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October 2018

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Utica NY



# **The United States Air Force “Heritage of America Concert Band”** **Free Concert Monday, November 12<sup>th</sup> at 6:00 p.m. at The Stanley Theatre, Utica**

Enjoy a concert given by the United States Air Force Heritage of America Concert Band at The Stanley Theater on Monday November 12<sup>th</sup> (Veteran’s Day) at 6:00 p.m. The concert is free and open to the public.

For six decades, *the USAF Heritage of America Concert Band* has educated, inspired and entertained over 1.5 million people annually, by providing music for events that support Airmen and their families, honor our Nation’s veterans and build relationships of trust between the American people and their Air Force. The Concert Band is comprised of over 40 professional Airman-musicians who captivate audiences on regular tours throughout the East Coast with a variety of renditions of great orchestral classics, marches, Broadway hits, jazz standards, movie music and patriotic favorites.

For additional information about this free concert, please visit [TheStanley.org](http://TheStanley.org) or visit the band’s website [www.heritageofamericaband.af.mil](http://www.heritageofamericaband.af.mil)

Activated in 1941, The United States Air Force Heritage of America Band has a rich history of inspiring public patriotism and enhancing esprit de corps among all the US military service branches. These world- class airman-musicians are stationed at Joint Base Langley-Eustis in Hampton, Virginia. They travel throughout

the Carolinas, Mid-Atlantic and Northeast regions, presenting over 300 events annually for the general public and in support of Airman morale and protocol events. Under the leadership of Captain Michael D. Hoerber, the USAF Heritage of America Band remains at the forefront of communicating Air Force core values and preserving and enriching America’s military and musical heritage into the 21st century.

Doors will open 5:00 p.m. and show will start at 6:00 p.m. This is a free show. For more information, please call The Stanley Theater box office 315-724-4000. Advance tickets are available at The Stanley Theater Monday – Friday, 10:00 a.m. until 4:00 p.m.

## ***Corks for a Cure***

A wine and dessert tasting is planned for Tuesday, October 16 at Prospect Falls Winery. The Corks for a Cure event is to benefit Making Strides Against Breast Cancer and is sponsored by team Penguin Platoon. The event will be held from 6 – 8pm at the winery.

Advance tickets are \$15.00 per person and are available by contacting team captain Carol Buczek at 315-831-3052, or they can be purchased at the winery during business hours. Admission at the door is \$20.00 the night of the event. Look for the event Corks for a Cure on Facebook for more information.

Admission includes a wine tasting of Prospect Falls Wines, an assortment of desserts for sampling, door prizes, and raffles. The winery is located at 400 Academy Street, in Prospect NY.

The Penguin Platoon has been raising funds for Making Strides since 2016. Money raised by Making Strides helps the American Cancer Society ensure no one faces breast cancer alone by funding innovative breast cancer research, promoting education and risk reduction, and providing comprehensive patient support to those who need it most. For more information about the Making Strides Against Breast Cancer event, visit [www.makingstrideswalk.org/utica](http://www.makingstrideswalk.org/utica) or call the American Cancer Society at 1-800-227-2345.



## **Watoto Children’s Choir Launches New Album**

Watoto, an NGO in Uganda, East Africa, brings you the Watoto Children’s Choir performing their brand new album, “We Will Go”. The 6-month tour, launching in the USA on the East Coast, presents the story of abandoned African children and vulnerable women, who’ve been empowered to rise above their circumstances, and answer the call to be part of the new Africa - ready to make a difference in the world.

Watoto Children’s Choirs have traveled extensively since 1994, sharing a message of hope for Africa’s most vulnerable children and women. On almost every day of the year, the choir is performing somewhere in the world. Hundreds of thousands of people get to meet some of Africa’s future leaders. People see their smiles and are embraced by their hugs. The children have the distinct privilege of telling people, “It’s possible to have joy, to laugh and to have hope, no matter what you’re going through.”

Like Africa, the production is vibrant and colorful, taking you on an emotional journey from utter despair to joyous celebration, as the children and women share their personal stories of triumph in story and song.

Other than coming to Africa yourself, what better way to learn about all the good things happening in Uganda than through this stirring, musical experience.

Watoto Children’s Choir will be coming to St. Stephen’s Episcopal Church (25 Oxford Rd. New Hartford, NY 13413) on Wednesday, Oct. 3<sup>rd</sup> @ 7:00pm. **EVERYONE IS INVITED TO ATTEND!**

Proceeds made from the album will help Watoto provide vulnerable children and women with homes, education, medical care, and most of all the love of a family.



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## 2 THE TOWN CRIER

## COMMUNITY NEWS

OCT.  
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### Community Wellness Partners, Presbyterian Homes & Services Announce the 15<sup>th</sup> Annual *Not Just Desserts* Fundraiser

The Friends of the Presbyterian Home will host its 15<sup>th</sup> Annual food tasting fundraiser, *Not Just Desserts* (formerly Desserts at Dusk) from 6-8 p.m. on Thursday, Oct. 11, at Hart's Hill Inn, 135 Clinton Street, Whitesboro.

Tickets for this event are \$25 and include champagne, wine tasting, flavored coffees, gourmet cheese, chocolate truffles, cupcakes, meatballs, greens, chicken riggies, tomato pie, baklava, fresh fruit and more. The evening will also feature entertainment by Scot Raymond, and basket and 50/50 raffles.

"The volunteers at The Presbyterian Home have a close relationship with our residents and see firsthand opportunities where the funds can help make a difference," said Bridget Reilly, Director of Donor Engagement. "Please join us this year and share some incredible food, fun with friends and family while supporting a worthy cause!"

All proceeds from this event will directly benefit the residents at Presbyterian Homes & Services. To purchase tickets or make a donation to this event, please call Bridget Reilly, 315-235-7105 or email breilly@cwpcinc.org.

The Friends of the Presbyterian Home thank the following corporate sponsors for providing support for the event: Savicki Capital, LLC, NYSTEC, Butternut Hill RV Camping, Caruso McClean Investment Advisors, Price Chopper, Voce & Iles CPAs, Valley Propane, Braden Packaging Supply, Smith Funeral Home, Edwards Ambulance, Shoppers Service, RE Stevener, Clinton Tractor, A-n-W EZ Mart, Hilton Estate & Elder Law LLC, RE Stevener Heating & Plumbing, Paul Oil & Propane, Sangerfield Auto & Tire, Pro Auto Service, Marcie Gallagher and Charles Newell.

The Friends of the Presbyterian Home is a volunteer organization that has dutifully served Presbyterian Homes & Services for many years.

Combining nearly 150 years of service, Community Wellness Partners is a faith-based, 501(c)(3) nonprofit affiliation of LutheranCare® and Presbyterian Homes & Services. This affiliation offers the most complete continuity of health and wellness services for older adults in Oneida County New York. Community Wellness Partners employs 980 employees and serves nearly 1,300 older adults each day throughout its continuum, which includes Home Care, Independent Living and Assisted Living, Rehabilitation, Skilled Nursing, and more.

For more information, call 315-235-7105 or visit [www.communitywellnesspartners.org](http://www.communitywellnesspartners.org).



## NEW HARTFORD MARCHING SPARTANS

### Spartan Spectacular

The Annual Spartan Spectacular will be held on Saturday, October 13, 2018. It will take place on the New Hartford High School turf field. The doors open at 6 p.m. and the show begins promptly at 7 p.m. There will be concession, bake sale, a basket raffle and fantastic music performed by five marching bands, including the New Hartford Marching Spartans. Tickets are \$7 in advance and \$9 at the door.

### New Hartford Senior Center's Annual Health Fair and Flu Shot Clinic

at Willowvale  
Fire House  
Oneida Street,  
Chadwicks



Thurs. Oct. 4th  
9am-1pm  
315-724-8966

Pneumonia and Flu Vaccination Doughnuts and Beverages will be available Many organizations will be here to provide you with very important information on Senior Wellness. Come join the FUN and meet your FRIENDS! Stay Healthy!



## Octoberfest

**ZION LUTHERAN CHURCH**  
**630 FRENCH ROAD**  
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**FRIDAY, OCTOBER 5TH**  
**6:00-9:00 PM**



**Food:** Enjoy Brats, homemade German potato salad, sauerbraten, sauerkraut and more  
**Drinks:** Beers to sample, soda & cider  
**Music & Dance:** With Guitarist Matt Aceto and DJ Joe Load & the Edelweiss Dancers



*This is a Family Friendly Event! Donations gratefully accepted!*

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# NH Class of 1968 Reunion Just 2 More Weeks!

Classmates from across the country have made their reservation to attend our 50th high school reunion dinner at the Yahnundasis on October 13th, 2018. Other activities are planned. For details email Ken Jackson at [kjackson@rochester.rr.com](mailto:kjackson@rochester.rr.com).  
**COME CELEBRATE!**

**We need to know the number of classmates planning to attend. At your earliest convenience, please contact Todd Roberts at [TRoberts14450@aol.com](mailto:TRoberts14450@aol.com) to make your \$50 per person payment.**

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## CONSULT THE CONSULTANTS

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3



### Resistance Training

*Submitted by Jim LaFountain, All American Fitness Center*

In cyclical fashion, resistance training is regaining the popularity it enjoyed in the 50's and 60's.

It's many benefits include:

- \*Improved muscle tone
- \*Enhanced joint integrity
- \*Mineralization of bone tissue
- \*Improved mood
- \*Improved physical performance

A couple key words associated with resistance training include:

Sets: a specific number of consecutive repetitions performed in one movement

Repetitions: muscular movement through a full range of motion around a specific joint

By far, the most misleading, misrepresented and most abused component is the "repetition".

There's no magic in performing a specific number of reps. Strength is improved with heavier loads and low reps and improvements in endurance requires the use of lighter weights and higher reps. Where the most mistakes are made is in the "quality" of each repetition. Rapidly "throwing" a weight through a range of motion is not only counterproductive, but dangerous.

Excess momentum minimizes the effectiveness of an exercise, regardless of the number of reps performed. Completing a prescribed number of repetitions is pointless if those reps are done sloppily.

What is considered "good form?" For the past five decades, the general rule is to move a weight through a full range of motion in about two seconds. This is referred to as the "concentric" phase of the repetition. When a full concentric phase is completed, a one second pause is required in order to minimize momentum. This brief pause may be considered an "isometric" phase. Returning a weight to its starting position should take four seconds and is labeled the "eccentric" phase. Some resistance training enthusiasts perform only eccentric movements during an entire workout. Eccentric work may be likened to running downhill, where a muscle is under duress as it is lengthened. An emphasis on the eccentric phase will create generous amounts of muscle soreness and may require more recovery.

Another resistance training mistake involves the sequencing of exercises. I watch, with amazement, trainees young and old doing biceps curls, triceps extensions first in their total body workout. THE most effective sequence is to perform exercises that address the largest muscle groups and involve multiple joints earliest in the session. Smaller muscle groups or individual muscles should be addressed last. For example, exercises like Squats, Leg Presses, Lat

Pulldown, Rows, Bench Press and Overhead Press should be done earliest, while other movements are done later. Although professional bodybuilders address specific body parts, several days a week. I would recommend performing total body sessions on three, nonconsecutive days a week. Resistance work initiates improvement, it's recovery that produces it.



### Judge Joan Shkane

*This is a continuing discussion of Legal Myths and Reality, because an informed citizen is always the most successful citizen:*

MYTH: New York State has no uniform procedure in place for private and public employees to report sexual harassment by an employer.

REALITY: This statement is not a myth, it is true today. But it will not be true after October 9, 2018. New York has released a draft sexual harassment policy for all employers. The employers must adopt the standards or make them the basic standards, and build up from there. The Governor has issued an executive order that moves all such complaints from state agencies to the Governors Office of Employee Relations. The new policy includes these requirements, among others: employers must provide forms to employees to use in making complaints, along with information on state and federal law and remedies for sexual harassment; employers must give definitions of conduct that are considered to be sexual harassment so that everyone will understand just exactly what it is, and what it is not; employers must have a procedure for investigating such complaints; employers must provide sexual harassment prevention training to each employee by January 1, 2019, and make clear there will be no retaliation against those complaining; employers must insure confidentiality to the extent possible. New York is in the lead on this issue among all the states.

MYTH: An engagement ring given while intending marriage is a gift to the person receiving the ring under all circumstances and (s)he may keep the ring if the marriage does not occur.

REALITY: Under New York law if no marriage occurs and one party says that it will not occur, the ring must be returned. The reason for the breakup does not matter, and does not permit the person receiving the ring to keep it.

MYTH: A New Yorker who serves time in prison (major crime) or jail (minor crime) for a crime (s)he did not commit has no recourse against the prosecutor who was responsible for the failure that resulted in criminal conviction of an innocent person.

REALITY: New York is in the process of setting up a State Commission on Prosecutorial Misconduct whose mission is to investigate claims of a prosecutor's misconduct. The creation and fairness of the Commission is still in dispute. District Attorneys

argue that the Commission puts blame for a wrongful conviction on only one part of the court system. They base this argument, in part, on a study done by the University of Michigan's National Registry of Exonerations. The study found that there have been twelve exonerations of innocent persons in New York State so far in 2018. Causes of the miscarriage of justice include five cases of mistaken witness identification, four cases of poor legal defense, seven cases of official misconduct (prosecutorial), and eight cases of lying under oath or false accusation. This Commission will only focus on the official misconduct (prosecutorial) reason for a false conviction. Furthermore, they argue that the guidelines must contain a consequence to lawyers who bring a false and frivolous misconduct allegation that taxpayers and the courts must pay for, and that may harm a prosecutor's reputation and career. They further argue that there must be crafted a way to keep politics out of the process, and that an elected District Attorney should not be able to be removed from office except in cases of gross misconduct. Those who like the idea of such a commission argue that twelve cases of conviction of an innocent person in an approximately eight month period is far too many, and that, in fact, one is too many. This is especially true in light of the heavy cost to the justice system whenever such a failure occurs both in taxpayer money to bring to trial and jail the innocent, and then to compensate the innocent for the time falsely incarcerated. It also results in loss of public confidence in the justice system. The personal cost to a person wrongfully convicted cannot be calculated. Therefore, those who favor the commission argue something must be done along the lines of the proposed Commission, even if it is not perfect.

