 24 full-length operas, 11 concertos, and countless piano works. Like Johann Sebastian Bach before him, he worked continuously and tirelessly. Did he ever sleep, we wonder?

According to Professor Robert Greenberg (UC Berkeley), "Mozart, even at his most dramatic and tragic, created in his music an alternative reality: a better world, an idealized place filled with hope and expectation." And music critic Charles Rosen wrote: "What is most extraordinary about Mozart's style is the combination of physical delight, a sensuous play of sonority, an indulgence in the most luscious harmonic sequences with purity and economy of line and form that render the seduction all the more efficient."

What's not well known about Mozart the man is that he was often sassy and sarcastic. A year after his death in 1792, his elder sister Maria Anna wrote: "Wolfgang was small, thin, pale in color, and entirely lacking in any pretensions. Apart from his music he was almost a *child*. ... This was the essential feature of his personality..."

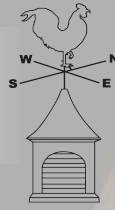
Maria Anna was probably peeved at being the butt of Mozart's sarcasm. Consider the following poem Mozart sent her in advance of her marriage:

*Wedlock will teach you things galore,
That seemed a mystery before;
Now you won't wonder any more,
What knowledge Eve had to obtain,
Before she could give birth to Cain.*

Yes, I think Mozart would surely make a most memorable dinner companion.

* * *

Celebrating 51 Years



Southeast Kitchen
& Bath LLC

DESIGN • BUILD • REMODEL • SINCE 1973



CUSTOMIZING HOMES FOR BETTER LIVING

Brewster, NY and Bethel, CT Design Centers • 845-278-0070
Southeastkitchenandbath.com



GRAND OPENING of the NEW Brewster Subaru!

(just 2 miles east of our previous location)

Same Award-Winning Sales and Service Staff! • Same Family Ownership!

- State-of-the-Art, 21-acre facility
- Space for 500-car inventory
- 27 service bays
- Enclosed service drive-up
- Ultra-modern, spacious, comfortable waiting area
- Separate, quiet work area
- Complimentary beverages



6 YEARS IN A ROW



CROSSTREK
ALL-WHEEL DRIVE



ASCENT
ALL-WHEEL DRIVE



SOLTERRA
ALL-ELECTRIC
ALL-WHEEL DRIVE



OUTBACK
ALL-WHEEL DRIVE



LEGACY
ALL-WHEEL DRIVE



FORESTER
ALL-WHEEL DRIVE



IMPREZA
ALL-WHEEL DRIVE



Test Drive a **SUBARU**: the Best-Selling All-Wheel Drive Cars in America



SUBARU

(845) 278-8300 • 3751 Route 6, Brewster, NY 10509

Family-Owned & Operated • Brewster-Subaru.com DMV Facility Number 7118668

Established 1979 **Westrock Window Design** Somers Resident

Hunter Douglas Showcase Priority Dealer
Shades Above the Rest for Home & Office

FREE ESTIMATES AND FREE INSTALLATION
DISCOUNTED BLINDS & SHADES

VERTICAL-MINI BLINDS-SILHOUETTE
SHUTTERS-WOOD BLINDS-VIGNETTE
LUMINETTES-ROMAN BLINDS-VALANCES

COUPON
SAVE AN ADDITIONAL \$25 PER BLIND!

WestrockWindowDesigns.com

AS FEATURED ON **Extreme MAKEOVER HOME EDITION**

Facebook Houzz Yelp

WESTCHESTER 914-277-4229 • PUTNAM 845-278-2575

HENRY B. **WHITAKER GARAGE DOORS**
You Dream it & We Make it

FAMILY OWNED & OPERATED SINCE 1955

Let the Whitaker family protect your family with the most important door to your home!




COMMERCIAL & RESIDENTIAL
Mahogany • Cedar • Douglas Fir
• Vinyl • Aluminum • Steel
• Fiberglass • Electric Openers
• Installations • Repairs

\$35 OFF
Any Garage Door Service Call
Whitaker Doors
Mention Heritage Hills
Not valid with other offers. Exp 12/31/24

5 Fallsview Lane • Brewster NY
914-962-9873
www.WhitakerGarageDoors.com
Call before for showroom

\$50 OFF
EACH New Garage Door Ordered
Whitaker Doors
Mention Heritage Hills
Not valid with other offers. Exp 12/31/24

Serving Westchester, Putnam & Connecticut for more than 60 years.

