



LIVING IN *The Heights*

A Social Publication For The Residents Of Eagle Heights

October 2019

EAGLE HEIGHTS GOES
BACK TO SCHOOL!

See Page 6

Meet the
McAnally Family
See Page 10

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Do you like to write?

We are always looking for writers on subjects that our residents are passionate about and that our neighbors would like to read and be informed about. If you would like to learn more about being a resident writer and what that would entail, feel free to reach out to me at David.Schaub@N2pub.com or call me at 716-512-0184.

Contributors at Large

The residents of Eagle Heights
We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email David.Schaub@n2pub.com with your pictures, suggestions, or requests.



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Piper and Vivienne Gaetanos, Preschool year two



Ella (kindergarten) and Joey (second grade) Kontrabecki, Nativity of our Lord School



Morgan Stack, kindergarten, Ellicott Elementary



Hendrick Siulc, Preschool, Watermark Wesleyan



Tamlyn Stempki, kindergarten, Ellicott Elementary



Anderson and Matilda Ruff, Pre K at Doodle Bugs



Maxwell Stempki, preschool, Briarwood



Maxim Siulc, first grade, Ellicott Elementary



Aedan Brockman, fifth grade, Nichols School; Caelin Brockman, Prep 1, Elmwood Franklin School; Emilie Brockman, Doodle Bugs



Aria (left, second grade) and Emma (kindergarten), Capozzi, Ellicott Elementary



Parker Palaganas, second grade, Ellicott Elementary



Dan Yox, Physics teacher, last "first day of school"



Bob King, retired chemical engineer, now post-graduate auditor, SUNYAB School of Computer Science



Paisley McAnally, kindergarten, Ellicott Elementary



Elsbeth Tomlinson, kindergarten, Ellicott Elementary.



Bella Ryan, second grade, Ellicott Elementary



Lucy Bevilacqua, kindergarten, Ellicott Elementary



Nadia Siulc, kindergarten, Ellicott Elementary



Gabriella, fifth grade; Sofia, second grade; and Jake Sollecito, kindergarten, Ellicott Elementary



Ethan Patronik, fourth grade, Ellicott Elementary, with Harper



Cooper (third grade) and Everett (kindergarten) Marks, Ellicott Elementary



Landon (kindergarten) and Parker (second grade) Palaganas, Ellicott Elementary, with neighbor, Elspeth Tomlinson, and puppy, Clark.



Kaitlyn Patronik, eighth grade, Orchard Park Middle School



Hudson Marzolf, third grade, Ellicott Elementary



Amelia Rose Veenstra-Pattillo, Pre-K, EduKids



Ethan Blair (first grade, Eggert Elementary) and Travis Blair (fourth grade, Ellicott Elementary)



Sloan (left, second grade, Eggert Elementary) and Reino Becker, sixth grade, Orchard Park Middle School.



Isabella Sollecito, seventh grade, OPMS

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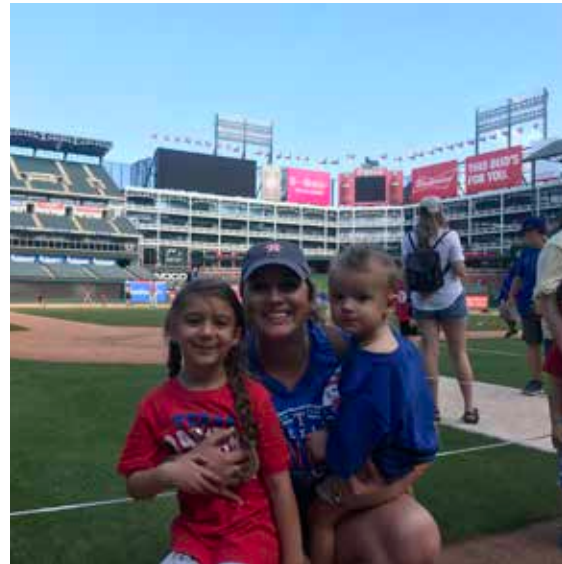
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From Texas To Orchard Park

meet your neighbors

By Alexandra McAnally,
Eagle Heights Resident

meet the McAnally Family



We are the McAnally family. We just moved to Middlebury Road in Eagle Heights from South Texas in May of 2019. Finding a house here was a bit difficult since I was still in Texas and my husband was already up here working. We looked at a lot of houses via Facetime and it was very challenging because houses sell a lot quicker in this area than they do back home in Texas. Once we found our current house, we knew it was the one and we absolutely loved the area. We are so glad that we moved into Eagle Heights.

Every time we meet someone and we tell them we are from Texas, they tend to ask “Why did you move up here?” Well, my husband (Jace) had a job opportunity up here so we decided to make the move while our children were still young. I swore I would never leave Texas, but moving to Western New York has been a fun adventure for us and we have seen some incredible things already.

The neighborhood is wonderful and very different from where we lived before we moved. In our previous neighborhood, everyone lived in cookie-cutter homes with small yards and fences. Coming here was a nice change. I love seeing all the old houses and farms around the area. My husband and I both love all the trees and how quiet the neighborhood is.

When we first moved it was nothing like what we expected. We had no idea that New York could be sort of country, like Texas. Having a country feel has made the transition much easier. Buffalo has some of the nicest people we have ever met and gives “Southern Hospitality” a run for its money.

I am a stay-at-home Mom and I like crafting and going antiquing. While I’m at home, I am usually refinishing furniture or making custom shirts. Since we are from Texas, my guilty pleasure is watching Chip and Joanna Gaines on *Fixer Upper* and pretending that I can do all the things they do on the show. My husband is an avid hunter and loves anything outdoors. He has been trying to get me to go camping but I was raised in the city and camping is something I haven’t done.

We have two kids. Our daughter is 5 years old and just started kindergarten, and our son is 2 years old. They are both adjusting quite well to our move. They love playing outside with all the trees around. We also have two dogs, Wilson and Hank.

We are anxiously awaiting our first winter up here. Learning how to ski and adjusting to the cold weather is going to be fun for us. I am excited for our first Christmas in the neighborhood because it will actually feel like Christmas with the colder temperatures. Back in Texas, it was a little hard to get into the holiday spirit when it was in the mid-70s outside.