Giving attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if legal issues are important in your life, for instance regarding custody of your children or money payable for any reason, it is wise to consult a lawyer who can advise you on the truth of legal myths. This discussion is not intended to render legal advice on specific cases or to express an opinion on any specific case.



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### Fall and Winter Hours

Now that summer is over we will be resuming our regular hours. We are open from 1:00-5:00 pm on Sundays. Hope to see you then!

### Did You Know....?

Miss Ashlyn hosts story hours every Tuesday and Thursday morning from 10:30-11:00. We encourage participation, imagination, and creativity. As you can imagine with lots of toddlers and preschoolers the noise level may get become a bit elevated. For those who prefer a quieter library experience, we ask that you keep this time period in mind. Thanks in advance for your understanding.

### 3 Apples Award

The New York State Library Association (NYLA) sponsors an award titled The Three Apples Award. Children, in grades Pre-K through 12th, are asked to nominate their favorite book by October 31st. Nominations can be done online or submitted at the New Hartford Public Library. From their nominations, three lists are created with the top 15 nominations. The lists are age/grade related (Young Reader ages 4-7, Pre-K-2nd, Children's ages 8-12 Grades 3-6, and Teens 13-18, grades 7-12). In order to vote for their favorite book on each list, children have to read at least three books from the list between November and March. Voting begins in April. Votes can be submitted online or in person at the New Hartford Public Library. Winners are announced in May via NYLA's website.

### Things to Keep in Mind:

Nominations and winners are 100% child oriented.

A specific title has to be nominated, not an entire series.

Past winners cannot win.

Additional information and links can be found on our website under Reader's Advisory or by calling the Library and speaking with Anne, Ashlyn, or Amy.

Friends Helping Friends and Boscov's

Stop by the Library and purchase a \$5 ticket and you will receive a 25% off shopping pass valid for October 16th, 2018 at the Boscov's. Every \$5 ticket benefits the Friends of the New Hartford Public Library. Your donation helps a non-profit organization and you get to save some money shopping at Boscov's....it's a win-win!

### New Magazine in Children’s Area – Beanz

Beans magazine is a bi-monthly online and print magazine about learning to code, computer science, and how we use technology in our daily lives. The magazine includes hard to find information, for example, a list of 40+ programming languages for education, coding schools, summer tech camps, and more. Each issue includes stories about secret codes, Minecraft, Scratch, robots, electronics, and more.

### LEGO Wall

There is a new LEGO wall in the Children’s area – come in and check it out!

### Snap Circuits Kits

Snap circuit kits are now available for use within the library. Kits are located on the shelf behind the circulation desk. Kits can be used in the library only and must be checked out with your library card. These kits were purchased with a generous donation from the Mason’s Amicable Lodge, Brothers of 664.

### Story Time

For preschool age children continues on Tuesdays and Thursdays at 10:30.

Story time is a program of stories, songs, and crafts.

### Bedtime Story Time

This new program is scheduled for the 3rd Monday of each month through December, (October 15, November 19, and December 17) at 6:30. Enjoy bedtime stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

### Rocking Chair Reader Story Time

Volunteers read to children every Friday at 10:30. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

### Kindness Rocks Monday, October 8<sup>th</sup> 12:30-1:30.

The New Hartford Public Library is once again joining up with the Kindness Rocks Movement! Kids of all ages are welcome to join us. Participants will paint inspirational words or pictures on a rock, and then place the rock somewhere on the Library grounds to be discovered by another visitor. Or, bring the rock with you and leave it somewhere else in our community to be discovered! No matter where you leave it, you’ll brighten someone’s day and help to spread kindness in our community! Check out [www.thekindnessrocksproject.com](http://www.thekindnessrocksproject.com) to learn more about the Kindness Rocks Movement.

### Family Halloween Extravaganza

Tuesday, October 30th from 6:00-8:00. Pumpkin carving, crafts, and snacks!! Registration for pumpkin carving begins October 1st. Supplies limited, one pumpkin per family. Please call the library at 315-733-1535 to register! Yes! - Come in costume!

### NHPLto Host Social Security Information Program

The New Hartford Public Library will be hosting a Social Security retirement information program on Monday, October 15 at 6:00 PM for pre-retirees wanting to make a more informed claiming decision. Topics covered include:

- \* When is the best time to file for benefits
- \* Navigating the "new" Social Security rules
- \* Choosing between worker and spousal benefits
- \* How to get all of what you're entitled to

The (1) hour program entitled, "Getting Serious about Social Security" is designed to help individuals better prepare for the financial challenges of retirement given the potential for living longer. The program is being offered as a public service by John N. Kalil, Jr., a Financial Advisor and the President of Retirement Solutions, LLC. The event is open to the public and there is no cost to attend. Advanced registration is recommended. To RSVP, please call the library at (315) 733-1535.

### Women of Mystery...A New Discussion Group

From Agatha Christie to Louise Penny, women writers have mystified and puzzled readers with their stories of murder and mayhem. If you want to learn the back stories of some of these women authors, discover new writers, or explore types of writing from cozies to police procedurals, plan to attend a series of classes entitled Women of Mystery. Taught by Janet Hoover, the classes will take place the 4th Saturday of each month (beginning Sat., Sept. 22nd) at 11:00 at the NHPL.

### The Serious Side of Food: A Humanities of NY Book Club

This series will explore an aspect of our culture that often gets taken for granted: food. Food provides both nourishment and pleasure but under the surface of each meal lies a series of complex interactions and entanglements. Working with histories, novels, and journalism, this series exposes some of the issues that lie on our plates. Texts include historical accounts, novels, and narrative nonfiction. Join us on Oct. 16th, Oct. 30th, and Nov. 20th. All meetings start at 7:00. Books will be provided but limited to 15 participants.

### The Basics of Alzheimer's Disease and Dementia

Monday, October 8, 11:00-12:00. This program discusses the difference between normal aging and dementia, explores how the brain works, defines dementia and its stages, explains the importance of clinical trials, and gives an overview of the programs and services offered by the Alzheimer's Association.



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Financing Your Education

Monday, October 29, 6:30-8:00. Scott Ahrens form the NYS Department of Financial Services will be hosting a workshop titled Financing Your Education. Topics to be covered include filling out the FAFSA, grants, scholarships, types of loans, determining the amount of aid you qualify for and helpful NYS programs.

Drop In Scrap-Booking

Due to a generous donation of scrap-booking materials, we are starting a drop in scrap-booking group. We will provide the space and materials; you provide the creativity and the imagination. Bring your current project or feel free to start a new one! Drop in scrap-booking will take place on the 4th Monday of each month from 7:00-8:00 pm (Oct. 29th, and Nov. 26th).

October Artist on Display

Gary Holyoke

Display Case October

Utica Stamp Club

Teen Read Week

October 7th-13th "It's Written in the Stars: READ"

Please check our website under Programs for Young Adults to see our activities for this week.

Senior Level Yoga Classes

with Bill Skinner

Classes will continue on Mondays from 3:00-4:00 through December 17, 2018. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years experience teaching senior yoga. Class is limited to 25 participants. Please call [315-733-1535](tel:315-733-1535) to register.

Yoga Nidra

Offered by Andrea O’Brien MS, OTR/L Holistic Occupational Therapist from O’Brien Wellness. Classes are scheduled for Mondays, Oct 22, Nov 26, Dec 17 from 6:00-7:00. Simply translated as “Yogic Sleep,” Yoga Nidra offers profound deep rest and relaxation to the body. Perfect for those with little to no meditation experience as well as those with regular practice. Please bring a yoga mat to lie on, a soft blanket, and a soft pillow. Dress comfortably. Space is limited, so please reserve your spot with the library [315-733-1535](tel:315-733-1535).

Join Ruth Anne Kane for Knitting and Crocheting lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:00 - 2:30. All supplies are included but space is limited. Please call [315-733-1535](tel:315-733-1535) to register.

2019 Meeting Room Reservations

Does your group or organization need a space to meet in 2019? The NHPL has several rooms that the community can use for free. Room reservations for 2019 will be accepted starting October 1st. Reservations are on a first come, first served basis. Please ask for Amy for details or email her at [abenson@midyork.org](mailto:abenson@midyork.org). Additional details regarding meeting room use can be found on our website. Registration forms can be found online or at the Circulation Desk.

Tai Chi Classes

Due to a scheduling conflict, Tai Chi classes are on hold until January.

The Bill Bonsted Indoor Miniature Golf Tournament

Saturday, November 3, 2018

\$5.00 per person

Come play 18 holes of miniature golf inside the library where you don’t have to worry about the weather. Test your skills as you weave among the book shelves through masterfully designed holes by community members. Also thoroughly enjoyed by all ages and add your name to TROPHY for the lowest team score.

There are door prizes, a bake sale, face painting and goody bags, and many smiling faces!

Any questions, please contact the library at [733-1535](tel:733-1535).

USED BOOKS

We are always delighted to receive your book donation for the used book room. Just need to let you know that because our used book room has limited space, we now will accept three (3) cartons or bags at a time. Thank you for your cooperation.



‘A Man For All Seasons’ Kicks Off 106th Season at Players of Utica

Would you dare to stand up to the king, no matter the consequences? “A Man for All Seasons” a play by Robert Bolt set in 1530s England explores this very idea.

This powerful tale is based on real events and follows Sir Thomas More, who is a close friend of King Henry VIII. When More’s convictions lead him in direct opposition to the king’s wishes, he is forced to decide between his conscience and his responsibility to his king.

Though this tale of Thomas More takes place centuries ago, his epic struggle with his conscience and his king is all too contemporary in this moving portrayal of what it’s like to be trapped in circumstances that can’t be sidestepped. To stand up for one’s convictions—that’s what makes a true hero.

Directed by James Gifford, audiences can catch performances ‘A Man For All Seasons” at Players of Utica theatre at 1108 State Street, Utica on September 7, 8, 13, 14 and 15 at 7:30 p.m. and September 9 and 16 at 2 p.m.

The cast includes Richard Signorelli, Chuck Teska, Steven Handzel, John Murphy, Marilee Ensign, Hana Meyers, Robert Christman, Thom Capozzella, Bill Moore, Paul Stern, Michael O’Brien, Nick Abounader and Shelby Deere.

Tickets cost \$20 for adult admission, \$17 for senior admission, and \$10 for student admission with a valid ID. To get tickets, visit [www.players.ticketderby.com](http://www.players.ticketderby.com) or call (315) 724-7624 today.

About Players of Utica

Players of Utica is a non-profit community theatre that has been continuously producing shows in central New York since 1913. We have engaged more than 1 million individuals with affordable, first-class community theatre. Players of Utica is an equal opportunity community theatre organization. For more information, a complete history, and to support or participate, visit [www.playersofutica.org](http://www.playersofutica.org) or “Like” us on [Facebook](#).

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Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services

## 20/20 Hindsight

Last month, a decade following the collapse of Lehman Brothers and an inflection point of the 2008-2009 financial crisis, we found ourselves “reminiscing”. Personally, I recall being just a few months out from graduating business school and feeling a bit relieved that I was still an engineering nerd, having not yet made the leap to finance. Like many, I watched my 401(k) plan balance go down, but as a twenty-something I didn’t sweat it much. Most vividly I remember seeing friends, family and co-workers all trying to figure things out. Fast forward to today, now fully implanted in the world of financial planning, I asked myself what were some of the lessons learned from that time and the years following.

**Static is not a Strategy:** In the depths of the crisis, some of my more senior engineering friends saw concentrated positions in the company stock of a former employer lose 75% of its value. They simply held on for years and let the position build over time without any review. With retirement on the horizon, a failure to reevaluate continually their risk tolerance or to employ proper diversification, significantly impacted their plans. Markets, lives and goals change over time, so should portfolios.

**Play the Long Game:** In the words of Guns N’ Roses “All we need is just a little patience”. Historically (over the long-term) equity investors were rewarded for the risk they took. The last 10 years produced an S&P500 annualized return of 10%+, which equated to over 150% growth from the lows of 2009. Emotionally, the crisis was certainly

a difficult time but reacting to emotion in the moment by trying to time the market was (and is) a losing game. Separate emotion from strategy and be patient.

**Income Can Affect Allocation:** Unfortunately, during the crisis I watched some friends lose jobs, and others see large bonus incomes vanish. Working directly in finance or in a highly cyclical business can create “stock-like” income that ebbs and flows with the market. Other careers like public service or tenured teaching, can have steady, almost guaranteed income that is “bond-like”. When viewing salary income in this way, it can be one of several factors that impact the allocation of an investment portfolio.

**Don’t Fear the Unknown:** Movies like *The Big Short* highlighted how just a few investors profited from the financial crisis, while almost all of us were blindsided. Even the biggest financial institutions in the world were unaware of how toxic the investments they had made were until it was too late. We spend a lot of time and energy evaluating risks and adjusting plans accordingly, yet despite our efforts, surprises can occur. Without a crystal ball or 1.21 Gigawatt DeLorean at hand, the best tool in our arsenal is balance. A balanced approach consistent with unique goals and risk objectives can provide the best chance for achieving success no matter what comes our way.

*Original content provided by Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services*

*This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services provides advice and makes recommendations based on the specific needs and circumstances of each client. This material is not intended to provide professional tax or legal advice, which should be obtained from a certified tax professionals and licensed attorneys.*



## Believe 271 Foundation and Oneida County Volunteer Firemen’s Association Announce 2nd Annual Pink Tie Gala

Believe 271 and the Oneida County Volunteer Firemen’s Association have teamed up to bring a night of dinner, dancing, and enjoying the comradery of your neighbors. Join us on Saturday October 13th at Harts Hill in for the second annual Pink Tie Gala, a classy firemen’s ball open to anyone to attend and enjoy.