BRISTOL PAINTING Co. Somers, NY
Licensed Bonded Insured

- Interior
- Exterior
- Wall Repair
- Dry Locking
- Deck Staining
- Spray Painting
- Power Washing
- Cabinet Painting
- Water Damage Repair
- Popcorn Removal & Repair



CALL ERIC HOROWITZ
914.494.8977

Your Local Heating & Cooling Professionals

When you choose *Air Professional Associates* for your home's heating and cooling needs, you gain a true home comfort partner committed to your complete satisfaction.

Home Heating Myths Costing You Money!
Scan to Read More:



Schedule your annual heating system tune-up today!

Call: 914-276-0100

www.airprofs.com




AIR PROFESSIONAL ASSOCIATES, LLC

Under New Ownership
Clark Funeral Home is now



Clark & Giordano
 Funeral Home



We look forward to serving and giving back to the community that has been our home for so many years.

Family Owned and Operated
Joseph Giordano Jr., Owner/Yorktown Graduate and Resident

Centrally Located in the Heart of Yorktown
 Oversized Chapel and Large Parking Lot

914.962.3333 • www.clarkfh.com

2104 Saw Mill River Road (Route 35, 118 & 202) • Yorktown Heights, NY 10598

Additional Location: Curry & Giordano Funeral Home, Peekskill



Since 1994 we have been providing prompt, reliable, affordable, safe transportation throughout the world to our customers.

We offer a diversified fleet and global connections to handle your transportation needs throughout the world.

AIRPORTS | PIERS | PROMS | WEDDINGS
NIGHT OUT | CONCERTS & MORE

Sedans, SUV'S, Transit Vans, Mini Buses, Sprinters, Coach Buses

JOIN OUR LOYALTY FREQUENT RIDER PROGRAM

CALL TODAY FOR RESERVATION

845-279-2377

WWW.ANNASLIMO.COM • INFO@ANNASLIMO.COM

Best
 PLUMBING
 TILE & STONE

Your Bath. Your Kitchen. Your Home.



KALLISTA.

SCHEDULE AN APPOINTMENT TODAY!

\$100 off \$1,000

Minimum Purchase when Shipped Complete.

Eligible at Somers Showroom Only

Show this Coupon to Receive Discount.

One per customer Expires 5/15/24

49 Route 138
 Somers, NY 10589
 M-Fr 9:30AM-4:30PM
914-232-2020
 BESTPLG.COM





The Flower Boutique

4 Veschi Lane N
Mahopac
845-628-1946
theflowerboutiquemahopac.com



Expert Auto Repairs
Since 1986

We will continue to maintain the integrity of our service.

253 Rte. 100, Somers

ALL REPAIRS DONE ON PREMISES
Repair Hours 9A – 6P,
M-F 914-232-1418



★ ★ ★ ★ ★

★ DECKS, DECKS, DECKS!

- ★ Deck Restoration • Power Washing
- ★ Sealing & Staining • Wallpaper Removal
- ★ Paint & Restore Railings
- ★ Paint Garage Floors • Install Grab Bars

FREE ESTIMATES (914) 299-0328
Ask for John

Licensed and Insured WC-18019-H06
Handyman Services Available • Services provided by Eagle Painting

★ ★ ★ ★ ★

MAMMA ROSA
RISTORANTE
ITALIAN CONTINENTAL CUISINE

Restaurant Week is
YEAR ROUND
at Mamma Rosa!

3-Course Lunch Special \$29.95
3-Course Dinner Special \$39.95

BRING THIS AD & RECEIVE 15% OFF YOUR NEXT VISIT!
Up to Six People. Not to be combined with any other offer. Not valid Friday, Saturday, and Holidays. Offer Expires 3/31/24

252 Route 100, Somers 10589 • 914.232.8080 • www.mammarosaristorante.com
Open Tuesday-Sunday for Lunch and Dinner • Closed Monday



HOULIHAN LAWRENCE

#1 AGENT IN SOMERS & HERITAGE HILLS



Thinking about selling your home or condo? I can help!

As we head into the spring market, it's a great time to list your home or condo. I would be happy to provide you with a complimentary market analysis.

With over twenty-five years of experience and an unmatched devotion to each client, I make the transaction process easy.

Sellers are receiving multiple offers for their properties!