When we first moved, I told my husband that I would stay for two years and then I was moving home to Texas to be closer to family. Since our move, I can honestly say I think the two-year limit will easily be extended. We are loving it here!



Would you like to be featured as Family of the Month? Please contact susan.yox@n2publishing.com for details. We can make it easy for you to participate.



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JOIN US FOR THE FIRST ANNUAL WISHBONE WALK! THANKSGIVING MORNING

Eager to exercise before the indulgences of Thanksgiving Day? Tired of the crowds at the downtown Turkey Trot? Want to get to know some of your neighbors, while getting in a morning walk?

Join us for the inaugural Eagle Heights "Wishbone Walk," Thanksgiving morning, November 28, around the neighborhood. We'll start out at 9:30 am at Pawtucket Park and walk an approximately 3-mile route around Eagle Heights. This won't be a race, but just a way to walk with your neighbors, celebrate the day, and



get some exercise. Alternately, you can join in anywhere along the route. Kids, strollers, and dogs are all very welcome as well!

And best of all, it's free!

We are hoping to have coffee, hot chocolate, and (maybe) doughnuts at the end, but that has not been arranged yet (Any ideas/volunteers? Contact susan.yox@n2publishing.com).

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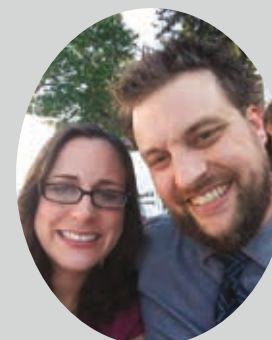
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Town Council Election Coming Up Soon

MEET THE CANDIDATES

Editor's Note: There are two individuals running for one position on the Orchard Park town council in the upcoming November election: Mike Sherry, incumbent, and Conor Flynn, the challenger. Mike will be on the Republican, Conservative, and Libertarian lines. Conor is endorsed by the Democratic and Working Families parties, and will also be on the Independence line.

Voting takes place on November 5, 2019 (Check online at <https://www.elections.erie.gov/early-voting/> for early voting options, beginning October 26, for the first time this year.).

We asked each candidate to write a short summary, outlining their experience and goals, with a particular focus on Eagle Heights. We publish them here, in alphabetical order.

Conor Flynn

My name is Conor Flynn and I want to be your next councilman in the Town of Orchard Park. I am a Village resident with my wife, Ann Dillon, and dog, Nana. I am also an attorney with experience negotiating contracts with large industry players. I am running for this position to offer a fresh perspective that focuses on what families, young and old, want to see in their community and in local government.

After speaking with residents, I have three main goals for the Town of Orchard Park over the next four years.

First, I want to help increase taxpayer's access to their local government, which will help improve transparency and accountability. I believe there has been a breakdown of communication between the Town government and taxpayers on a few recent occasions. Orchard Park residents are busy people and need their government to take a more active role in keeping them informed. This means that the Town will have to be more proactive in using technology, including the Town website, email lists, and social media, to keep residents apprised of what the Town is doing.

Second, I want to help plan for a new generation of Orchard Park residents. Data from the U.S. Census Bureau shows that Orchard Park is losing out to neighboring communities in the 25 to 35 year old demographic. Considering this is when college-educated families put down their roots, buy a long-term home, and start having children, the Town must work in lockstep with its Village and other stakeholders to ensure that Orchard Park is a destination community for the young families who will become the tax base over the next 30 years. This will take careful planning, a review of current planning policies and zoning codes, and building Youth and Planning Boards that help provide a fresh perspective to long-term Town planning issues. As someone who will turn 30 in 2020, I believe I am uniquely qualified to help lead this effort.

Third, I want to help improve Town services where possible. The most immediate of these concerns is with brush pickup and

removal. We are currently testing a beta version of a brush pickup request form on our website, www.votefflynn.org. Town residents can submit requests for brush pickup using this form, and then we will submit these requests to the town. If the beta version proves to be successful, we hope to expand this to a broader range of Town services over the next four years.

I also look forward to working with Eagle Heights residents on their frequent power outages. Currently, Eagle Heights residents have little leverage with NYSEG, who is responsible for maintaining the foliage around the lines. The Town should consider creating leverage with a Community Choice Aggregation program, which puts control of choosing energy supply in local hands.

I look forward to serving you and the rest of the Orchard Park Community. If you want to get coffee and discuss anything, please email me at votefflynn@gmail.com!

Mike Sherry

"We know that where community exists, it confers upon its members' identity, a sense of belonging, and a measure of security ... Communities are the ground-level generators and preservers of values and ethical systems" (John Gardner).

As I thought about how to shape an article for a particular community about myself, I found that this quote captures my vision of and for Orchard Park. Consistently rated by various organizations as one

of the highest quality-of-life and safest places to live in New York State, on top of having one of the lowest tax rates in Erie County, Orchard Park is, and I want to see it remain, a unique *community*.

I've written a number of articles about the place of community in my life, value-system, and as a member of the town board. To this day community represents one of my most fundamental values. It informs, guides, and determines my political worldview and work. Having moved into our community when I was a child, as an adult I've served Orchard Park in the Windom Fire Company, the Orchard Park Police Department, and for the past six years as a member of the town board.

By way of education and thirty years' experience in supervision and management, I'm all about "service" – leadership, concentrating especially on operations, continuous improvement, and strategic planning. My starting point is always those I'm

called to serve – their needs, desires, and values – and not the imposition of my own. Thus, I prefer to engage citizens, groups, and neighborhoods within our community, doing the hard work of assessing and making the best determinations together in matters that impact them. Neighborhood examples would include the lead in the Eagle Ridge basketball courts and ECRT rail-trail disputes, and supporting roles in the playground and power outage issues.

Within the Town Board, I continue efforts to incorporate widely used performance-enhancing best business practices, as well as greater transparency, openness, and accountability. Still serving as the Town Board's project manager for the Community Activities Center, having facilitated a first of its kind strategic plan for town government, and an assessment of the police department, work is about to begin *with* the highway department. The goal is always the same, namely, greater efficiency and effectiveness. Once this is

finished, I hope to develop full strategic plans *with* these two departments. In the spring or summer 2020, it will be time to update the strategic plan for the town government, and I also want to pursue some environmental initiatives.