The event starts with an open bar from 6:00PM to 7:00PM and a buffet style dinner with carving stations will start after the cocktail hour as we are entertained by DVD the Band. This a semi-formal event, firemen are encouraged to wear their Class A uniforms, for those without uniforms, suits or cocktail dresses are appropriate.

Advance sale tickets are available for \$60.00 each or can be purchased at the door for \$70.00. Tables of 8 can be reserved for \$480 (advance purchase only).

For additional information on the event, contact Brian McQueen 315-552-8245 or Dave Glenn 315-534-5048.

About Believe 271: Believe 271 is a 501c3 not for profit foundation raising money to support Herkimer and Oneida County firefighter with life threatening illnesses such as cancer. To date Believe 271 has provided our local heroes with over \$170,000 of support and monies from this event will help expand our support.

About Oneida County Volunteer Firemen’s Association: OCVFA is an association dedicated to supporting local fire departments and the community. OCVFA provides a strong fire prevention effort and will be using monies from this event to fund their scholarship programs.

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### The Stanley Theater and Valley Health Services Present: Chris Botti

Award winning trumpeter, Chris Botti, is coming to The Stanley Theater in Utica, NY on Saturday November 3<sup>rd</sup> at 7:30 p.m. For over two decades, Grammy Award-winning master trumpeter and composer Chris Botti has amassed a spectacular variety of honors, including multiple Gold and Platinum albums, to become the nation’s largest selling instrumental artist. His mesmerizing performances with a stunning array of legends such as Sting, Barbra

Streisand, Tony Bennett, Yo-Yo Ma, Frank Sinatra, Paul Simon and Andrea Bocelli have cemented his place as one of the most brilliant and inspiring forces of the contemporary music scene. Whether he’s performing with illustrious symphonies or at renowned venues around the globe, his unparalleled crystalline and poetic sound transcends musical boundaries.

Since the release of his 2004 critically acclaimed CD When I Fall In Love, Chris Botti has become the largest-selling American instrumental artist. His success has crossed over to audiences usually reserved for pop music and his ongoing association

with PBS has led to four #1 jazz albums, as well as multiple Gold, Platinum and Grammy Awards. Most recently, his latest album Impressions won the Grammy for Best Pop Instrumental. Performing worldwide and selling more than four million albums, he has found a form of creative expression that begins in jazz and expands beyond the limits of any single genre. Impressions, Botti’s 2012 Columbia Records and Grammy winning release, is the latest in a stellar parade of albums – including When I Fall In Love (2004), To Love Again: The Duets (2005), Italia (2007), and the CD/DVD Chris Botti in Boston (2009) – that has firmly established him as a clarion voice in the American contemporary music scene.

With Impressions and the albums that preceded it, Chris Botti has thoroughly established himself as one of the important, innovative figures of the contemporary music world.

Tickets go on sale on Thursday September 6<sup>th</sup> for members of The Stanley and Friends of Valley Health Services and to the general public on Friday September 7<sup>th</sup> and range from \$35.00 - \$55.00 - \$75.00 - \$95.00. Additional service charges may apply. To purchase tickets come to The Stanley Theater Box Office Monday through Friday from 10:00 a.m. – 4:00 p.m., give us a call at (315) 724-4000 or go to [www.TheStanley.org](http://www.TheStanley.org).

#### About The Stanley

For nearly a century, The Stanley has been bringing the community together with live concerts, Broadway shows, musicals, ballets, movies, graduations and recitals. Today The Stanley operates as a not-for-profit organization run by the Central New York Community Arts Council. Originally built as a movie theatre, The Stanley opened its doors in 1928 with 2,963 seats, a grand entry staircase that resembles the main staircase on the Titanic, a gold leaf interior and terra cotta and tiled mosaic exterior. Designed by renowned architect Thomas Lamb, whose remaining creations include The Stanley Theatre, Proctor’s Theatre, Schenectady, NY, and The Landmark Theatre, Syracuse, NY.

#### About Valley Health Services

Valley Health Services (VHS), is a privately owned, not-for-profit organization located in Herkimer, New York. A 160-bed long-term care and rehabilitation facility, VHS is a major health care provider and vital community asset. VHS provides care to a largely rural population.

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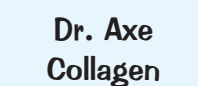
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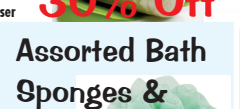


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10

THE TOWN CRIER

COMMUNITY NEWS

OCT. 2018



## Chamber Music Society of Utica Presents Gryphon Trio

Toronto's Gryphon Trio will open the 78<sup>th</sup> season of the Chamber Music Society of Utica on Sunday, October 21, 2018, 2:30 PM, at Munson-Williams-Proctor Arts Institute in Utica.

The program includes Haydn's Trio in E-flat major, XV:29; Brahms' Piano Trio in C minor, Op. 101, No. 3; and Mendelssohn's Piano Trio in C minor, Op. 66.

Immediately following the concert, the audience is invited to meet the artists at the traditional season-opening reception at Fountain Elms.

Tickets will be available at the door: \$20 General, \$10 Student with ID. Please note that seating in the MWPAI auditorium is first come-first served. For more information, phone 315-507-3597 or 315-794-9741.

Celebrating its 25th anniversary this season, the Gryphon Trio has impressed international audiences and the press with its highly refined, dynamic performances and has firmly established itself as one of the world's preeminent piano trios. The award-winning ensemble—Annalee Patipatanakoon, violin; Roman Borys, cello; and Jamie Parker, piano—performs repertoire that ranges from the traditional to the contemporary and from European classicism to modern-day multimedia. The Gryphons are committed to redefining chamber music for the 21st century.

The Trio tours regularly throughout North America and Europe and their 20 recordings are an encyclopedia of works for the

genre. They have commissioned over 75 new works, and regularly collaborate on projects that push the boundaries of chamber music. Honors include two Juno Awards for Classical Album of the Year, and the prestigious 2013 Walter Carsen Prize for Excellence in the Performing Arts from the Canada Council for the Arts.

Deeply committed to the education of the next generation of audiences and performers alike, the Gryphons frequently conduct masterclasses and workshops at universities and conservatories, and are Artists-in-Residence at the University of Toronto's Faculty of Music and Trinity College.

Cellist Roman Borys is Artistic Director of Ottawa's Chamberfest. Annalee Patipatanakoon and Jamie Parker serve as the festival's Artistic Advisors in addition to their responsibilities at the University of Toronto Faculty of Music, where Mr. Parker is the Rupert E. Edwards Chair in Piano Performance and Ms. Patipatanakoon is Associate Professor of Violin.

For more information on the Gryphon Trio, see their website: <http://www.gryphontrio.com>.

For information on all CMSU concerts—past, present and future—phone 315-507-3597 or 315-794-9741, or see CMSU website [www.uticachambermusic.org](http://www.uticachambermusic.org).



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NH HOME GAMES

THE TOWN CRIER 11

### NH Home Games

*\*schedule subject to change without notice*

10/01 -	Field Hockey: Modified Game - 4:30pm Vs. Oneida @ Myles Field Hockey/Lacrosse	
10/02 -	Cross Country: Girls Varsity Triangular - 4:00pm Vs. Camden, RFA @ Perry JH	
10/02 -	Cross Country: Boys Varsity Triangular - 4:00pm Vs. Camden, RFA @ Perry JH	
10/02 -	Cross Country: Boys Modified Triangular - 4:00pm Vs. Camden, RFA @ Perry JH	
10/02 -	Cross Country: Girls Modified Triangular - 4:00pm Vs. Camden, RFA @ Perry JH	
10/02 -	Swimming/Diving: Girls Varsity League Meet - 5:30pm Vs. Liverpool @ High School Pool	
10/03 -	Football: Modified Game - 4:00pm Vs. Camden @ Perry JH Football/Lacrosse	
10/03 -	Soccer: Boys Modified Game - 4:15pm Vs. Whitesboro @ Hughes Soccer	
10/03 -	Field Hockey: Varsity Non-League - 4:30pm Vs. East Syracuse – Minoa @ High School Turf	
10/03 -	Field Hockey: JV Non-League - 6:00pm Vs. East Syracuse – Minoa @ High School Turf	
10/04 -	Soccer: Girls JV Game - 4:15pm Vs. Utica Proctor @ Perry JH Soccer	
10/04 -	Soccer: Girls Varsity Game - 7:00pm Vs. Utica Proctor @ Perry JH Soccer	
10/05 -	Soccer: Boys Modified Game - 4:15pm Vs. Oneida @ Hughes Soccer	
10/05 -	Swimming/Diving: Girls Modified League - 5:00pm Vs. Jamesville-Dewitt @ High School Pool	
10/05 -	Football: Varsity League - 7:00pm Vs. Central Valley Academy @ High School Turf	
10/05 -	Cheerleading: Varsity League - 7:00pm Vs. Central Valley Academy @ High School Gym	
10/06 -	Field Hockey: JV Game - 4:30pm Vs. Vernon-Verona-Sherrill @ High School Turf	
10/06 -	Field Hockey: Varsity Game - 6:00pm Vs. Vernon-Verona-Sherrill @ High School Turf	
10/08 -	Soccer: Girls Modified Game - 4:15pm Vs. Utica Notre Dame @ Hughes Soccer	
10/09 -	Cross Country: Girls Varsity Triangular - 4:00pm Vs. CVA, Whitesboro @ Perry JH	
10/09 -	Cross Country: Boys Varsity Triangular - 4:00pm Vs. CVA, Whitesboro @ Perry JH	
10/09 -	Cross Country: Girls Modified Quad - 4:00pm Vs. CVA, Whitesboro @ Perry JH	
10/09 -	Cross Country: Boys Modified Triangular - 4:00pm Vs. CVA, Whitesboro @ Perry JH	
10/09 -	Field Hockey: Varsity Non-League - 4:30pm Vs. Auburn @ High School Turf	
10/09 -	Field Hockey: JV Non-League - 6:00pm Vs. Auburn @ High School Turf	
10/10 -	Soccer: Girls Modified Game - 4:15pm Vs. Donovan @ Hughes Soccer	
10/10 -	Field Hockey: Modified Game - 4:30pm Vs. Camden @ Myles Field Hockey/Lacrosse	
10/10 -	Field Hockey: Varsity Game - 4:30pm Vs. Camden @ High School Turf	
10/10 -	Swimming/Diving: Girls Varsity League - 5:00pm Vs. Cicero-N. Syracuse @ High School Pool	
10/10 -	Field Hockey: JV Game - 6:00pm Vs. Camden @ High School Turf	
10/11 -	Soccer: Boys JV Game - 4:15pm Vs. Whitesboro @ Perry JH Soccer	
10/11 -	Soccer: Boys Varsity Game - 5:00pm Vs. Whitesboro @ High School Turf	
10/12 -	Soccer: Boys Modified Game - 4:15pm Vs. CVA @ Hughes Soccer	
10/12 -	Field Hockey: Modified Game - 4:30pm Vs. Whitesboro @ Myles Field Hockey/Lacrosse	
10/15 -	Field Hockey: Modified Game - 4:30pm Vs. RFA @ Myles Field Hockey/Lacrosse	
10/16 -	Swimming/Diving: Girls Varsity Non-League - 5:30pm Vs. Watertown @ High School Pool	
10/17 -	Soccer: Girls Modified Game - 4:15pm Vs. Vernon-Verona-Sherrill @ Hughes Soccer	
10/17 -	Field Hockey: Modified Game - 4:30pm Vs. CVA @ Myles Field Hockey/Lacrosse	
10/18 -	Swimming/Diving: Girls Modified League - 5:30pm Vs. West Genesee @ High School Pool	
10/19 -	Soccer: Boys Modified Game - 4:15pm Vs. RFA Orange @ Hughes Soccer	
10/22 -	Football: Modified Game - 4:00pm Vs. Oneida @ Perry JH Football/Lacrosse	
10/25 -	Swimming/Diving: Girls Varsity Non-League - 5:00pm Vs. Cooperstown Central, Holland Patent Central, RFA, Whitesboro @ High School Pool	



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## 12 THE TOWN CRIER

## COMMUNITY NEWS

OCT.  
2018



### John Hemmer and the Showgirls

On Tuesday, Nov. 27<sup>th</sup> at 6:30 pm, the Utica Public Library will screen "John Hemmer and the Showgirls" in the library gallery to follow up recognition of LGBTQ History Month (which is October).