DONNA O'CONNELL
Associate Real Estate Broker
M 914.263.9108 O 914.277.8040 Ext. 334
Doconnell@houlihanlawrence.com
donnaoconnell.houlihanlawrence.com

SOMERS BROKERAGE
104 VILLAGE SQUARE, SOMERS, NY 10589

Source: OKMLS, 1/1/23-12/31/23, total dollar volume of single family homes and condominiums sold by Agent, Somers school district



Submitted by Elizabeth Royston

FRENCH ONION SOUP

In January, the Culinary Club got together at the Brasserie Saint Germain in Ridgefield, Connecticut, for a winter lunch. We enjoyed a variety of French dishes as well as each other’s company.

We are not privy to the recipe for their onion soup, but the recipe below is adapted from Julia Child’s. It takes a bit of time and care, but the result is delicious. Much of the success depends on the stock that you use, and stock varies tremendously in its taste. You may have to bump up the flavor with some beef bouillon – like Better Than Bouillon.

This recipe serves 8.

INGREDIENTS

- 6 large yellow onions (about 3 pounds)
- 4 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 1 teaspoon sugar
- Kosher salt
- 2 cloves garlic, minced
- 8 cups beef or chicken stock or combo of the two
- 1/2 cup dry vermouth or dry white wine
- 2 bay leaves
- 1 tablespoon fresh thyme leaves, a few sprigs fresh thyme, or 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons brandy (optional)
- 8 slices, 1 inch thick, French bread or baguette
- 1 1/2 cups grated Gruyere cheese
- 1/2 cup grated Parmesan cheese

PREPARATION

1. Peel and thinly slice the onions from root to stem. Should be about 10 cups.
2. Start caramelizing: In a 5- to 6-quart thick bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions and toss to coat them. Cook the onions, stirring often, until they have softened – 15 to 20 minutes. Increase heat to medium high. Add the remaining tablespoon of olive oil and the butter and cook, stirring often, until the onions start to brown – about 20 to 40 minutes. (Time will depend on pot, stove, and onions.)
3. Finish caramelizing: Sprinkle the mixture with the sugar and 1 teaspoon of salt. Continue to cook until onions are well browned – about 10 more minutes.
4. Add the minced garlic and cook for a minute more.
5. Deglaze the pot with the wine or vermouth, scraping the browned

bits from the bottom and sides of the pot.

6. Add the stock, bay leaves, and thyme and bring to a simmer, Cover the pot and lower the heat to maintain a slow simmer. Cook for about 30 minutes.
7. Season to taste with salt and pepper. Discard bay leaves and add brandy if using.
8. Toast the French bread slices: While the soup is simmering, line a baking sheet with parchment paper, preheat oven to 450° F. with rack placed in the upper third of the oven. Brush both sides of the 8 slices of French bread or baguette with olive oil. Toast until lightly browned – about 5 minutes – and remove pan from the oven. Turn the slices over and sprinkle with the grated Gruyere and the Parmesan.
9. When close to serving time, return the bread slices to the oven and bake until the cheese is bubbly and lightly browned.
10. Serve soup in individual oven-proof soup bowls, ladling the hot soup into each bowl and topping each with the bubbly cheesy toast.

* * *

FIT-BITS

A FEW QUICK TIPS ON MAKING HEALTHY HABITS STICK

By Mary Tedesco

• **TRY THE REWARD SYSTEM**

Rewarding yourself for doing something amazing like running your first 10k or climbing a mountain is a very good thing. If the reward helps you on your journey to better health, then by all means give yourself the reward! The feel-good dopamine hit you get when you do something that is good for you and helpful is then linked to whatever behavior produced the reward. So, over time, we begin to replicate that same feeling, and it becomes a great cycle.

• **FIND THE BEST ENVIRONMENT FOR STARTING A HEALTHY HABIT**

When we are consistent with our goals and habits, we are always reminded of them, and they begin to take hold. If you want to change your eating habits, take all the junk food out of your house and replace it with healthy choices. If you want to reach a weight loss goal and go to the gym, pack your gym bag the night before so it’s ready to go.