Endorsed by the Republican, Conservative, and Libertarian parties, I have also been endorsed by the Orchard Park Police Benevolent and Command Officers Associations, as well as the Civil Service Employees Association (CSEA). These endorsements are not owing to politics – something I have little interest in – but because of my familiarity with and commitment to serving our community, that is, to preserving its values and identity, and strengthening a sense of belonging and security for all.

I want to sincerely "thank you" for this opportunity to speak from the heart, and I hope to continue to serve you for the next several years.

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Meet Sadie,

A JOYFUL RESCUE!

precious pets

By Meagan and Sarah Bass, Eagle Heights Residents

Meet Sadie, our 3-year-old mixed breed. We got her from Joyful Rescues in Cuba, NY, when she was 4 months old. My sister and I wanted to get a dog for a long time, but my parents had us wait until we moved to Eagle Heights.

Sadie has some interesting habits and quirks. She likes to sing “Happy Birthday” and will follow you around the house and nudge the back of your legs with her nose when it’s time for a w-a-l-k. She also likes to go for rides on our boat (but she is not a water-lover), and also in our car, as long as she’s going to see her best dog friends, Emily and Roamy, where she often enjoys play-dates.

Sadie’s hobbies include ripping up towels and toys into little pieces and taking long walks once or twice a day, but mostly she likes spending her days outside roaming around our yard, chasing chipmunks and squirrels.

She is a very friendly dog who likes everyone unless you work for UPS or are wearing a hat. She will often approach you and wiggle away when you reach down as if to say, “Pet me with your eyes.”

Chances are when you pass 1 Fir Top Drive, Sadie will be out in the front yard quietly observing, except when she sees a fox. Then she won’t stop barking!



If you would like to have your pet highlighted in a future issue, please email susan.yox@n2publishing.com

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making a difference

By Paula Eye, Eagle Heights Resident

Senior Wishes

FULFILLING THE HEART’S DESIRE



Tell us about your heart’s desire. That’s the headline of the brochure for Senior Wishes, a program dedicated to celebrating seniors by providing them with experiences to be cherished and remembered. Founded by the United Church Home Society in 2013 and currently, in its sixth year, the group has granted wishes for over 200 seniors. The local nonprofit’s mission is to fulfill wishes that may have been set aside by qualifying seniors, for any number of reasons.

A wish can be any meaningful experience the recipient deeply desires and that they can’t fulfill on their own. Perhaps it’s tickets to the theater or to cheer on a favorite team where Senior Wishes handles the logistics involving transportation or wheelchair and oxygen accommodations. It could be supplies and lessons to reconnect with a hobby set aside to raise a family. Or it could even be a visit to a distant loved one the senior hasn’t been able to see in years. Whatever the wish, Senior Wishes wants to hear about it.

According to Wendy Miller Backman, Senior Wishes Executive Director, “Senior Wishes was created to foster respect and appreciation by providing seniors with a life-enriching experience to be remembered. These are people who have spent their lives serving our country, caring for others, volunteering in the community and raising their families. We want them to know they are not forgotten.”

Having been a volunteer for Senior Wishes in a variety of capacities for the past few years, I can attest to the fact that it has an enormous impact on both the wish recipient and the volunteers. We’ve helped bring together families long separated by distance and financial ability for something as simple as a family dinner. And we’ve afforded others the chance to learn a new skill (painting), hone an old one (photography) or to do something they would never have been able to do on their own (go on a sleigh ride).

My favorite, though, was the trip we took to the KeyBank Center with three gentlemen – all military veterans -- who lived in the same assisted living facility. Their wish was simple -- they wanted to go to a hockey game together. Well, they got that opportunity and so much more. It was for them (and us!) – an incredible afternoon. The Sabres treated them like the VIPs they were and rolled out the red carpet. They met players old and new, they were outfitted with jerseys, and they were featured on the Jumbotron, to give you an idea of what a special outing it was.

The organization depends on donations from community and corporate sponsors to support the program. Donations can be made at www.seniorwishes.org. For more program information, contact Wendy Miller Backman at 716-508-2121 or wbackman@uchsinc.org. Also, you can follow Senior Wishes on Facebook to read more wish-granting stories.

Senior Wishes is able to work its magic through the power of collaboration. People throughout our community work together to create a lasting memory for some of the most vulnerable amongst us. The joy on the faces of our wish recipients tells the whole story – Senior Wishes makes a difference – one wish at a time.



Eagle Heights Neighbors – Do you volunteer for a charity? We would like to hear about it! Tell us all about the organization and about your own involvement. Contact susan.yox@n2publishing.com with questions and submissions.

Halloween

IN EAGLE HEIGHTS

Tricks, Treats, And Traditions



For neighborhood kids, Halloween is almost as important as Christmas. In recent years the adults have made decorating for Halloween a major endeavor, rivaling Christmas decorations. Eagle Heights has had changing traditions on Halloween night.

Eagle Heights and Ties to Salem Witches

The first settler of Eagle Heights, Seth Abbott, came in 1807 from New England. The family landed in the Boston area in 1638. In the Abbott family's past was a rather embarrassing situation that haunted the family. In 1692, Nehemiah Abbott was accused of being a demonic witch. He was one of about 20 tried in the famous Salem witch trials. A young girl accused Nehemiah Abbott, her neighbor, of being a demon. She claimed she saw him disappear into a cloud, and soon after she fell into a spell or trance.

Nehemiah Abbott went to trial in Salem and was the only accused witch to be found not guilty. Many were executed. Three of the accused were tortured and died in attempts to have them confess to witchcraft. One of the accused was drowned and two were crushed by rocks. Abbott refused to confess and made a very logical defense using Puritan religious principles. A book on the Salem witch trials said he employed "great dignity and earnestness, splendid common sense" in his defense.

Another Abbott, Benjamin (1661-1703), was an Andover, MA, leader. After a property dispute, Martha Carrier placed a seven-year curse on Benjamin and he claims he became sick. Abbott accused her of witchcraft, as did others. Martha was found guilty and was hung in 1692, but local resentment and suspicion forced the Abbotts to move to Vermont. Years later, Seth and Samuel moved to Eagle Heights.

