

The Test of Time

A year after Hurricane Sandy is a good time to reflect on the past.

by Sara Rotter

Community contributor

One year ago, New York City withstood the test of Hurricane Sandy. Immediately after, there were questions as to whether parts of lower Manhattan and coastal areas of the city would be sellable. As New York City always manages to do, it emerged from a crisis even stronger and the real estate market did the very same by bouncing back with intense vigor. From mid-January through the late summer, there were approximately 30 percent less apartments to sell than the year prior. With much less property to show, increased demand, and with both prices and rates on the rise, buyers want to purchase to avoid getting priced out of the market. We remain in a strong “Seller’s Market.” And market indicators show signs of it staying there for some time.

In thinking about time, I did a fun exercise in a class where I introduced myself – the me of 10 years ago – to someone. I then had to introduce myself to the same person – me, 10 years from today. It helped me see where I wanted to be and what I needed to do to get there. I encourage you to try the same. When I think about Morningside Heights 10 years ago, also think about what could be in the next 10 years. Here’s to taking the time to reflect and appreciate all that has been and all that will be in our beautiful neighborhood!



Photo courtesy of Halstead

About the Author

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Free Pain Seminar

A technique for relieving pain.

When symptoms of chronic pain and fatigue

plague daily activities, people often try exercise, therapy or medication.

Unaware that they may have habitual tendencies to tense and compress their bodies, the more they do, the

worse they feel. Through a process of observing his daily activities, F.M. Alexander (1859 – 1955) discovered what research is demonstrating today. Learning a new approach to familiar activities can reshape your brain and body. Releasing the hold of a life-long habit is a tremendous relief. Lightness, ease, and efficiency of movement return, breathing is deeper and thinking is clearer. As a local teacher of the Alexander Technique, who taught at Barnard College for the past 10 years, I have helped people of all ages play instruments, recover from surgery, live with scoliosis, ease back pain, and sit at computers as they discover the power of choice over habit. The technique is a cost-effective and practical solution to wellness. Join me for a free introduction to the Alexander Technique at the Morningside Library on Wednesday, Oct. 16 at 5:30 p.m. Details at allisonfoley.net. —**Allison Foley**



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Fall Produce for Sale

Winter shares at Riverside Church.

Butternut squash, carrots, collard greens and more. Once a month, from December through March, Corbin Hill Food Project will be bringing Winter Shares of its farm-fresh produce to The Riverside Church’s Cloister Lounge, on the second Tuesday of each month. The fall produce for sale includes pumpkins, squash, carrots, onions, beets, potatoes, cabbage and more.

If you’re craving veggies now, their once-a-week Summer Share program is still in high gear, and will continue each Tuesday at the church through Nov. 19. Corbin Hill offers the flexibility to pay by the week, as well as with SNAP (food stamps), plus reduced-price “Money Match” Shares for anyone within 200 percent of federal poverty guidelines.

Not yet bought your bird for Thanksgiving? Corbin Hill is also holding a one-time sale of antibiotic-free, hormone-free turkeys that will be delivered plucked and frozen just in time for the holiday. Sign up online at corbinhillfoodproject.org or by calling 718-578-3610. —**Carey King**



Photo courtesy of Corbin Hill Farm