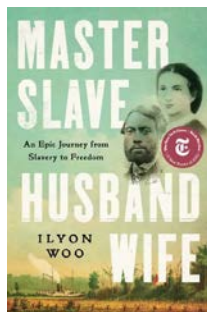
• **KNOW THAT HABITS CAN TAKE UP TO NINE MONTHS TO FORM**

The way this happens is when you repeat, repeat, repeat – when you do things over and over again – it gives the habit energy and importance and space in our minds, which becomes extremely helpful.

THE BOOK SHELF

By Cindy Kennedy

In *Master Slave Husband Wife*, historian Ilyon Woo tells the remarkable story of an enslaved couple's audacious quest for freedom. Ellen and William Craft's perilous journey for self-emancipation began in December 1848 and would cover five thousand miles.



Ellen, born to Maria, an enslaved woman, and James Smith, her plantation master, had inherited her white father's fair complexion. When Ellen was 11, Smith gave her as a wedding present to his white daughter Eliza for her marriage to Robert Collins, a wealthy entrepreneur in Macon, Georgia. Ellen served as lady's maid and seamstress to "her half-sister-enslaver," Eliza.

Before William turned 16, his entire family had been separated and individually sold off. A skilled cabinetmaker, William was allowed by his master to earn meager wages doing carpentry work in Macon. Enslaved by different plantation owners, Ellen and William formed an attachment. Having witnessed too many enslaved families ripped apart, they were determined to escape bondage before they had children.

The week before Christmas 1848, the couple concocted a bold, yet risky, scheme. Ellen would disguise herself as "Mr. Johnson," an ailing young white man, traveling with William as her manservant. Using her skills as seamstress, Ellen fashioned an outfit of slim pants, white shirt, long vest, and flowing cape, topped off by a tall hat covering her cropped hair. She wore green-tinted spectacles and put her arm in a sling. Escaping in plain sight, as "master and slave," the couple used the cash William had saved. They first would board a train from Macon to Savannah, then a steamboat to Charleston, and, hopefully, onto freedom in the north.

Reaching the free states of New England, however, was no guarantee of safety. To appease southern states and preserve the Union, Congress passed the "Compromise of 1850," reinstating the Fugitive Slave Act, which granted slave masters the right to pursue their runaways anywhere.

Back in Georgia, Robert Collins sent two slavecatchers to Boston to recapture Ellen. Collins, however, underestimated the resolve of Bostonian abolitionists. Unitarian minister Theodore Parker was among those who protected Ellen and William. A century later, Dr. Martin Luther King, Jr. would intone Reverend Parker's inspiring words: "The arc of the moral universe is long, but it bends toward justice."

Beautifully written and thoroughly researched, *Master Slave Husband Wife* was included in *The New York Times'* 2023 Five Best Non-fiction Books list. "At heart," its author notes, *Master Slave Husband Wife* "is an American love story—an enduring relationship between a man and a woman, a couple and a country."

(Note: *Master Slave Husband Wife* is part of 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 FLOWERS AND VEGGIES FROM SEEDS

Text by Karl Milde, photos by Cheryl Milde

If you're a gardener and you're excited at the prospect of the coming spring, you have a choice: (1) You can wait until the warm weather arrives and buy plants at a nursery, or (2) you can plant your own vegetables or flowers indoors right now.

If you don't wish to start your own seeds, this article is not for you. But if you *do*, read on. Even if you've started seeds before, you may gain a useful tip or two.

To get started you'll need a seed incubator that can provide soil, moisture, warmth and sunlight. I recommend using a simple seed starter tray with a clear plastic cover. Place it by a window and add water to form a warm, humid environment. A south-facing window and filtered/bottled water is best. You can buy a sunlamp or a more elaborate tray with artificial sunlight if you don't have a window with sufficient light.



Incubator with cover, seed-starter, and plugs.



incubator with artificial sun lamp.

Some seeds require elevated temperatures to germinate, so you may also need a heat mat. For instance, lettuce germinates at 40 degrees F, but carrots prefer 60 degrees, tomatoes 70 degrees, and eggplant seeds germinate closer to 80 degrees. Find the germination temperature on the seed packet to make sure your incubator will be warm enough.

Seed-starting nutrients are an absolute must. Each seed has the nutrients it needs within itself to *start* to germinate, but it will need nutrition added after a week or two. You therefore need to place a seed-starting mix in the incubator wells. Instead you can buy porous

continued on page 32

"plugs" to insert in the wells- plugs of dry soil with seeds implanted in them - but for these you may need to add a nutrient supplement.