A Local Witch

In the early 1990s, a woman on Knob Hill claimed to be a witch -- a good witch. *Honest*. She was an artist who painted very large canvases of thunderstorms. She used white pancake makeup and wore dark flowing long dresses and capes. She would walk the street with her arms stretched out, so that wind caught her cape. Her claim, expressed in a friendly pleasant voice, was that she was a ... "white witch." A white witch is a believer of witchcraft who subscribes to a belief that witchcraft is not bad or evil. They believe in healing and nature. It is not true that there were two cars and a broom in her garage.

Murder and Triple Hanging

Just south, and adjacent to Redbrick and Hearthstone, was (is) the tiny hamlet of Loveland. In 1825, the Thayer family, a father and his three sons, worked in the brickyard hauling bricks with



their two big oxen. One was called *God All Mighty* and the other *Jesus Christ*. The three Thayers – Nelson, Israel, and Isaac – had terrible reputations, but owned much land south to Boston, NY.

The newspaper articles and history of this particular incident are vague on facts, such as the location, but are extensive on sensationalism. The Thayers made the acquaintance of John Love, a notorious loan shark and con man. Love was known to swindle land. The Thayers owed a great deal of money to Love and called him to their cabin in December 1824 where they shot him in the head and then struck him with an ax.

After a while, Love was missed by his creditors and a \$10 reward was offered. The Thayers were suspects since they were trying to collect on Love's loans. In February 1825, John Love's body was found in a very shallow grave, probably near Redbrick or Stone Bluff Ct. It seems the ground was frozen, and the Thayers could not cover the body's left hand. The Thayer father and three sons were tried and convicted of murder. The jury carefully debated the Thayer's fate and found them guilty in thirty minutes. They were to be executed.

For some reason, the father was released but was made to watch his three sons hang in Niagara Square in Buffalo on June 7, 1825. The Thayer execution was the only public execution held in Erie County. The newspaper claims 20,000 to 30,000 people watched the triple hanging. This attendance seems very far-fetched. No one has reported seeing a ghost in Eagle Heights ... yet.

Halloween in Eagle Heights Has Changed

For Eagle Heights' kids, Halloween may be second to Christmas in excitement. This is not new, but what is a new trend is that Halloween decorations such as lighting, displays, etc. are now rivaling Christmas decorations. Another major Halloween change is the number of kids out trick or treating and that there are no longer many tricks. Last Halloween we had about 20 kids come to our door. In 1975 to 1985, we would have 125! Liz Widman, grew up on Pawtucket, and now lives on Briar Hill, recalls having over 300 Halloween visitors in 1986.

Past Halloween Tricks

In the past, two to three nights before Halloween, the tricks would start. If you had a young teenage girl in your house, the tricks were more frequent. At dusk, as a car approached, boys would stretch and hold an imaginary rope across the road. The driver would come to a sharp stop, and the boys would run.

"Ding Dong Ditch" was ringing a doorbell and then running off. A little more harmful was to start a small porch leaf fire around some dog poo, ring the doorbell, and hide to see the homeowner stamp out the fire and return to the house.

Pumpkin smashing was an event for the timid kids. Residents would call the police, but the police response was slowed since the older kids would rotate the street signs, and the police would be lost in Eagle Heights (no GPS).

Today, homeowners decorate their homes with orange lights. In days gone by kids decorated other homes with white toilet paper. In addition, shaving cream and eggs were the tricks of choice. I have conducted extensive interviews with the Eagle Heights' youths of the '80s and '90s to better understand the historic Halloween empirical rituals of Eagle Heights at that time. What follows is a confession from a reformed youth. Only to give the confession authenticity I will give the young lads initials: adampawlak.

"Growing up in Eagle Heights during the 1980s was nothing short of spectacular. But Halloween was downright epic. Your costume was important, but it didn't matter nearly as much as the crew you were with and the arsenal of ammo you were carrying in your pillowcase that held all the loot. In fact, getting ready for the big night meant securing the means to your very survival ... lots of eggs and modifying the shaving cream nozzles so they sprayed strong and far. The battles were fought going door to door and pumpkins were smashed as retribution. We were increasingly covered with "battle scars" as the night wore on.

Once your pillowcase was empty of your preferred means of kid warfare and full of the candy that would last for months, you.

knew it was time for the last stop of the night. And that was at the Nemec’s haunted house on venerable Knob Hill. The family of 14 kids hosted and treated an entire neighborhood to amazing pumpkin carvings and displays on the outside and wicked treats and refreshments on the inside. The Nemec house was a Halloween marvel that showcased a maze of the most spectacular and scariest things that defined the holiday. Once we had our fill, we’d all go home, wash off the night and go through the mounds of treats and begin the trading for your favorite morsels.

The day after, you would go outside and survey the damage as everyone’s Dad was asking, “Where in the hell is the shaving cream?” and our Moms were looking for missing eggs and toilet paper. As you were getting the tongue lashing and receiving punishment from Mom and Dad about all your shenanigans you engaged in the night before, you couldn’t help but think to yourself, “Totally worth it! Eagle Heights. Simply the best.”

Other youths of the early ‘80s have confessed to taking one egg from the refrigerator once a week, starting about Labor Day, in preparation for Halloween. The one egg would not be missed and by Halloween, the eggs had rotted. Another anonymous 13-year-old boy confesses to emptying a can of shaving cream on Julie Sheehan’s head (Now Julie Jones on Pawtucket). Brian Peters apologizes. Two girls confessed to secretly wishing the boys would spray them with shaving cream, and that they would be devastated if the boys ignored them. Dr. Sheehan (Pine Terrace) was a dentist and gave out toothbrushes and not candy on Halloween.

Current Traditions

Sally and Lyle Roberts on Fawn Terrace have been offering Halloween drinks for many, many years. Their house is dimly lit in shadows and spooky music plays. Sally and Lyle are in elaborate costumes and offer several drinks. Offerings include hot spiced cider, cold cider, and a nicely spiked cider for adults. Some years they have 100 guests and not all arrive with kids!

In recent years the Meehan and Boystak families decorate a trailer with lights, hay, jack-o-lanterns, etc, and take the kids for rides.