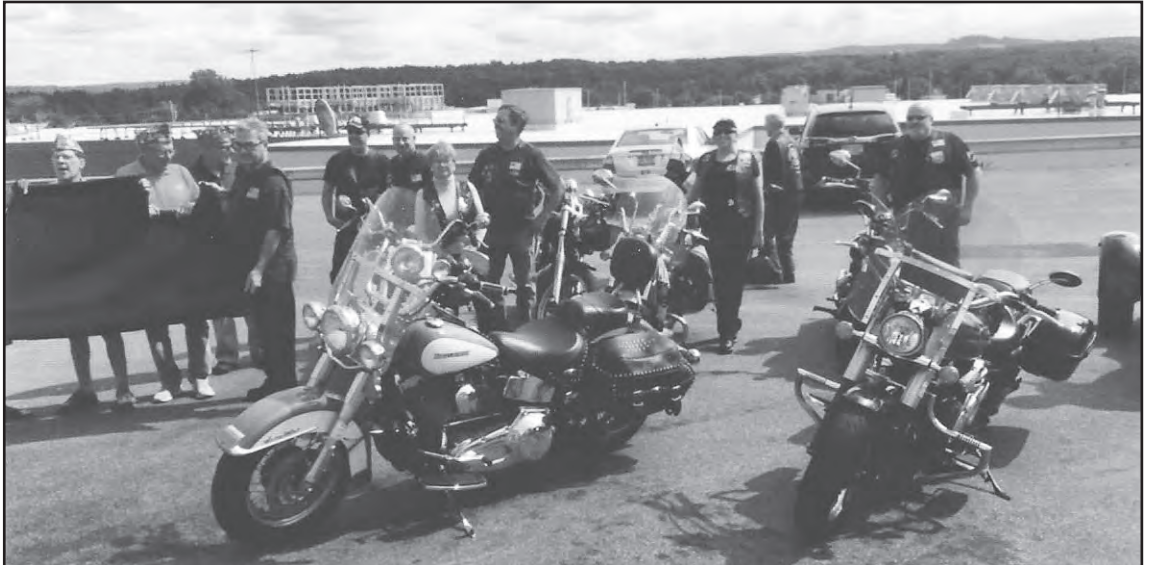
This charming and fantastic documentary follows the poignant & dazzling story of entertainer John Hemmer, a talented gay man who was part of the pulse of America's nightclub heyday of the 1950's & 1960's, specifically at the spectacular *Latin Quarter* in New York City! The *Latin Quarter* was a sensational & famous nightclub, owned by Lou Walters, and featured glamorous showgirls & top class entertainment! This fascinating behind the scenes peek into a sparkling part of American history will captivate you as it chronicles not only the history of this chapter in show business history, but also the reunion of Hemmer and the lovely women who were so integral to this enchanting facet of cultural history. The screening is free to the public & suited for adult viewers. Free refreshments provided. Call 315-735-2279 with any questions.

### Utica Curling Club Clinics/Classes

The Utica Curling Club will be holding Try Curling clinics for anyone interested in learning how to curl. The clinics will be held Wednesday, October 10<sup>th</sup> and Saturday, October 13<sup>th</sup> from 4 - 8 pm and the cost is \$10.

Utica Curling Club will also be holding a Curling Class on Sunday, October 14<sup>th</sup> from 10am - 4 pm. The class will include two hours of instruction, lunch, a curling opportunities session and a four end bonspiel. The fee is \$30 and this amount can be applied to club dues.

The Utica Curling Club is located at 8300 Clark Mills Road, Whitesboro. Participants must bring a clean pair of athletic shoes and warm loose fitting or flexible clothes are recommended. Individuals under the age of 18 must have a legal guardian present.



### Presbyterian Home Receives Donation from New Hartford Legion SAL and Legion Riders

On Sunday, August 19<sup>th</sup>, the Sons of New Hartford American Legion donated 36 embroidered blankets to 36 Veterans, Residents of the Presbyterian Home.

Commander of the SAL, Don Wisnowski, fellow members and 12 Legion Riders were present for the presentation of the much appreciated gifts to the Veterans and the administration staff as well.

The blanket donation will continue throughout the year.

The New Hartford Legion Post 1376 Veterans are proud to have the Sons of the Legion, the Legion Riders and the Ladies Auxiliary represent the Post 1376 in all their generous community donations throughout the year.



### Afternoon Adventurers After School Program

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This program will be limited to the first 25 students applying who are currently enrolled in Kindergarten through 4<sup>th</sup> grade for the 2018-2019 school year.

### NEW YORK STATE LICENSED PROGRAM

We at St. John's Nursery School, located at 1 Sherman St., New Hartford, NY are very excited to bring you a new option for your family.

Beginning September 2018 we will be offering a positive, safe environment filled with many opportunities to grow, learn and make new friends. This program is offered to any child in the New Hartford school district. Limited transportation is available.

You will have the opportunity to sign up for as little as 1 afternoon or as many as 5 afternoons per week.

**When attending only one day per week, the cost will be \$18 per week/\$72 per month. For multiple days, please multiply the number of days per week by \$18. Paid monthly. However, if you attend all five afternoons; the cost will be \$75 per week/\$300 per month.**

For further details, call 315-724-4347. Due to summer hours you may get our machine. Please feel free to leave a message and we will get back to you within the week.

Why not return where it all began or start fresh to experience what everyone is talking about?

We look forward to having many fun adventures with you.



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# New Hartford Central School District Honors Faculty and Staff for Dedicated Years of Service

Submitted by Robert J. Nole, Superintendent of Schools

Teachers Christina Klar and Wendy Kowalczyk were both proud to be in attendance when the New Hartford Central School District honored them on the first day back to school. Klar and Kowalczyk were among a handful of faculty and staff earning special recognition for 30 years of service. In all, 47 faculty and staff were presented certificates and pins to recognize years of employment.

“I am very proud to have achieved 30 years of service in New Hartford,” Klar said. She began her career as an elementary school teacher. Since then, Klar has served as an Instructional Support Specialist coordinating a number of curricula initiatives throughout the district. “It has been a privilege to work with so many talented and caring colleagues throughout my tenure here.”

Kowalczyk has witnessed many trends as an elementary school teacher, but points to one mainstay that echoes Klar’s sentiments: a committed and

talented New Hartford faculty. “While there have been tremendous changes in education over the 30 years, I’ve also found that it’s been cyclical,” Kowalczyk said. “I have learned from many dedicated colleagues who have shaped me into the teacher I am today and it has been privilege to work with them!”

The complete list of faculty and staff honorees include:

35 Years of Service: David White

30 Years of Service: Catherine Alessandrini, Denise Comenale, Christine Klar, Wendy Kowalczyk, and Thomas Gregory

25 Years of Service: Marty Hollister

20 Years of Service: Elizabeth Cissi, Frank DuRoss, Paul Gillander, Carrie Storm, Brooke Thormahlen, Donna Zippin, and David Leuthauser

15 Years of Service: Suzanne Brown, Kathy Donovan, Adrienne Greer, James Hall, Michelle Hogan, Jeffrey Knapp, Rose Mauro, Kelly Nugent, Anne O’Connor, Charles Rogan, Stacey Shantal, Justin Spanneut, Danielle Bateson, Evelyn Faber, James Hannigan, Samuel Ingro, Teresa Krumbach, Susan Odin, Rosa Serth, Lance Wehrle, and Ronald Wehrle

10 Years of Service: Carrie Callan, Allison Grace, Donna Malinowski, Mark McFarland, Scott Morris, Tricia Zupan, Doreen Castronovo, Chris Halpin, Renee Kowalski, Tammy Matys, Michael McGlynn, and Robert Volz

The District would like to thank all of its faculty and staff for their outstanding efforts in providing an excellent educational experience for all of our students.



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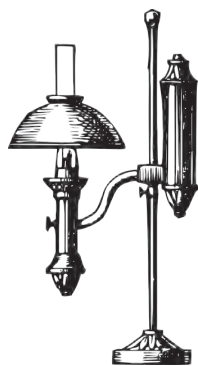
## 14 THE TOWN CRIER

## ANTIQUE TALK

OCT.  
2018



Victor J. Fariello Jr.



### Antique Bottles A Popular Collectible

The very first antique I acquired was an antique bottle. I was around 14 years old and was with my father at a household auction. I believe I paid \$2 for the small “warranted flask”, one of the most prolific bottles ever made. I was thrilled to be the owner of this very old item and it was the start of a lifelong interest in antiques. Today, thousands of collectors specialize in antique bottles. They are the perfect collectible as they are in abundant supply, are affordable and display nicely. Every antique shop, antique show, flea market or auction will no doubt have multiple bottles available for purchase. A recent search on eBay® for “antique bottles” brought up 67,094 entries. And amazingly, many collectors obtain their antique bottles by digging them up, often near old foundations and abandoned dumps. It’s easy to see why collecting antique bottles is such a popular pastime.

Another aspect of antique bottles that makes them appealing and interesting to so many collectors is the fact that there are so many categories of antique bottles. There are bitters bottles, medicine bottles, soda bottles, beer bottles, milk bottles, flasks, ink bottles, liquor bottles and perfume bottles to name a few. Then there are Mason jars and Ball jars and similar items that also fall into the bottle classification. Some collectors choose to specialize in just one type of antique bottle while others like the variety that collecting any kind of antique bottle provides. Given the abundant supply and wide variety of antique bottles, my choice would be to specialize in a particular category. Trust me, there is still a tremendous variety within any of the categories to make your collecting both interesting and rewarding.

While it’s easy to get into this hobby there is still a lot one has to learn in order to be a serious collector. There

are so many intricate details about age, condition and rarity that need to be learned in order to navigate this fascinating subject. There are many resources available if you want to learn more about antique bottles. Even if you don’t collect them, it is fascinating to read about them and their history. I would recommend these two selections as good and inexpensive books worth your consideration.

Antique Trader Bottles: Identification & Price Guide-2016; \$23.16 on Amazon.com.

Picker’s Pocket Guide to Bottles-2015; \$10.90 on Amazon.com.

We are very fortunate locally to have another resource for antique bottle collectors and those interested in the subject. That is the Mohawk Valley Antique Bottle Club. This active organization holds monthly meetings in New York Mills. They produce a monthly newsletter, “Bottles Along the Mohawk.” It contains informative articles, show listings and club news. Their annual Show & Sale held the first Sunday in May is a must attend event for anyone interested in antique bottles. Annual dues is only \$12 for individuals, \$15 for families. For more information visit their website at [www.mohawkvalleybottleclub.com](http://www.mohawkvalleybottleclub.com).

For all the reasons stated earlier, antique bottle collecting will continue to be a large segment of the collector population for many years to come. If you have been looking for a fun, affordable and rewarding hobby then this just might be the one for you. I don’t think you’ll be disappointed.

Happy collecting!

Keep Those Cards and Letters Coming!

If you have any questions on anything relating to antiques or collectibles, or just want to share information about something you own, please drop us a line at Antique Talk, PO Box 194, Washington Mills, NY 13479 or email [vjfariello@gmail.com](mailto:vjfariello@gmail.com). I look forward to hearing from you.

### Support the NH Historical Society

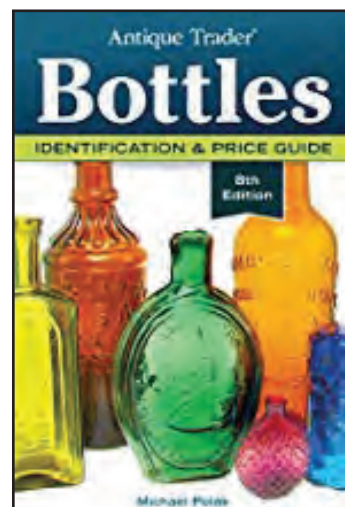
If you haven’t already done so, now is the time to start your membership in the New Hartford Historical Society. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, and New Hartford,

NY 13413. Check out their new website at [www.newhartfordhistory.com](http://www.newhartfordhistory.com). Makes a great gift for a friend or family member. Consider joining this important community organization.

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is in the process of organizing the Jedediah Sanger Chapter of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to [vjfariello@gmail.com](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.



Bottles come in all shapes and sizes and are plentiful in the marketplace, making them an excellent choice for an interesting and affordable hobby.



An excellent and inexpensive guide from Antique Trader is a good investment if you're interested in collecting bottles.

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It's That Time of Year Again!

We've cleaned, closets, cupboards, drawers. Now our treasures can be yours. The church semi-annual Rummage Sale and Attic Treasures will be held the following dates and times:

**October 2nd from 5-7PM**  
**October 3rd from 9AM -3 PM**  
**Bag sale October 4<sup>th</sup> beginning at 9 AM.**

Contact Marie Duink, 315-348-8162 if you are able to help in anyway.



### Fabulous Fall Weather

*submitted by Shelley Corey owner of the Mum Farm*

There’s nothing short of spectacular about our fall season. I’m sure a lot of you agree that it is the best season of all. The down vests will be coming out of hiding and anyone that truly knows me, knows the flannel shirts are soon to be a part of my daily apparel! The smell of chili or mushroom stew simmering on the stove, warm apple pies, so much to look forward to. The gardens start to wind down, the mums continue their spectacular show and if you were wise enough to plant a few of the flowering cabbage and kale, you’re in for a treat of color right up till Christmas time.

If you tend towards procrastination...you still have time to pick up some mum plants, pumpkins, straw bales and decorate for fall. Don’t think that Halloween is the ending date for your display, with this years' delayed bloom of mum plants due to the extreme heat of summer, mums should still be in bloom till mid November, given that the temperatures don’t drop below 27 degrees! How fabulous to still enjoy an autumn display until close to Thanksgiving.

Granted, 98% of all the mums I sell will be used as fall annuals, but they are perennial given the right conditions. You still have time to plant a few of those mum plants in your gardens and try your luck at overwintering them! Make sure you mark them with a tag, a stick, or marker so that you know where you planted them. When they begin to come up in late May, you might have forgotten where you planted them! You will not see them start to grow where the old stem was, they come up as a ring of new growth, however far the roots grew into the surrounding soil this fall. Look closely, because they are often mistaken for weeds.... they are that prolific. Mums being the perennials that we hope for is all dependent on our winter weather, truly not the mum’s fault!

Fallen leaves make a wonderful weed smothering mulch, but they will also smother everything else. So it’s really best to get most of the leaves raked up and out to the street for pickup. I don’t recommend leaves as a winter mulch for mums given their smothering capabilities... mums will certainly NOT overwinter under a heavy layer of leaves. A layer of evergreen boughs with a covering of leaves would make a much better winter covering.

Remember to empty those summer pots out of soil, so that they don’t crack and break with the freeze-thaw cycles we experience during our winters. Most of the time,most of the potting soil can be reused for the following year, once you’ve removed a lot of the old roots and possibly added some more fresh soil.

It also will help to jog your memory next spring, if you make some notes now as to the summer plants you grew...how they performed, how many you planted... if you need more or even if you need less for the pots or the area that you planted. Gardening definitely works our muscles and our brains! That's why gardeners never seem to grow old...

It has been a total joy growing flowers to beautify your world. Soon it's time for me to sit down and flip through the pages of the catalogs and find some new and interesting plants to entice you with for next spring! Stay healthy, be happy and smile....it’s time for us gardeners to rest!