For the seed-starting mix you can buy potting soil or make your own with topsoil, compost, and perlite. Sterilize the soil and compost to eliminate any disease organisms that could affect your plants by placing an inch or two of the material in a baking pan, covering it with aluminum foil, and baking it for thirty minutes at 180 degrees. When it cools add the perlite in the ratio of one-part perlite to four parts sterilized soil-compost mixture. This starting mix will retain moisture and provide nutrients for the seedlings.

Fill each incubator well with the seed-starting mix and seeds (or the purchased plugs), if using a sun lamp, set it to provide 16 hours of "daylight," and in a week or two tiny sprouts will emerge from the surface. How exciting it is to watch nature at work!

Thin out the weaker seedlings, and when the remaining seedlings are about six inches tall, replant them into small pots. This allows for maximum root development. Small pots of biodegradable material are available at most nurseries.



There's nothing more satisfying than "growing your own."

BUGGERI PLUMBING SERVICE

Serving
HERITAGE HILLS
for 40
Plus Years!

***Service and Repair**
***Water Conditioning**
***Plumbing alterations**

WE HAVE THE EXPERIENCE
Call us to find out!
845-278-6898
914-669 8112



Is your kitchen out of date?
Let us give you a new look!



OVER 40 YEARS SPECIALIZING IN:

Custom Kitchens ♦ Built Ins ♦ Cabinet Refacing ♦ Custom Closets ♦ Home Offices & Bars

ALL★ STAR WOODWORKING

SINCE 1978

Come visit our new showroom and factory:

1500 Front Street · Yorktown Heights, NY · 914-769-9161 · www.allstarwoodworking.com

ARE YOU READY FOR A FRESH START THIS SPRING?

"I was worried because of my short hair, but nobody even sees them."



The Miracle-Ear Promise

- 100% Satisfaction Guarantee**
- 3 Year Warranty[†]
- Free Lifetime of Service^{††}
- 45 Day Risk-Free Trial**
- Over 70 Years of Hearing Care Experience



- Deborah,
Grandmother. Movie Lover. Real Miracle-Ear Customer.

Visit your local Miracle-Ear for a **FREE Hearing Evaluation*** and product demonstration of the Miracle-Ear**MINI™** hearing aids. **Our most discreet line of hearing aids yet.**

Call to schedule your **FREE Hearing Evaluation*** and **Start Your 45 Day Risk-Free Trial** Today!**



Miracle-Ear
249 Route 202
Somers, NY 10589
(914) 342-7631

Miracle-Ear
1739 E. Main St.
Mohegan Lake, NY
(914) 743-3763

Promo Code: HHNL2020

2 Convenient Area Locations **BOOK ONLINE** at miracle-ear.com

SPRING SAVINGS EVENT SPECIAL

\$995

Receive One Miracle-Ear**MINI™** Hearing Aids at this Price for a Limited Time Only!

Offer valid on MEMINI™ 1 ITE only. Valid at participating Miracle-Ear locations. Limit one coupon per purchase. May not be combined with other discounts or offers and does not apply to prior sales. See store for details. Cash value 1/20 cent.

BUY ONE, GET ONE

50% OFF

Save on Our Full Line of Digital Hearing Solutions

Special offer applies to purchase of same Miracle-Ear make and model hearing aid. 50% discount applies only when first aid is purchased at regular list price. Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on Level 5, 4, 3, 2 Solutions. Cash value 1/20 cent. See store for details.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or miracle-ear.com/warranty for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.

CLASSIFIEDS

R-EXTERMINATOR - If it bugs you I can help! Ronnie Mosia - 914-216-1113 - Resident of Heritage Hills. Ants, rats, mice, bees, roaches, crickets, beetles. Over 35 years of experience!

FOOT DOCTOR - HOME VISITS - Gentle foot care available in the quiet comfort of your home. **Dr. Harry C. Prywes -** A seasoned podiatrist with extensive experience, serving Heritage Hills and Westchester residents for over 30 years. To schedule an appointment: **Call 914-723-0125.**

COMPUTER HELP - Repairs, Upgrades, Networking, Netflix, Bluray, Homelink, Viruses removed. Experienced Professional, Reasonably Priced. **Ask for Josh or Ish at MisterComputer.com, 914-739-3322.**

Coin Hobbyist Living in Heritage Hills; **Paying Strong Prices** for Bullion & Numismatic Coins. Please Contact Phil; 914-762-6695.