For several years a well used, discarded toilet was moved in the moonlight from one lawn to another. Finally, it was shipped to the home of a former EH resident in New Hampshire, only to be shipped back to EH the next Halloween.

You Have been Boosed!

A relatively new Halloween tradition is to be “booed” by the Phantom Ghost. A friend will place a small gift at your door, ring the bell, and run. You are to reciprocate or simply be thankful. You could always Boo someone new to EH or someone with no local family.



Why is Halloween so Popular?

Liz Widman gives the reason for Halloween’s magic and memories “I just remember how I loved going out – dark streets, costumes, lit pumpkins, and hordes of kids made it something really special. For years I went with my friend, Kristin. It never disappointed, even in the rain.”

Happy Halloween!

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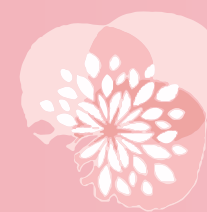
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Family MEALS

The Many Benefits Of Eating Together

nutrition in the heights

By **Christine Reeb**, MBA, RD, CDN, Resident Writer



Once the fall schedule begins, most family togetherness gets rearranged, shoved to the side, forgotten about, or eliminated completely. Unfortunately, one of the first things to go is family mealtimes. Many American families are over-scheduled, which means most of those families are going days and weeks without ever sitting down to share a family meal. This is an extremely important routine that should not get lost in the shuffle of our busy lives.

Research shows that eating together as a family has many benefits:

- More nutritious foods are consumed (i.e., vegetables, fruits, lean meats)
- Obesity prevention – family meals allow time for everyone at the table to concentrate on the food they are eating and each other. It helps to limit mindless eating
- A wider variety of foods are offered, which can ultimately lead to less picky eaters as adolescents and young adults
- It provides structure for the day

Make an extra effort this school year to strive for family mealtime! Everyone benefits.



Here are some tips to creating a more relaxed mealtime plan:

- Plan a menu for the week and create a grocery list together
- Focus on togetherness at the table, rather than an elaborate meal
- If you have picky eaters, choose ingredients that can be used for everyone so there are not four different meals being prepared
- Let every family member contribute to the meal ... set up, cooking, and clean up

Research quick and easy meals that are tasty and that everyone enjoys:

- Pinterest
- Betty Crocker
- Delish.com
- Tasteofhome.com

Play a game: choose a new food or spice to try every week

- Don't forget dessert – find healthy desserts that are fun and kids can look forward to (i.e. jello)
- Rotate the meal ideas between family members; let each person choose a night
- Start small – choose 1-2 nights per week to start and increase the number of nights as your comfort level in the planning process improves

Remember the concept of baby steps. Rome was not built in a day so cut yourself some slack if you start to feel overwhelmed. There is always a learning curve for everything we do. It is no different in meal planning for the family. Take it one day at a time and you will eventually become an expert!

kids and athletes

By **Scott Berchtold**, Eagle Heights Resident



YOUNG ATHLETES

OF EAGLE HEIGHTS

PHOTO FEATURES



Living in the Heights magazine is excited to announce a new photo segment that will feature many of the young athletes living in our neighborhood. If your son or daughter participates in an organized sport and you're interested in having a photograph featuring him/her in the magazine, please contact Scott Berchtold at adksb192@gmail.com with your contact information. Scott will then reach out to you and discuss the details regarding the photo opportunity.

Scott has photographed his son, Jackson, throughout his soccer career, which began with the Orchard Park Soccer Club youth program, as well as many of Jackson's teammates along the way. Jackson was a member of the Orchard Park High School JV team this fall and continues to play for the Orchard Park Soccer Club's '04 Boys team.

Here are a couple of samples of Scott's work that features Jackson from this past OPHS JV Soccer season.



FOUR REASONS WE LOVE SUMMERTIME ROAD TRIPS PIPPYVIVYVISIT



Check it out. Thank us later.

Exploring our neighborhood is so much fun, but we also really like planning interesting adventures around the greater Buffalo area. Sometimes, we chase that need to explore new parts of the country. We closed-out our summer in pursuit of strange new delicacies along the way to Portland, ME. Here are four reasons we're planning our next road trip ...

Other cities have macarons! We need to be clear on one thing: our heart is with the Buffalo food scene. The list of local restaurants we still owe a visit to is extensive — and deli-

kids and athletes

By **Piper** and **Vivienne Gaetanos** (and their Mom)



cious. However, if anyone is cool with us talking pastries for a bit, we're going to tell every chef who will listen to us about the pink macarons at The Toast, in Canastota, NY. Actually, we're going to make very loud declarations about how thrilled we were with these sweet little sandwiches of pink sprinkle-y delightfulness. We can't speak quietly after we've had this much sugar.

You might learn new words. We're not here to show off, but do you know what a fermentory is? We visited the Urban Farm Fermentory in Portland, ME, to learn about how 'local and foraged ingredients' are turned into fermented beverages like Kombucha. Well, our parents learned about it while we ate appetizers and looked at cool artwork ... but we still have a hip new word to say.

Views, views, views. Everyone goes on and on about having fresh lobster in Maine, but have you ever enjoyed a fine popcorn shrimp while taking in those seaside views? Spectacular.

So many picnic-worthy places. We would like to say that we spent all our time in charming bakeries and fancy fermentories, but — you know — sometimes you just need some frosted animal crackers and a place to sit. Drive up the coast and take advantage of some of the spontaneous picnic opportunities!

Check out more about the places we visited here:
toastcanastota.com
fermentory.com

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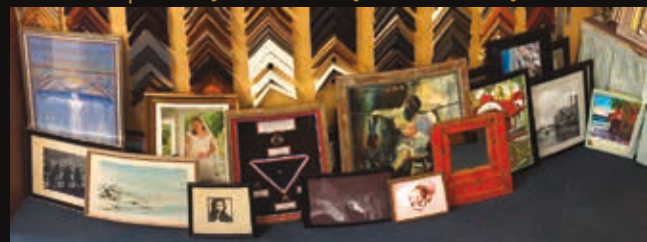


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Most likely you would do an interview and write the article, but you may also ask fellow students to write about themselves, just editing and submitting the article to us.

While we prefer a high-school writer, a middle-schooler may be considered.