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## Thank You Chamber Member Sponsors

The New Hartford Chamber of Commerce extends its sincere gratitude to Chamber Members for their part in funding the 2018 Summer Concert Series. The Summer Concert Series provided live music at both the New Hartford Farmers Market and Picnic in the Park New Hartford, two great new events in our community. Special thanks go to First Source Federal Credit Union, Jay-K Lumber, The Medicine Shoppe New Hartford and Wilcor International.

The Farmers Market began this year back in June at The New Hartford Shopping Center under the direction of Chamber Board Member, Nathalie Nerber of the Ward Arcuri Law Firm. The event began small with only a few vendors but grew over the summer to more than a dozen sellers of farm-fresh produce, meats and cheeses. Other vendors joined in offering fresh-ground coffee, smoothies, fresh bread, kettle corn and hand-crafted items for sale.

Picnic in the Park started in Sherrill Brook Park on Wednesdays in July and continued into September. The Utica Food Truck Association brought 12 to 15 Food Trucks each week to the park offering a wide variety of food choices. Many people and families took part in the event which will surely become a new tradition in New Hartford.

Both the Farmers Market and Picnic in the Park are expected to begin again in the Spring of 2019!



### Chamber Night

Wednesday, October 17th  
5:30 - 7:30pm

### In Bloom Yoga

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Since the Seneca Turnpike opened in the year 1800, New Hartford has been the center of commerce for the Greater Mohawk Valley. Everyday, thousands of people travel to New Hartford to shop, seek out services and attend our events. Even before Utica or Rome became cities, businesses have always flourished in New Hartford. This tradition continues today.

With nearly 1,000 businesses located in the town, which includes the hamlets of Washington Mills and Chadwicks, and the Villages of New Hartford and New York Mills, New Hartford has always endured ups and downs in the economy and remained the center of commerce for the Greater Mohawk Valley.

We invite you to get involved with our business association. Whether your business is located in the town limits of New Hartford, or it serves our residents, together we form a singular voice and contribute to a mission of collaborate effort to make New Hartford one of the best places to live and conduct business in the Greater Mohawk Valley Region.

Your business will surely see a great return on investment by joining our Chamber of Commerce. From qualified referrals and business leads, to timely and relevant training seminars for you and your employees, the New Hartford Chamber of Commerce stands ready to support you, your business and your employees in making our community a great place to live and do business.



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[www.NewHartfordChamber.com](http://www.NewHartfordChamber.com)

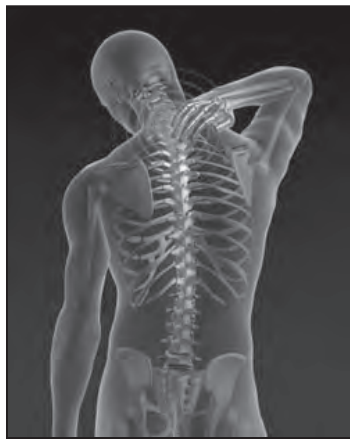


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# 20 THE TOWN CRIER COMMUNITY NEWS

OCT.  
2018



## New Hartford Highway News

*submitted by Highway Superintendent Richard Sherman*

As summer draws to a conclusion, I want to thank the many residents that helped us with their brush pick-up by placing it at the curb. I had one home owner ask me how much brush we pick up and where does it all go. The Town crews hauled 390 loads to Oneida-Herkimer waste site on Leland Ave in Utica and some of the loads went to S.R. Sloans. The brush pick-up will be changed back to a 2 week schedule next season. The schedule will be placed in the spring newsletter.



Leaf pick-up will begin in October. So please get your leaves to the curb early, don't wait. Please do not place leaves in plastic bags or containers such as plastic garbage cans. Our two new leaf trucks will be out working to pick up the leaves. These new trucks will be working a day shift and also an evening shift as well to pick these up in a timely manner. PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLES. NO STICKS, STONES, PUMPKINS, GREEN WASTE, JUST LEAVES. MIXED DEBRI WILL CAUSE DAMAGE TO THE MACHINE'S IMPELLAR FAN, CAUSING DOWN TIME DURING OUR BUSIEST SEASON. If the leaves are mixed, the crews will not pick them up. The attached picture is the new leaf truck with one operator that will be out picking up the leaves.

Our mechanics are working on the sanders and plow trucks, checking our tank systems and computers for this year's brine applications.

The Town crews will be still working on the demo of the Fema houses this fall. We have eight more houses to take down and fill the cellars in.



*Kevin Countryman*

## JAY-K Lumber Announces Retirements, Promotions, Growth

JAY-K Lumber is promoting several staff to new positions, in response to strong growth, as well as retirement announcements from several long-time employees. Kevin Countryman will be taking on the role of Contractor and Outside Sales Manager, due to growing demand, and following the retirement of Jim Moorhead, who had served in the role for more than 30 years. Kevin moves into the role after working in lumber sales, and nearly 4 years as the home improvement retailer's principle deck designer. Dan Murphy will also be taking on an expanded role as Building Supply/Millwork Purchaser following the retirement of Larry Cieply, who leaves after nearly 50 years as a JAY-K Lumber team member. Murphy, a store veteran of more than 25 years, has already served as a purchaser for the plumbing, electrical, and paint departments.

Kevin Countryman will be responsible for managing outside sales staff, as well as outside and contractor sales. His department services current accounts, responds to bid requests for construction work in the region, and cultivates new clients for JAY-K Lumber. In order to meet growing demand, he plans to implement current technologies to streamline the group's outside and contractor sales communications and logistics, from faster bid and client responses to more efficient distribution and deliveries.

"I look forward to building on the tremendous job Jim Moorhead has done for so long, and bringing a new sensibility to responding to many of today's younger, more tech-savvy contractors and firms," said Kevin Countryman. "I live here, so I have a deep respect for the legacy of JAY-K Lumber, and plan to keep that tradition going forward in my new role. We're always looking to improve our response to our customers to serve them even better." Countryman lives in New

Hartford with his wife, Jaclyn.

JAY-K Lumber has been hiring steadily in response to growing demand for its products and services, serving both residential and commercial customers throughout Central New York and the North Country.

JAY-K Lumber has been selling professional products to contractors, builders and do-it-yourselfers for more than 80 years. As Your Home Improvement Experts, JAY-K Lumber has developed lasting relationships with their customers through their service, knowledgeable and professional staff, and quality products.

For more information on JAY-K Lumber, please contact Karen Gerace, Store Manager, at 315-735-4475 or visit [jay-k.com](http://jay-k.com).



## Fair Trade Shop

Equal Exchange single serve coffee cups are a greener alternative to traditional K-Cups. They are sourced directly from small-scale farmers and disadvantaged producers around the world. Our Fair Trade organic single serve coffee cups are made from recyclable plastic and aluminum with a compostable filter. These and many, many more unique items from 38 different countries are available in our Fair Trade Shop at Stone Presbyterian Church, 8 So. Park Row, Clinton. Our hours are every Thursday from 10am to 6:30pm in the church and Thursday, October 4<sup>th</sup>, from 10am to 4pm at the Farmer's Market on the Village Green in Clinton. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people. The entrance to our shop is on Williams Street. For more information, contact Lauralyn Kolb, [lkolb@hamilton.edu](mailto:lkolb@hamilton.edu), 315-725-1326, visit our website at [www.stonepres.org](http://www.stonepres.org) or like us on Facebook at [www.facebook.com/stonepres](http://www.facebook.com/stonepres).

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## A Message from the President of the Leatherstocking Council of the Boy Scouts of America (BSA)

Adventure awaits...

It's 2018 and the BSA really wants to "Scout you in!"

Are you looking for a program that can teach your children self-confidence and reliance? To be a Leader?

If you are...Scouting holds the solution. We will help your children to be...Prepared, for life...

This year, the BSA made the historic decision to serve families and to welcome boys and girls into Scouting. We are proud to invite all of you to become part of a life changing experience.

What is Scouting? It is many things but in the end, it is a commitment to live and act by a set of principles, to help individuals grow and to provide service to our fellow man. Scouting can be best summarized by the core values that are embodied in the Scout Law: "A Scout is: Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean and Reverent..."

Scouting is a place to learn leadership, to grow your mind as well as your body. Your children will learn confidence, they will learn to be self-reliant and to forge a path to their own best self.

Scouting is outdoor adventure. Indeed, we want you to "Escape the Great Indoors!" Come out on a kayak and traverse a mountain lake...launch a model rocket into the sky...sit under a starry sky and learn about the constellations...learn survival skills. Scouting is winter sports too. Skiing, snowshoeing and we even have a Troop that has an annual biathlon to which all comers are invited! In the summer, archery, Shooting Sports, sailing, swimming. Want to be a lifeguard? Interested

in Conservation? We have programs in these areas as well.

BUT...In our commitment to the outdoors we have not neglected technology. We have learning experiences in Composite Materials, Computers, Programming, Robotics, Rocketry, Engineering, Meteorology...and Gaming!!

Over 135 topics to learn and explore in Scouting...

The President of a University said this to me recently regarding the college recruitment process and Scouting. He said "Do you know why we look so favorably on Eagle Scouts?" I replied "Character? Fortitude? Leadership?" He said, "Yes to all of those things but consider this: Where else can we find a group of people that have studied and learned about a variety of subjects, demonstrated their proficiency in those subjects, voluntarily stay with and dedicated to a program for at least 3 to 4 years and then cap it off with a project that requires them to use much, if not all, of what they have studied and learned?" That's the path to Eagle, isn't it?" He went on to say... "Sounds a lot like college, doesn't it?...attainment of the Eagle rank is one of the best indicators we have that an applicant can make the commitment to and stick with a college program."

For more information on how to join the adventure, go to [beascout.org](http://beascout.org) or call (315) 735-4437.

Adventure awaits you...so can we Scout You In?



The annual Fall Rummage Sale at New Hartford Presbyterian Church, 45 Genesee Street, is scheduled for Thursday, October 4th, 9:00 a.m.-3:00 p.m.

## NH Presbyterian Church October News

New Hartford Presbyterian Church, 45 Genesee Street, offers worship services open to all each Sunday morning at 10:30 a.m., led by the Rev. Dr. Sue A Riggle. Child care is available. Sunday School programs for adults and children begin at 9:30 a.m. Communion will be offered on Sunday, October 7th, to all who wish to receive it.

The New Hartford Presbyterian Women will hold their Fall Rummage Sale on Thursday, October 4th. from 9:00 a.m. to 3:00 p.m. Items for sale will include clean fall and winter clothing, electronic equipment, furniture, household items and books.

On Sunday, October 21st, members of the Church Life Committee and other members will package meals for Your Neighbors.

Deacons will meet at 7:00 p.m., Monday, October 8th. Church committees will meet at 7:00 p.m., Tuesday, October 9th. The Session will meet at 7:00 p.m. on Tuesday, October 23rd.

On Sunday, October 28th, members of the congregation will prepare and serve the evening meal at Hope House in Utica.

More information about the church is available online at [www.newhartfordpresbyterian.org](http://www.newhartfordpresbyterian.org).





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## COMMUNITY NEWS

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### 2019 Ride for Missing Children Registration Open

Registration is now open for the 23rd Annual Ride for Missing Children-CNY on June 7, 2019. The event is a one-day, 90-mile bike ride across the Mohawk Valley that promotes awareness and hope in the plight of missing and exploited children across the country.

The Ride is the biggest annual fundraiser for the National Center for Missing & Exploited Children - Mohawk Valley office. The 2018 Ride raised over \$320,000 for the Center. The fundraising is achieved largely due to rider efforts. Each rider takes a vow to honor the memory of all missing children, to raise public awareness of the plight of missing and exploited children and the need for child safety education, and to raise funds to support missing children poster distribution and community education.

"This event is as emotionally draining as it is physical, but so rewarding. It is about raising awareness of what we can do to help stop child predators and bring missing kids back to somewhere safe," says Center Director Wendy Fical.

The Ride Leadership Team is requesting rider registration as soon as possible to assist with early training initiatives. The completion of commitment rides is a requirement for all registered riders, and a new addition this year are Fall rides to alleviate stress on riders in the Spring. "Over the coming months, new riders will be eligible to successfully complete two out of the four required rides and returning riders can successfully complete one of the two required rides," said Fical.

To register for the Ride or for more information on rider requirements, visit [www.therideformissingchildren.com](http://www.therideformissingchildren.com).



### 14th Annual Teddy Bear Toss Game Set for December 1st

The 2018 New York Sash Teddy Bear Toss is taking place on December 1st, 2018. This area favorite holiday toy drive event is a partnership between New York Sash and Utica College to raise toys for local children in need. New York Sash will be celebrating their 14th annual Teddy Bear Toss this December at the Adirondack Bank Center as the Utica College Pioneers Men's Hockey take on Chatham University. Throughout the years over 30,000 stuffed animals have been donated.

New York Sash, a local family-owned and operated home improvement company, has been a long-time sponsor of the Utica College Hockey Team and with that, the organizer of the New York Sash Teddy Bear Toss since its inception.

"It's our favorite time of the year," said New York Sash owner Scot Hayes. "My family has grown up with this event, my employees love it. All year long our customers and friends talk to us about the impact of the game. The Teddy Bear Toss is our way to give back to the community."

Attendees are encouraged to bring new stuffed animals to the game. As Utica scores their first goal, the crowd throws their teddy bears onto the ice. Thousands of bears will rain down to be gathered by New York Sash and donated to Operation Sunshine along with various area schools and organizations. All toys donated go to local children and families.

The Teddy Bear Toss game has sold out every year since 2012 so fans are encouraged to buy their tickets early. Tickets are on sale as of Saturday, September 8th at the Adirondack Bank Center Box Office or through Empire State Tickets online. To learn more, visit [www.newyorksash.com/teddybearstoss](http://www.newyorksash.com/teddybearstoss).