SENIOR CONCIERGE SERVICE: Do you require a HH resident to run local errands for you? If "yes" — call/text **Jackie at 917-596-3690...** and just leave the errands to her!

CAT SITTER: Need someone to come to your home and take care of your 4-legged companion(s) while you're away? HH resident with 40+ years of cat experience can help you! **Call/Text Jackie at 917-596-3690.**

Professional Organizer, Andréa Deinstadt for closet organizing, bill paying, downsizing, and estate clearing. Serving Heritage Hills for 10 years. Competent, reliable, caring. **914.391.8816** to arrange complimentary meeting. **www.OrganizingWisdom.com**

PHYSICAL THERAPIST PROVIDING VISITS IN YOUR HOME—You will have the undivided attention of a physical therapist with 30+ years of experience, who can guide you to achieve your goals on your terms. **Call/Text Carol at 914-450-4634 or Email at carol@csquaredphysicaltherapy.com**

PLACE YOUR CLASSIFIED AD FOR \$50.
Call Brett Freeman at 845-208-8151 or email classifieds@halstonmedia.com.
DEADLINE IS THE 10TH OF EVERY MONTH.

The Best Care By Far, Is Now So Close.

Primary Care and Top-Rated Specialists, in your neighborhood.

325 Route 100, Somers

- Family Medicine/Primary Care
- Neurology/Vascular Neurology
- Obstetrics and Gynecology
- Pediatrics
- Podiatry
- Sports Medicine/Orthopedic Surgery

Call 914-849-7075 or schedule online at wpbpa.org



WHITE PLAINS HOSPITAL IS A MEMBER OF THE MONTEFIORE HEALTH SYSTEM



HOULIHAN LAWRENCE



MARTHA "MARTI" LOWENFELD

Associate Real Estate Broker, CRS, SRES

M 914.420.1850

MLowenfeld@houlihanlawrence.com

TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS FROM 1/1/24 – 2/10/24
(DATES & INFO FOR THE FEBRUARY AD SHOULD HAVE READ 1/1/2024-12/31/2023)

	2024	2023	2022	2021
TOTAL SOLD	13	12	21	11
	\$375,000-\$850,000	\$350,000-\$720,000	\$280,000-\$785,000	\$342,000-\$690,000

VARIOUS UNITS SOLD BY MLS AGENTS FROM
JANUARY 1, 2024 – FEBRUARY 10, 2024

ONE BEDROOM

FRANKLIN \$375,000

RADCLIFFE \$571,000

TWO BEDROOM

ARMONK \$375,000; \$560,000;
\$595,000

KATONAH \$529,000

WELLSLEY \$613,500

HAMILTON \$391,000

STRATFORD \$580,000

THREE BEDROOM

CROTON II \$699,000

SHERMAN I \$718,000

JEFFERSON II \$674,000

SHERMAN II \$850,000

ONEKEY/ HGMLS DATA AS OF 1/1/2024-2/10/2024

THANK YOU

Thank you to everyone who asked their family, friends and neighbors to contact me so I could help them sell or find a new unit or home. I greatly appreciate your recommendations and support.

Thank you to my friends and colleagues at Houlihan Lawrence and all the other real estate companies who are part of the OneKey/ Hudson Gateway Association Of Realtors (HGAR) and the Multiple Listing Service (MLS). Their support and success in selling units in Heritage is shown in my ad and reflect our sales in this community.

If you have any questions or would like to know about sales for your particular model, please do not hesitate to contact me. Call my Cell phone at 914-420-1850 or send an email to mlowenfeld@houlihanlawrence.com

**Thank you ,
Marti**



Heritage Hills Society, Ltd.
8 Heritage Hills
Somers, NY 10589

PRSR STD
U.S. POSTAGE
PAID
White Plains, NY
Permit No. 825
ECRWSS

Residential Customer

BOVÉ SPA

SPA &
WELLNESS



MEDICAL
SPA

*March into the Spring
with confidence and wellness*

MEDICAL WEIGHT LOSS PROGRAM TO START THE NEW YEAR
Semaglutide, Tirzepatide and more

Weight Loss Machines • Facials • Body Treatments • Injectables & Fillers
Hormone Optimization • Massage • Private Parties



366 US 202 / SOMERS, NEW YORK / 10589
914.276.2200

www.thebovespa.com