We are also open to job-sharing if you and a friend want to alternate months, for example.

Please send a note indicating your interest to Susan Yox, content coordinator, at **susan.yox@n2publishing.com**.

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for the love of food

By Elizabeth Hornung, Resident Writer



COMFORT FOOD FOR A FALL DAY MINESTRONE SOUP

I love learning about the history of food and today it's minestrone, from the Italian minestra for "soup" or minestrare, "to serve soup." This dish originated in the port city of Genoa, Italy, where thousands of ships from all over the world docked each year. There they found small, floating restaurants called "catrai," which served steamy bowls of minestrone to the sailors. It was a great comfort to them after long periods of eating crackers and salted fish. Of course, there are many versions of this soup, but this recipe is easy to make.

There are many "rules" for making this soup, depending on the area of Italy, such as using only semolina pasta or adding a Parmesan rind halfway through cooking. The finishing touch, according to the Genoese, is a drizzle of pesto once the soup is in the bowl. Pesto must not boil in order to release its "raw" fragrance. Of course, grated Parmesan cheese and crusty bread are great additions.



I am planning an article on the neighborhood's favorite Christmas/holiday cookies for the December issue. If you would like to be included, please email me your recipe by the end of October to renalis@aol.com. Thank you.

Ingredients

4T. olive oil
1 medium onion, chopped
2 celery ribs, chopped
2 cloves garlic, crushed
2t. oregano
1 pkg. frozen mixed vegetables
1/2 pkg. frozen chopped spinach (defrosted and squeezed dry)
1 small can crushed tomatoes (12 oz.)
6 cups chicken stock
1 bay leaf
1 cup cannellini beans, drained
1/3 cup small pasta (dry)
Pesto and parmesan cheese (optional)

Instructions

Heat oil. Sauté onions and celery, 10 min. until soft. Add vegetable mix, garlic and oregano. Cook 2 minutes more. Add crushed tomatoes, chicken stock, and bay leaf. Cook 15 minutes. Add pasta, cannellini beans, and spinach. Simmer 20 minutes more.



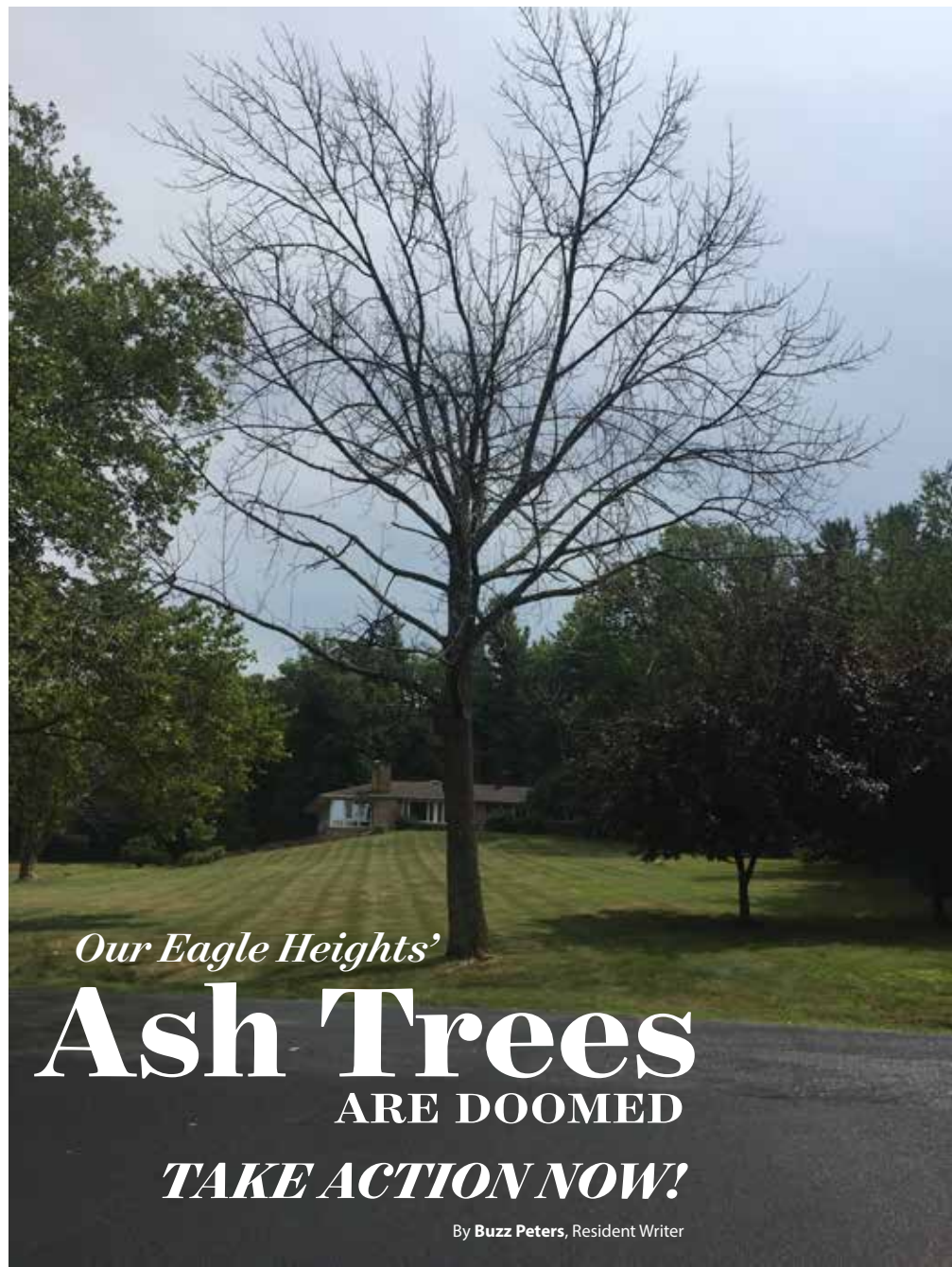
KNOB HILL BLOCK PARTY 2019



Another Great Neighborhood Get-Together!

Knob Hill had another successful block party on August 30, 2019. This year, about 60 adults and many, many kids attended. The party ended at about midnight when the fire pits ran out of wood. The bounce house opened at 3:30 pm.