### The Good News Center News Flags for Heroes

The Good News Center is proud to once again announce the posting of 1000 flags on Utica's Memorial Parkway the week before Veterans Day which will be on display November 2<sup>nd</sup> – November 11<sup>th</sup>. The flags will be tagged in memory or honor of a loved one. On November 11<sup>th</sup>, the hundredth anniversary of the end of World War I, a ceremony will take place at the Memorial Parkway where visitors can see the flags on display and hear keynote speaker, Jan Scruggs. Scruggs, a Vietnam veteran, founded the memorial that has become known as the Vietnam Wall. The cost to sponsor a flag is \$35. You may also call for information on sponsoring a portion of the field. All proceeds will be used to support the Military Rehabilitation program at Sitrin Health Care Center. You can order by calling us at 315-735-6210.

Grief Survivors

Meets every other Tuesday from 5:30-7:30 pm at The Good News Center, 10475 Cosby Manor Rd., Utica. Upcoming meetings will be September 18<sup>th</sup>, October 2<sup>nd</sup> and October 16<sup>th</sup>. Drop-ins welcome. This is a non-denominational support group for those suffering the loss of a loved one. Meets bi-weekly to help you face the difficulty associated with losing a loved one. For more information contact The Good News Center at 315-735-6210, [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org), or visit us online [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org).

PAL – Parents of Addicted Loved Ones

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support. Other family members of addicted loved ones are also welcome to attend. Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. The group will be led by Michelle Holliday, who has been trained by PAL. Some of the topics covered are: addiction cycle, traits and behaviors, delayed emotional growth, role of family and enabling behaviors. Meetings are 6:30 P.M.—8:00 P.M. every other Monday here at The Good News Center, 10475 Cosby Manor Road, Utica. Upcoming meetings will be September 24<sup>th</sup> and October 15<sup>th</sup>. For more information contact The Good News Center at 315-735-6210, [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org), or visit us online at [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org).

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OCT. 2018
 **FIRE PREVENTION TIPS**
 THE TOWN CRIER
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### October is Fire Prevention Month

The month of October is traditionally known as Fire Prevention Education Month, even though fire prevention is ongoing all year long. The Chief and members of the New Hartford Volunteer Fire Department reminds everyone that fire prevention education can and does saves lives. As the department's Fire Prevention Committee prepares for its' annual visits to the various pre-schools, elementary and high schools, senior housing complexes, and civic organization throughout the fire district, that October is a very important month.

The mission of the Fire Prevention Committee is "dedicated to being tasked with providing continuous education in fire safety and prevention to the schools and members of our community. With the help of uniquely and individually created programs, the committee has successfully targeted children and teenagers, as well as adults in effective fire safety education," stated Assistant Chief and Committee Chairman Richard Alexander.

The committee has worked hard to develop a list of "Fire Prevention Safety Tips" that were hung in the three elementary schools within the department's fire district. They continue to be a constant reminder that fire prevention safety is on-going all year long.

Fire Prevention Safety Tips  
 "Born of Necessity – Evolved Through Dedication – and Continued with Pride"

- Our Tips to Keeping You Safe:**
- Plan and practice your escape
  - Know at least two ways out
  - Stay Low – Below the Smoke
  - Get Out – Stay Out
  - Have a meeting place
  - Call 911 – Give name, address, situation
  - Check the batteries in your smoke and carbon monoxide detectors
  - Never play with matches
  - Smoke and CO detectors on every floor
  - Remember ...Stop, drop and roll if your clothes are on fire

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We are pleased to announce that Holly Cafalone has joined the firm as the Daily Operations Lead.

Holly brings complex technical knowledge and strong leadership skills to her new role at Strategic. Previously, Holly served as an Operations Team Leader at M. Griffith Investment Services, Inc., where she was responsible for maintaining and managing all aspects of the Operations Department. Holly began her career at Alliance Bank N.A. where she served as the Computer Operations Coordinator.

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*Strategic Financial Services, Inc. focuses on goal-based, long term investing and financial planning. The firm is driven to grow the wealth, portfolios and life experiences for families and individuals across the Northeast. To learn more, please contact Mike Leist at 315-724-1776 or email at [mleist@investstrategic.com](mailto:mleist@investstrategic.com).*

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## COMMUNITY NEWS

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MaryJo Timpano is a Wellness Consultant at Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. She is currently in training to pursue her goal of becoming a Certified Yoga Teacher.

### "A Few Good Men"

Community Wellness Partners hosted a first-of-its-kind senior speed dating event at Preswick Glen in August. While our team was confident this would be a game-changing experience for the participants, we had no way of knowing how deeply it would affect all of us who work every day to change the experience and perception of aging. The courage, vulnerability and sheer passion for living was the common denominator among participants and taught us "youngsters" a thing or two about successful aging. Twelve women who ranged in age from their 60's to their 80s had the opportunity to meet 12 men in the hopes of making a connection that could quite possibly change their life. The participants, while nervous and a little unsure, did the one thing we know can improve quality of life; they showed up! In the context of successful aging, showing up means staying engaged in life physically, socially, intellectually and spiritually. Our hats off to these women and men who showed us that growing older CAN be about growth, vitality, purpose and fun! You changed us, and we thank you.

While the event was a tremendous success, our greatest challenge was getting men to participate. I can

tell you that each and every man who came to the event said it was a wonderful experience and that they would do it again. So, let's do it again! We would like to host a meet and greet social at Preswick Glen Tuesday October 23 from 4:00 p.m. to 6:00 p.m. Right now we have a wonderful group of ladies, but we need more gentlemen to join us. This is not a speed dating event, but rather a social gathering in a safe relaxed setting to help foster opportunities for companionship. We hope the gentlemen out there will join us for an evening of conversation and connection. The first step is to show up! Preswick Glen is located at 55 Preswick Dr in New Hartford. For more information please contact Sari at (315) 734-9586.

"You are never too old to set another goal or dream another dream" C.S. Lewis

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 © (3) nonprofit affiliation of Lutheran Care and Presbyterian Homes & Services. Offering the most comprehensive post-acute continuum of services in Oneida County, NY, Community Wellness Partners employs 980 team members and serves over 1,000 older adults each day throughout our continuum, which includes Home Care, Independent Living and Assisted Living, to Rehabilitation, Skilled Nursing, Wellness Center and more.

### Karl Authors 17<sup>th</sup> Article for CPA Journal

Peter A. Karl III, CPA-Attorney, is the author of an article published in the October issue of the CPA Journal. This work, his 17<sup>th</sup> for the Journal, is entitled "Twenty Questions about Planning for Medicaid and Nursing Home Care". This article addresses the various rules and regulations for nursing home or home care Medicaid qualification. There is a discussion of various planning strategies including for individuals about to enter a nursing home. This article will be available online at [www.cpajournal.com](http://www.cpajournal.com).

Karl is a partner in the law firm of Paravati, Karl, Green & DeBella, LLP located in Utica's Landmark Building and has been a tenured Professor of Law and Taxation for the past 36 years at SUNY Poly. Karl is President of the University of Notre Dame Alumni Club of the Mohawk Valley and the Great American Irish Festival along with being Vice President of the Irish Cultural Center being currently built in Utica's Brewery District.

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## Hold a Dress Down Day to Benefit Hospice

Hospice & Palliative Care invites local businesses to hold a “Dress Down Day to Benefit Hospice” between now and November 20, 2018. Selecting a day for employees to make a donation to wear more casual clothing is not only a great fundraiser, it’s also fun for staff. Donations of \$3.00 to 5.00 per employee is suggested. “In the past, we’ve had great success from businesses who have participated. It is fun for employees and they like the opportunity to support the Hospice mission knowing that the funds they raise help those in their own communities,” explained Laurie Barr, Community Support Services Supervisor for Hospice.

Businesses can present their check live on the Hospice Telethon on Tuesday, November 27<sup>th</sup> on WKTV- CBS if they wish or have it presented for them. For more information on “Dress Down Days for Hospice” and the Hospice Telethon please contact Laurie Barr at 735-6487 ext. 1004 or [labarr@hospicecareinc.org](mailto:labarr@hospicecareinc.org).

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THE TOWN CRIER

HISTORICAL SOCIETY

OCT.  
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## NEW HARTFORD PAST TIMES SEPTEMBER 2018

NEW HARTFORD HISTORICAL SOCIETY



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## DONATIONS

This month, the Society received a lovely piece of history. A restored section of stained glass from the “old” St. John’s Church on Oxford Road. This generous donation was from Father Paul Drobin and the Klar family. Originally restored and presented to Father Drobin from the Klar and Sloan families, it hung for many years at the Newman Center at Utica College. Upon Father Drobin’s retirement, he asked the Klars what they wished to do with it? They reached out to the Historical Society. We are currently working on a display frame to hang the piece from. It’s a very nice piece of New Hartford History to add to our collection.



Restored Section of  
Stained Glass from the  
“Old St. John’s Church”

donated by: Fr. Paul Drobin  
& the Klar Family

# Thanks!

We would like to extend a special thank you to our supporters for your cash donations. The society uses this money for special projects and enhancements to our museum.

Judy Wenner  
Bob Dicker Memorial Donations  
Dr. Reitz Family

Thank you for your recent contributions!

  
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OCT.  
2018

## COMMUNITY NEWS

THE TOWN CRIER

27

### New Opportunities at First UMC

Exciting worship options are beginning this fall with Classic Worship at 9 a.m. and X-Alt Praise and Worship at 10:45 a.m. Sundays at First United Methodist Church, 105 Genesee St., New Hartford. Choose from a great message, music by the church's Chancel Choir and Bell Choir under the direction of new choir director/organist Hugh Jones, readings and liturgy, or X-Alt Worship with another inspiring message, upbeat music from the Praise Team under the leadership of Kerri Cook and joyful worship. Pastor Brad Chesebro will lead both services with the assistance of Deacon Becky Guthrie. World Communion Sunday is Oct. 7<sup>th</sup>, with Communion offered at both services. Child care is available.

Small groups provide the perfect opportunity to build relationships with The Gospel of Matthew: Jesus' Healings, Wednesdays at 10:30 a.m., a Men's Group Wednesdays at 6:30 p.m., Faith, Fitness and Fellowship for Women, with prayer, devotions and exercise Saturdays at 9 a.m., Monday Small Group Mondays at 6:30 p.m., and more new groups forming October 21<sup>st</sup>. Adult Education Classes are 10 a.m. Sundays. Child care is available.

The Mission Team is gearing up for Trunk-or-Treat at the end of October and Operation Christmas Child shoebox packing in November. These are outreach ministries of the entire church. Many other volunteer options are available and mission representatives are ready to help you connect before and after worship services.

Children's Church will take place in the updated Children's Wing from 11 a.m. to Noon Sundays for pre-k and elementary-age kids. Youth group for Junior and Senior High youth is Sundays following X-Alt Praise and Worship.

Monthly United Methodist Women's Circles meet the second Monday at 6:30pm and the second Sunday at Noon. The Men's Group meets the second Monday at 6:30pm.

### The Resource Center for Independent Living, Inc. (RCIL) is hosting the 3rd Annual Children's Brunch and Character Party on Saturday, October 20, 2018.

RCIL is seeking Sponsors for this fun family Event. The Event Sponsors will be recognized in several ways, to view sponsorship packages, please visit: [www.rcil.com/kidsbrunchsponsorships](http://www.rcil.com/kidsbrunchsponsorships).

Proceeds from this Event support the accessible Seasons at RCIL Garden area.

Seasons at RCIL is an outdoor garden space offering local Seniors who attend RCIL's Many Hearts Senior Care Center with a safe and accessible area where they can garden and visit with friends while enjoying the sun and fresh air.

RCIL and the Many Hearts Senior Care Center take great pride in ensuring Seniors in our Community have the option of remaining independent in their home. Individuals who attend the Many Hearts Senior Care Center receive door-to-door transportation, personal care, nutritious meals and the joy of socializing with peers.

RCIL is a 501(c)3, not-for-profit organization providing services in over 48 counties in New York State.



**Parents of Addicted Loved Ones (PAL)** is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. The group will be led by Michelle Holliday, who has been trained by PAL.

#### TOPICS COVERED INCLUDE:

- Delayed Emotional Growth
- Three Promises to a Loved One
- Helping
- Enabling Checklist
- 4 Stages of Growth
- Family Lessons About Recovery
- Roles of Addict/Alcoholic and Family
- Understanding Re-Entry
- Healthy Adult Relationships
- Six Steps for Families
- Respond Rather than React

**Meets Every other Monday**

**6:30 P.M.—8:00 P.M.**

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**Or visit us at**

**[www.thegoodnewscenter.org](http://www.thegoodnewscenter.org)**

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support. Other family members of addicted loved ones are also welcome to attend.



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Friday | October 26 | 6 pm

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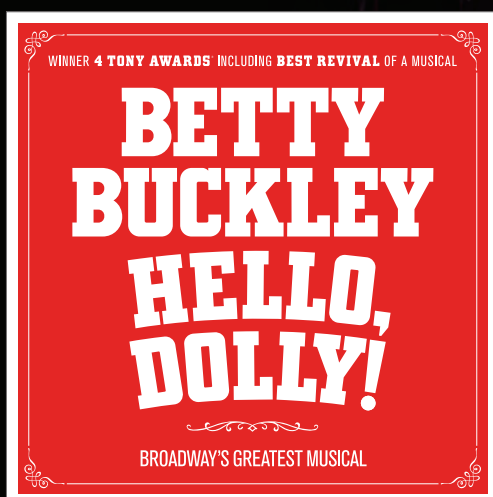
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Cynthia Davis, LCSW-R  
Licensed Clinical Social  
Worker-Registered

*“Quitters just quit - jobs, races,  
relationships. Finishers think  
about quitting– and while they do,  
gain enough ground to keep going.”*  
~ (Author Ynknown)



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OCT.  
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## COMMUNITY NEWS

THE TOWN CRIER

31

### Yoga for Aging Joints

By: Rachel Stewart

Wisdom and knowledge are not the only effects of aging that we experience. As we age, our bodies endure several physiological changes. Muscles lose mass, diminishing strength and flexibility. The cartilage protecting our joints is rubbed away and the calcium and other minerals in our bones are lost. This results in less flexible and brittle joints. With weaker joints, fractures become much more likely. Osteoarthritis and other degenerative diseases become especially common which decreases mobility and overall health.