Knob Hill was closed at Pine Terrace and Greenwood allowing bicycles, scooters, skaters, and wobbly adults to use the street. The fun-loving organizers were the Palaganas, Sheehan, and Tomlinson families.



Our Eagle Heights'
Ash Trees
ARE DOOMED
TAKE ACTION NOW!

By Buzz Peters, Resident Writer



Over the next four to five years, the Ash trees of Eagle Heights will be gone. Ash trees will die from emerald ash borer, a beetle. Foresters estimate that four to seven percent of Eagle Heights (EH) trees are Ash. Chances are you have several on your property.

An Ash tree is a deciduous green leaf tree that tends to grow straight, with a large umbrella crown that provides deep shade. A mature Ash is about 50 feet tall and 20" in diameter. Once infected, a tree dies in about five years.

There is a treatment that will save a tree. However, unless treated several years ago it is now probably too late

to save your Ash tree.

About twenty years ago an invasive beetle came to Michigan and immediately began infecting ash trees. The beetle first came to EH about seven years ago. It is unlikely any of the EH Ash trees will survive.

Take Action Now!

Now is the time to determine if your infected Ash tree will do damage if it falls. Will the fallen tree knock down power lines, hit a house, or block a driveway? Winter, with the ground frozen, is the time to remove the dead or dying ash tree, before it falls and causes damage.

Sadly, on any casual drive on EH streets, you will see several dying Ash trees.



the rec wrap

By Trish Patronik, Resident Writer



PAWTUCKET PARK GETS NEW SWINGS!

Each evening as I walked my dog past Pawtucket Park this past summer, I watched the swings and handicapped-accessible path come to fruition. One evening, after the swings were installed, I witnessed an excited little girl zip up on her scooter and literally shriek in delight when she saw them.

After that, each evening I saw kids of all ages enjoying the swings. Parents and grandparents alike wheeled strollers and wagons, with little faces of joy delighting in the new equipment. The swings are certainly are the most popular feature at the playground!

A celebration of the swings' completion and ribbon cutting was held in September including a special performance by Glenn Colton and desserts from Sweet Melody's Artisan Crafted Gelato.

The swings and path are part of the Playground Horizons 2019 project. A special thanks to the Town of Orchard Park public officials, Orchard Park Recreation Department and the Pawtucket Playground committee for their tireless efforts in support of Playground Horizons.

I encourage everyone's continued support of the Playground Horizons project and efforts to update outdated equipment and provide handicap-accessible equipment for our youngest neighbors.





**just down
the road**
By **Buzz Peters**, Resident Writer

THE GRAND CANYON OF THE EAST


LETCWORTH STATE PARK



When leaving Eagle Heights, turn right and drive straight, 46 miles through picturesque and hilly farms, to Letchworth State Park. The 14,000-acre park, called the Grand Canyon of the East, was named by *USA Today* as the country's best state park. The fall foliage is now at its peak, so it is a great time to visit.

The 17-mile long park, with great roads, follows the Genesee River through a 550-foot deep gorge or canyon. There are more than 50 waterfalls, with three being especially high. One waterfall has a 350-foot drop. As a comparison, Niagara Falls is a 167-foot drop. The park has all the services you would expect of a state park – picnic areas, cabins, 66 miles of marked hiking trails, swimming, nature tours, etc. Google for all the details.

Stop for lunch at the rustic Glen Iris Inn, near a major waterfall – great food, wine, and a super view. They also have rooms if you want to stay overnight. The Glen Iris Inn closes November 3 and opens again in April. There are also three snack stands in the park and a small grocery store. Check it out soon!

 **Call for Contributions!** Please consider contributing your favorite outing for future publication. A couple paragraphs and a few photos (we can help with photos, if needed) are all that is required. Contact susan.yox@n2publishing.com



DISCOVER THE POWER OF ALL-GIRLS AT SEM

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Among the oldest girls' schools in the U.S., SEM has created a constantly innovating culture of achievement, scholarship, creativity, and leadership since 1851.

Our school, on the National Register of Historic Places, is a unique, cozy, urban campus. Secular and non-uniform, our independent day and boarding school environment allows girls to challenge themselves, express themselves, and prepare for college and productive, meaningful adulthoods.

While many girls' schools are founded in a particular faith, our independent school culture is centered around our academic and social honor code. Each fall, we have a signing ceremony in which every student and faculty member pledges to conduct themselves with honor and respect. Our entire school starts the day together singing in a morning meeting.



Traditions like the honor code, morning meeting, and commencement connect us to generations of SEM women. Perhaps, the most unique of our traditions is Hornet-Jacket. Established in 1916 to give girls a venue to play basketball, it has evolved into an all-encompassing school passion. Every student and faculty member is either a Hornet or a Jacket, for life. It all kicks off in September with a sleepover at school, a neighborhood parade, and group dances and field games. We spend the year in friendly competition, which culminates in the awarding of the Hornet-Jacket Cup.

SEM students are engaged not only academically but with community, culture, and sports. 61% of our students play at least one sport. 100% of our students participate in community service through partnerships with agencies and nonprofits like Buffalo Niagara Waterkeeper, St. Luke's Mission of Mercy, Ronald McDonald House, and WEDI's ENERGY and FLY tutoring programs for refugee and immigrant children.

SEM is steps away from the Albright-Knox and Burchfield Penney art galleries, Delaware Park, and shops and restaurants (including Starbucks, Ashker's, Talking Leaves Books, and the Lexington Co-Op). Our residences are renovated historic homes next door to our school. Our playing field -- Larkin Field -- is a few short, tree-lined blocks away. We sail out of the Buffalo Yacht Club and row from the new BSRA boathouse on Ohio Street.

At SEM, we believe in standards but not standardization. Our curriculum is advanced and responsive. While some schools are beginning to drop Regents testing, we have never participated in them. SEM

girls are encouraged to find their best selves while pursuing their interests at SEM, all in small classes. Seated in the round, at Harkness tables for seminar-style learning, no voice is lost at SEM.

Our oldest tradition is *forward-thinking*...about the potential of girls. SEM is committed to STEAM (science, technology, engineering, art and design, and mathematics) education for girls, addressing the dearth of women in those majors and careers. Our four-year computer science curriculum, VR lab (virtual reality) and freshman STEAM courses introduce girls to the knowledge and experience they will need to thrive in the global economy.

But, of course, we also have a robust humanities and arts program, dozens of extracurricular clubs and activities, and sports teams. With 10 pianos on campus, we recently committed to becoming a rare Steinway Select School. Our theater productions are entirely performed by girls. Our arts teachers are active professionals in their disciplines.

Originally a boarding school at our founding 1851, SEM reestablished boarding in 2008. We offer five- and seven-day residential opportunities in the four historic homes adjacent to the school. All are centered around a private courtyard and connected to the school building. **More doing, less driving for girls and parents!** For some families, our five-day residential program is ideal. Students get full participation in extracurriculars and have supervised study during the week, and families get the best of their daughters for the weekend.

Our environment allows girls to challenge themselves, express themselves, to succeed in college, and prepare for adulthood. Students who thrive at SEM are ready to widen their perspectives, contribute to their community, to explore, to stretch, and to learn.

Graduates of SEM find sisterhood for life, with a network of alumnae on every continent. (Though no one is in permanent residence at the South Pole,




our graduates have worked there!) SEM girls are well-rounded! Our aim is to graduate informed citizens, and creative, independent, thinkers, who are well-positioned for remarkable futures.

SEND US YOUR HALLOWEEN PHOTOS!




We know the neighborhood loves celebrating Halloween and other great holidays this fall. We also know we love posting them on social media for others to see. Why not publish in your neighborhood newsletter, as well?

Please send us photos of your Halloween parties, kids' costumes, adult parties, or anything that you are celebrating this fall/winter and just want to share with the community! You can send your photos to **David.Schaub@N2pub.com**.

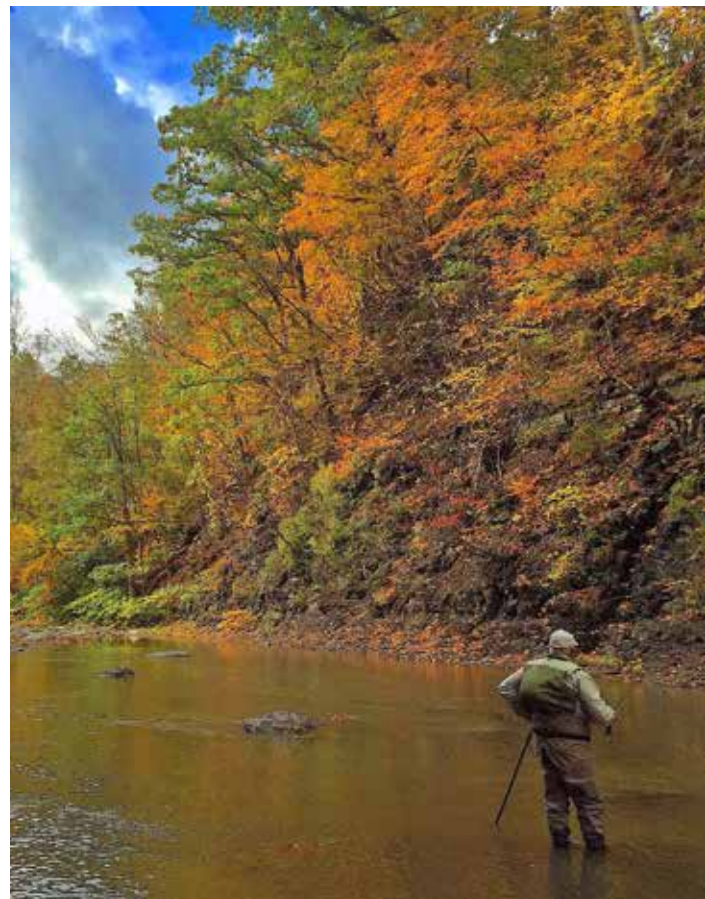


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Dick Gernold of Pine Terrace enjoys fall fly fishing

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HEATING & COOLING



My name is Bill Young. My wife, Sue Young, and I are longtime friends and co-workers of Greg and Pat Schall, owners of Greg Schall Heating of Orchard Park, and were very fortunate to be given the opportunity to purchase their business back in 2017.

We are proud to introduce ourselves and our semi-new company, Schall & Young Heating & Cooling. Because we believe in family first, we kept the Schall name in honor of their son, Gregory Jr.

A bit about myself, I am a long-time resident of Eden, originally from Hamburg. My wife and I have two children, Abby, 22, and Henri, 20, who both work part-time for us as well as attending college. I have a master's in business from Canisius College and 40 years of experience in the H.V.A.C. industry. I have actually probably installed a majority of the original system in Eagle Heights when I worked for my father in the '70s. My wife, Sue, originally from Orchard Park, was a career restaurant manager and cook. She left the field to become our business manager, handling all our customers' and employees' needs in the office.

We are a proudly owned and hardworking small family business with a staff of five very talented, well-trained men – Charlie, Anthony, Rob, Kyle, and Frank – who have been with us since day one. We are your Trane experts in the Southtowns, offering installation of all heating, cooling, natural gas backup generator, radiant heat in floor warming, hot water tanks and are able to service all of the above. We are excited about the chance to become a household name in Orchard Park.

Attention Eagle Heights Residents: Do you own or run a business? To have your business featured free in the resident business guide in an upcoming issue of *Living In The Heights*, please send an e-mail to **David.Schaub@N2pub.com**. This is open to residents of Eagle Heights only.

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Our Instagram handle is "EagleHeightsNeighborhoodmag."



Are You Proud to Cheer on the Buffalo Bills?

SUBMIT PHOTOS OF YOU CHEERING ON THE BUFFALO BILLS!

Do you host Bills parties?
Go to any Bills parties in the neighborhood?
Go to any away games? (I go to the Dolphins game in Miami every year)
Go to any home games?
Do you like to tailgate?

We would love photos of any these and to see your support for the Buffalo Bills! Email us any photos of this year or your favorite memories with the Bills, and we will have them in next month's issue! This one was submitted by a neighbor at the famous "Snow Game" two years ago.

To submit your photos, submit them by emailing David.Schaub@N2pub.com.



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