With this information, it can be easy to resist and fear the inevitable signs of aging. But, *there is* good news. A 2015 study published in the Journal of Rheumatology found that practicing Yoga increased the mood AND physical health among sedentary adults with joint problems. When practiced three times per week, Yoga improved the pain and energy levels of these individuals.

It doesn't end there.

Yoga can also help with pain management, building core strength and flexibility, improving circulation, enhancing balance, lowering blood pressure, and increasing relaxation. This helps with conditions such as Osteoporosis, Osteoarthritis, Disc Issues, Back Pain, Nerve Pain, Tendonitis, Muscular Pain/Stiffness, Hormonal changes, High Blood Pressure, COPD, Chronic Bronchitis, Emphysema, Insomnia, Stress, Depression, Anxiety, and Chronic Pain/Illness.

The body will change as we age. It is inevitable, but it does not have to be predictable. You can change the course of your life by focusing on your health and taking preventative measures to better your life. Yoga can make your body stronger and it can help your joints.

#### How Yoga Helps Your Joints

Yoga will help you through the aging process by building the muscles surrounding your joints. The stronger these muscles are the more support they will provide, making the body more stable and less prone to injury. To protect the knee joint, poses such as a supported Lunge or Warrior I are excellent because they build the quadriceps and hamstring muscles, which are major stabilizers of the knee.

Yoga also helps stretching the muscles in the body, keeping them limber and your joints lubricated. When muscles are consistently and appropriately stretched, they are more flexible and have a healthier range of motion. This can eliminate joint stiffness and associated pain while improving mobility. You will be able to move easier and more effectively. Seated Twist is an excellent pose for hips, spine, and shoulders. It helps maintain and improve alignment in the spine and open the hips, pelvis, and lower back.

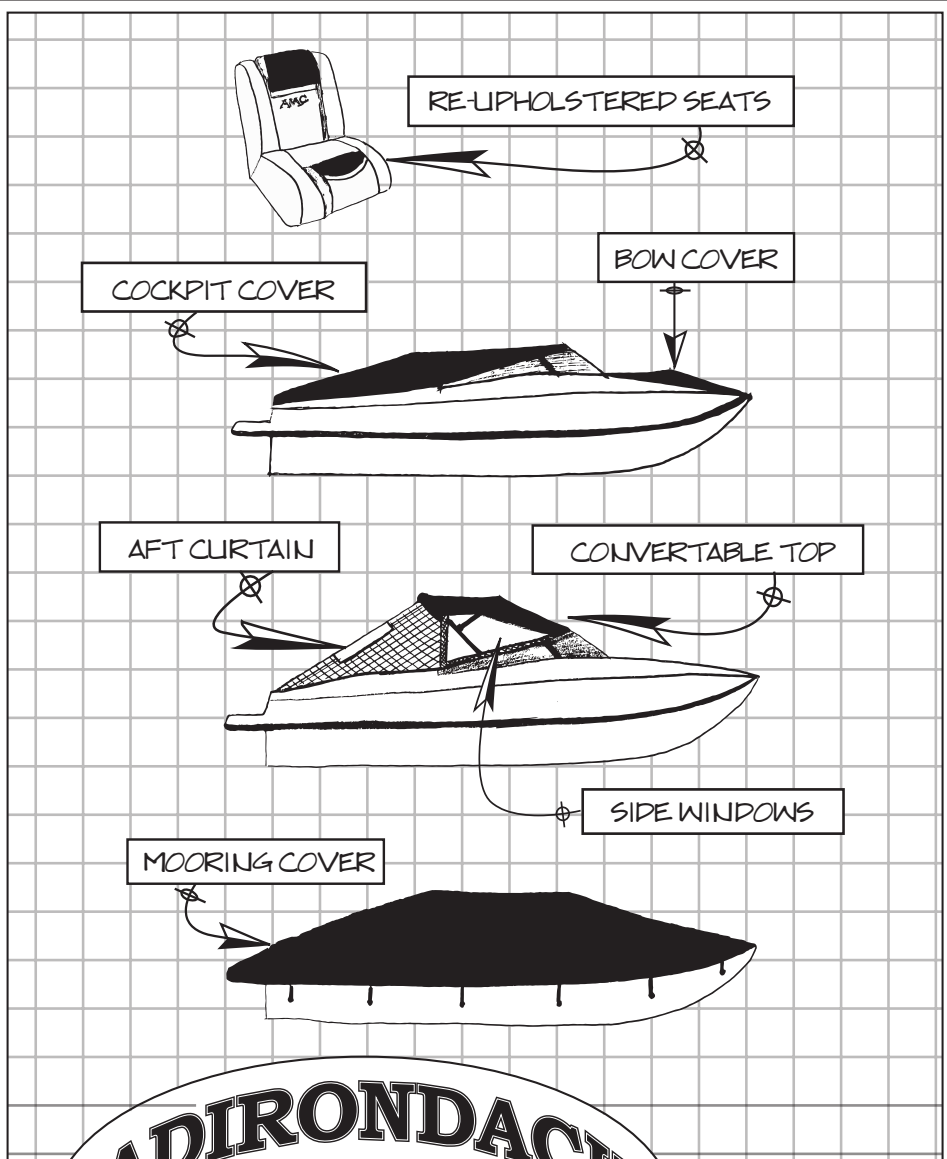
With conditions such as Arthritis, Disc Issues, and other degenerative disorders that are common with aging, one of the major symptoms is pain, discomfort and immobility within the joints. Yoga exercises the joints in a low impact, gentle way which increases circulation throughout the body. Synovial fluid is the fluid that surrounds the joints in the body that along with cartilage, facilitates movement. It also delivers nutrients, oxygen, and natural pain killers to the joint. Since Yoga increases circulation in the body, it helps circulate the synovial fluid to the joints, promoting pain-free, smooth movement.

#### What Kind of Yoga Is Good For Aging Joints

It is important to note that not every type of Yoga will be beneficial to aging joints. Some styles of Yoga can be more intense than others, so it is important to make sure you find the right fit for your body. Gentle, beginner classes are ideal for those suffering from joint problems. Specifically, Senior Yoga or Chair Yoga classes are designed with the aging body in mind.

These classes will focus on movements that will improve joint health without high-intensity, weight bearing exercises. This is crucial because not all movement is appropriate for the body as it ages, especially when suffering from various health conditions. It is always a good idea to consult your doctor before trying any new type of exercise. More importantly, talk to your Yoga instructor before class. Let them know your concerns and any injuries you have that might prevent certain types of movement.

It's never too late to try something new and Yoga might be just what your body needs!



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8 COLUMBUS DAY CLOSED	9 Pasta Fagioli 10:00 Bridge / Canasta 10:15 Computer Class 11:15 Entertainment 11:00 Chair Yoga	10 Kielbasa  11:30 Scams OFA	11 Turkey/Gravy 10:00 Canasta <div>AARP Drivers Class</div>	12 Chicken/Biscuit 10:00 Bridge 11:00 Aerobics <div>10:00—2:00</div>
15 Swedish Meatball  10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Theater	16 B B Q Chicken 10:00 Bridge / Canasta 11:00 Entertainment 10:00 Computer Class 11:00 Chair Yoga	17 Steak / Gravy  Senior Center Anniversary Party 32 Years	18 Pulled Pork Sand 10:00 Canasta <div>AARP Drivers Class 8:30am-3:30pm</div>	19 Tuna Noodle Cass  10:00 Bridge 11:00 Aerobics
22 Mexican Cass  10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr. Theater Prod	23 Lemon Fish 10:00 Bridge / Canasta 11:00 Entertainment 10:00 Computer Class 11;00 Chair Yoga	24 Italian Sausage  Entertainment Raymond on keyboard	25 Meatloaf /Gravy  10:00 Canasta 11:00 Senior Band	26 Chicken Cass  11:00 Aerobics
29 Chicken Tenders  10:30 Knitting/ Crocheting 11:00 Aerobics 1:00 Theater	30 Hot Dog 10:00 Bridge / Canasta 11:00 Entertainment /Chair Yoga 10:00 Computer Class	31 Chili Birthday Halloween PARTY Candidates Day	Smart Shoppers Books Are Here For 2018/2019.	CHAIR YOGA IS OFFERED AT NHPL AT 11 ON Tuesdays

## New Hartford Adult Dining and Activity Center Currently at Willowvale Fire House

Submitted by Eileen Spellman, Mailing address 48 Genesee St., New Hartford, 13413. 315-724-8966. [espellman@townofnewhartfordny.us](mailto:espellman@townofnewhartfordny.us)

Health Fair Oct 4, 2018, 9:00 a.m. to 1:00 p.m. This is an opportunity to get your enhanced flu shot and meet the many agencies that help Seniors to make their life easier and stay healthy. We will have the Oneida County Office for the Aging representative, here, plus the representative from HICAP (Health Insurance Counseling Assistance Program), Alice Webster from Food Stamps, Presbyterian Home , Lutheran Home, Brookdale, Heritage, MVP, United Healthcare, Masonic and Acacia Village, Your Neighbors, Helping Hands, Seniors helping Seniors, The Central Association for the Blind, American Heart Association, Edwards Ambulance, The Oneida County Sheriff’s Dept., Attorney General’s Office, Helen Sarandrea, Physical Therapy, St. Luke’s, Freidel’s Funeral Home representatives, and many others.

We will have our 32 year Anniversary Party Wednesday Oct. 17, Entertainment at 11:00 a.m. dinner at 11:45 a.m. Come join the fun and help us celebrate a great program for our Seniors. The Senior Band will be here. Please call for reservations 315-724-8966

Candidates Day, Birthday Party and Halloween Party, Wednesday, Oct. 31 st. starting at 11:15 a.m.

Oct. 10, The Office for the Aging will send a representative to speak about SCAMS at 11:15 a.m. This will be about banking safety, identity thief plus protection of your charge cards and other helpful information.

Medicare open enrollment Oct. 15 to Dec. 7, 2018 each year. This is an opportunity to look at your insurance options and make changes for the next year. Trained and certified HICAP Counselors can help you make these important choices: North Utica Senior Ctr. Riverside Dr. Utica 724-8980 Mon, Wed, Fri. 10:00 a.m. to 2:00.p.m.

Ava Dorfman Senior Center, 305 E. Locust St. Rome, NY Tuesday and Thursday 10:00 a.m. to 2:00 p.m.

You may also call the Office for the Aging and continuing care 315-798-5456 and choose option 2 to leave a message.

SCAMS: Please do not answer the phone if you do not recognize the number. More and more calls are coming in and when traced they are SCAM calls. Listen to the answering machine first.

What is Medicare Observation Status? If you have a computer google this on the internet. This is a reminder for you to make sure you are an accepted patient at the hospital and not an out patient, if you find that you need to be in the hospital more than 3 days. Medicare will be able to help cover your bills as long as you are an accepted patient and need to be in the hospital more than 3 nights. If you find out that you are listed as an outpatient, speak to your doctor to get this corrected. The concern is that you will be covered if you need to go to a nursing home afterwards to recuperate, you want to be covered. The hospital is required to tell you within this time period that you are listed as an outpatient.

Have an enjoyable Fall. The Mohawk Valley is so beautiful this time of year. We are truly blessed to be living here. Check out libraries in this area and see what they have to offer the Seniors. The Willowvale Senior Site has a computer instructor come in and help one to one every Tuesday. You need to call for an appointment. It starts at 10:00 a.m. to Noon There is ½ half appointments available to you, this is a free service.

If anyone needs a pneumonia shot let us know and we will schedule a day for those who wish to get one here. Also if you need a Shingrex shot, there is a waiting list , call Price Chopper Pharmacy New Hartford and see what they can do for you. 315-736-5178

We have a pastel coloring class that is presented by Connie Watkins on Mondays at 9:30 a.m. Please call for reservations for this.

Zumba is now at the New Hartford Public Library on Thursday at 10:00 a.m.

Yoga is also there on Tuesday at 11:00 a.m.

AARP classes are being scheduled here at the Senior Center, however the class itself will be at The New Hartford Public Library or the New Hartford Square Apartments Call here to schedule and we will help you. We will resume our programs that are farmed out as soon as we have the New Town Hall available. We are currently at the Willowvale Fire Department and a special thank you to the firemen and woman for letting us be here. It is beautiful. Willowvale has Bingo every Wednesday Night. Doors open at 5:30 p.m. and Bingo starts at 7:00 p.m.

When you come to get your flu shot bring your Medicare A and B cards and your Medicare D card . Bring your insurance card also if that is what you use for prescriptions. It is best to have them with you so you do not need to return home for them.

Hannafords at Kellogg Rd is setting up a donated book booth to help raise funding for United Way. I purchased a very Nice Christmas Children’s book there. If you are looking to donate books, call them 315-724-0274

The New Hartford Presbyterian Church is having their rummage sale Oct. 4<sup>th</sup> starting at 9:00 a.m. Bag Sale 1:30 p.m.

The New Hartford Methodist Church is having their sale Oct. 2, 5p.m. to 7p.m. Oct. 3, 9:00 a.m. to 3:00p.m., Bag Sale Oct. 4, 9:00 a.m.

Willowvale Fire Dept. is having a chicken BBQ at 4:00p.m. Oct. 4<sup>th</sup> at the firehouse. These are all great events that help make this area special.



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If you’re seeking the ability to align your financial goals with your personal values and social concerns that are important to you, social impact investing (SII) may be a consideration for your portfolio. “Socially responsible, sustainable, values-based, ethical, green, ESG (Environmental, Social, Governance), and impact” are some of the many terms commonly used to describe social impact investing.

While the goals are generally the same – to generate measureable social and environmental impact along with financial returns – the strategies vary in approach. By combining traditional socially responsible exclusions with a disciplined analysis of ESG factors, Wells Fargo has developed an integrated approach to social impact investing.

Gaining in popularity

Over the past 20 years, there have been big changes in the investment industry. One of the most significant has been the growth of social impact investing. Traditionally known as socially responsible investing (SRI), this approach excluded so called “sin stocks” (alcohol, tobacco, weapons manufacturing, adult entertainment, gambling) from investment portfolios. It has expanded to proactively seek best-in-class companies that incorporate strong environmental, social, and governance (ESG) policies into their business practices.

Invest in issues important to you

Do you have concerns about the environment or human rights? Are you interested in supporting the ethical treatment of animals or do you simply wish to avoid investing in companies whose business practices are in conflict with your beliefs?

Wells Fargo offers a range of choices to invest in companies whose policies and practices are compatible with what matters to you. We can help you build a portfolio based on research, analysis and products that align with your investment goals and philosophy and avoid selecting companies with poor ESG performance or those that conflict with your philosophy.

Keep in mind, however, that all investing involves risk including the possible loss of principal. A strategy’s social policy could cause it to forgo opportunities to gain exposure to certain industries, companies, sectors or regions of the economy which could cause it to underperform similar portfolios that do not have a social policy. A socially responsible investing style may shift in and out of favor.

Contact us for more information on how to incorporate social impact investing into your investment planning.

This advertisement was written by Wells Fargo Advisors, LLC and provided to you by Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President-Investment Officer-Financial Advisor.

Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE

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**Players of Utica Awarded \$10,000 Grant through The Community Foundation of Herkimer and Oneida Counties**

A \$10,000 grant was awarded to Players of Utica through the Gabriel, Joseph & Lila Mandour Karam Fund at the Community Foundation of Herkimer and Oneida Counties.

The \$10,000 gift will go to help Players of Utica in completing construction projects related to the opening of its mainstage at 1108 State St. in Utica.

In May, members of The Community Foundation came to the Players of Utica theatre with the Foundation’s donor-advised fund committee to learn about the history and future of the organization. There were more than 30 guests, including Foundation staff, fund committee members and Players of Utica board members, toured the facility to review project progress and discuss future plans to open the building’s mainstage. Attendees also we treated to a sneak preview of a Players of Utica production in the building’s black box theatre.

After the tour and presentation, The Community Foundation contacted Players of Utica announce the \$10,000 award granted to the theatre through the Gabriel, Joseph & Lila Mandour Karam Fund. The Players of Utica Board of Governors greatly appreciates this donation and welcomes any theatre supporters to join them in celebrating 106 seasons with the opening of its latest season on September 7th with “A Man for All Seasons.” More information can be found at [www.playersofutica.org](http://www.playersofutica.org).

About Players of Utica

Players of Utica is a non-profit community theatre that has been continuously producing shows in central New York since 1913. We have engaged more than 1 million individuals with affordable, first-class community theatre. Players of Utica is an equal opportunity community theatre organization. For more information, a complete history, and to support or participate, visit [www.playersofutica.org](http://www.playersofutica.org) or “Like” us on [Facebook](https://www.facebook.com/playersofutica).



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### NHFD News

Your New Hartford Volunteer Fire Department responded to 100 calls during the month of August as indicated by the monthly call report listed below by category:

Fires	=	3
EMS	=	54
Hazardous	=	5
Service Type	=	11
Good Intent	=	8
False Alarms	=	19
Other Alarms	=	0
Weather Related	=	0
Other	=	0



Total Calls for the Month of August 2018 = 100.  
 Total calls year-to-date through August 31, 2018 = 750.

Some of the calls listed above - such as Fires, EMS, and Hazardous - are self explanatory. Others such as Service, Good Intent and Other Alarms are not. Service Calls includes water or animal problems, public assistance or standbys. Good Intent refers to responding but did not find anything or canceled in route. Other alarms include explosions, carbon monoxide, smoke or sprinkler detector activations.

The figures above do not include other activities by members of the department such as Fire Prevention details, training, parades, Open House and other various department committee meetings that take place throughout the year.

### NHFD Schedules Annual Halloween Parade and Open House

The New Hartford Volunteer Fire Department will host its Annual Halloween Parade and Open House on Wednesday evening, October 31, starting at 6pm at the Fire House on Oxford Road in the Village.

The evening begins with a parade that departs the fire house promptly at 6pm, proceeding on Oxford Road to Sanger Avenue where it will turn right onto Sanger to Pearl Street. The parade will turn onto Pearl Street to Park Avenue ending at the station. Costume judging, by age groups, will begin immediately following the parade. This year the children’s costumes will be judged in several age brackets each with four categories. The categories include: the funniest, the scariest, cutest, and most original. All children will receive a ribbon for participating.

There will also be a family category for the best group theme. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Refreshments of cider and donuts will be served.

The parade maybe canceled in the event of inclement weather, however, the open house and costume judging will be held inside the firehouse.

For additional information please visit [www.nhfd.com](http://www.nhfd.com).



*Pictured Left to Right are: Front Row – Firefighters Cody Wilson, Josh Famalaro, Lieutenant Jason Stallone and Assistant Chief Richard Alexander. Middle Row – Firefighters James Franco, Dylan Alexander and Kenneth Phelps. Back Row – Firefighter William Yount, Lieutenant Robert Cornish, Firefighters Brett O’Grady, Mark Turnbull and Timothy Solan.*

### NHFD Members Participate in Annual 9-11 Memorial Stair Climb

Twelve members of your New Hartford Volunteer Fire Department participated in the annual CNY 9/11 Memorial Stair Climb on September 8. The department has participated in this event since its inception. Proudly participating this year representing NHFD were: Assistant Chief Richard Alexander, Lieutenants Rob Cornish and Jason Stallone, and firefighters Dylan Alexander, Josh Famalaro, James Franco, Brett O’Grady, Kenneth Phelps, Timothy Solan, Mark Turnbull, Cody Wilson and William Yount.

The climb, which is not a race, is a tribute honoring the sacrifices of fallen heroes - both near and far. Fulfilling a promise to “NEVER FORGET” their brothers and sisters who have died in the line of duty, 343 firefighters, 60 law enforcement officers and 9 EMTs, (these numbers represent the firefighters, law enforcement, and EMTs that perished at Ground Zero with the collapse of the Twin Towers on 9/11). Individual emergency personnel climb 110 floors (the height of the former World Trade Center Twin Towers) with most climbers wearing their personal protective equipment. The climbers are sent in by groups and all climbers wear the name and picture of a hero they are climbing in memory of. Funds raised during the event go to providing an atmosphere that pays tribute to the sacrifice made by climbing because ‘they climbed’. The funds are also used as start up for the following year’s event.

Over 400 firefighters, law enforcement and EMS personnel participated in this year’s Stair Climb, held at the State Office Building on Genesee Street in downtown Utica. Participants, many of whom wore their protective gear and uniforms, “climbed” up and down the staircase which represented the 110 floors that comprised the World Trade Center.



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## #ChoosePT for Low Back Pain

If you have low back pain, you are not alone. At any given time, about 25% of people in the United States report having low back pain within the past 3 months.

There are 3 different types of low back pain:

- Acute – pain lasting less than 3 months
- Recurrent – acute symptoms come back
- Chronic – pain lasting longer than 3 months

**If your low back pain is accompanied by loss of bowel or bladder control or numbness in the groin or inner thigh, you should go to the emergency room.**

Managing chronic pain is complex. While in some situations, when dosed appropriately, prescription opioids are an appropriate part of medical treatment; there are risks, including depression, addiction, overdose, and withdrawal symptoms when stopping use.

With opioid abuse becoming an unprecedented national public health epidemic, the Centers for Disease Control and Prevention (CDC) has recommended safe alternatives, including physical therapy, to opioids for treating pain. Learn more about how a physical therapist can help you safely manage your low back pain at [MoveForwardPT.com/ChoosePT](http://MoveForwardPT.com/ChoosePT).

As many as 61% of back pain patients are prescribed opioids.

Journal of the American Board of Family Medicine (2011)

### HOW A PHYSICAL THERAPIST CAN HELP

If you are having low back pain right now:

- Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery).
- If your pain lasts more than a few days or gets worse, schedule an appointment to see your physical therapist.

Your physical therapist can help you improve or restore mobility and reduce low back pain—in many cases, without expensive surgery or the side effects of medications

Treatments may include:

- Manual therapy
- Specific strengthening and flexibility exercises
- Education
- Training for proper lifting, bending, and sitting; for doing chores both at work and in the home; and for proper sleeping positions
- Assistance in creating a safe and effective physical activity program
- Use of ice or heat treatments or electrical stimulation to help relieve pain

8200 Seneca Turnpike Clinton, NY 13323    (315)738-1671

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American Physical Therapy Association

# You don't want to miss this! Flu Shot Clinic/ Health Fair 9:00 a.m. to 1:00 p.m.

## Oct. 4 Willowvale Fire House, Chadwicks

10:00 OFA Dir.Michael Romano will speak

To the Seniors.

Attorney Drew Ward

Guest Speaker @ 10:30 a.m.

Estate Planning and Senior Issues

Senior Band will play at 11:00 a.m.

(315) 724-8966

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## Fish Fry Fridays!!

Choice of potato, cole slaw, roll, butter, coffee or tea.

Serving 4-7 • Donation \$10.50

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## Also on Fridays:

Fried Shrimp & Scallops

Friday Special -

Prime Rib Dinner

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## FAITH IN NEW HARTFORD

THE TOWN CRIER

37



### FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford – (315) 733-4227  
office@firstumconline.org

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9 am Classic Worship

10:00 am Coffee Hour

10 am Adult Sunday School

10am Youth Group Meeting

10:45 am Xalt Praise Service

Noon Youth Group Meeting

Communion offered 1st Sunday of each month.

Child care provided for all Church activities

We are handicapped accessible!

Visit our website to view recent sermons.

www.firstumconline.org

### CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

Senior Pastor, Samuel Macri

Youth Minister, Bobby Allen

140 Clinton Road, New Hartford

Sunday Morning Worship Service at 8:00

317 Oriskany Blvd, Whitesboro, 797-4520

Sunday Morning schedule:

Sunday School Small Groups, 9:00

Sunday Morning Worship, 10:30

Sunday Evening Youth, 5:00

Sunday Evening Discipleship, 5:30

Tuesday Morning, 6:30, Men's Fellowship Breakfast

New Hartford Campus

Wednesday Evening, 6:30, Praise Team Practice

Wednesday Evening, 7:00, Prayer Meeting

Thursday Evening, 6:30, College/Career Ministry

Website: crosspointchurconline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

**Handicapped accessible!**

### ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

Saturday: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm

Sunday Masses: 8am & 11am

Mon-Fri Masses: 6:45am, 9:10am

**We are handicapped accessible!**

### HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.

General Office: 732-1349

Rev. Andy Ward, Pastor

Sunday Services: Sunday School for entire family: 9:30 a.m.

Morning Worship: 10:45 a.m. Communion First Sunday of the Month.

Tuesdays: Ladies Bible Study - 9:30 a.m.

Wednesdays: AWANA - 6pm

Fridays: Christian Service Brigade - 7pm

Sundays: Jr. & Sr. High Youth Fellowship.

**Hope Alliance Church is handicapped accessible.**

### ST. THOMAS CHURCH

150 Clinton Road - 735-8381

Pastor: Rev. David Sears

Saturday Vigil: 4 p.m.

Sunday Mass: 9:00 a.m.

Confessions: Sat. 4:45-5:15 p.m.

Holy Day Schedule:

Holy Day Masses 12 noon

Adult Religious Education, Open to the Public

**We are handicapped accessible!**

### ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)

The Very Rev. Joell Szachara

Sunday Service of Holy Communion at 10am followed by fellowship

We host:

YMCA School Age Child Care Office & Program (315-797-4787)

Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm

AA Meetings: Sundays at 8pm

Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am

EGA Meetings: 1st Mondays of the Month

St. Stephen's is handicapped accessible.

### ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks

tlmas@roadrunner.com

For more information, please contact Brian Johnson

at 315-736-3572

Sunday Holy Eucharist: 10 a.m.

### IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222

www.ibcfamily.com E-mail: info@ibcfamily.com

Sunday School for all ages: 9:00 am - 9:45 am

Sunday Morning Worship Service 10:00 am

Nursery, Preschool and Children's Worship hour: 10:00 am

Prayer meeting held every Wednesday at 6:30 pm

Youth Group for ages 12 and up meets every other Saturday

from 6-8 pm. See our website for schedule.

Church is handicapped accessible.

### NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139

www.newhartfordpresbyterian.org

Worship services begin each Sunday at 10:30 a.m., led by the

Rev. Dr. Sue A. Riggle.

Sunday School programs for children and adults 9:30am.

Communion is available on the first Sunday of each month.

### OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Sunday: 7:30am and 9am

Masses held at Our Lady of Lourdes:

Saturday: 4pm and Sunday at 11:15am

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### SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

Sunday Worship 11 a.m.(Nursery Care Available)

Sunday School 9:30 a.m. For all ages.

Handicapped Accessible

### FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570

firstbaptistnh@gmail.com

Rev. James Harriff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

### UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-724-3179. uuutica.org

Minister: Rev. Erin Dajka Holley

Sunday services/Religious Education for Children 10:30am

October 7- "Be My Sanctuary". Hear Rev. Erin Dajka Hol-

ley preach about sacred space and offering protection in an

increasingly dangerous time.

October 14- Longtime member Allen Hall is the guest in the

pulpit. "Where is home? What is home? Why would anyone

organize a homecoming for cars?" These are a few of the

questions that will be addressed as we consider the differ-

ent ways that people find homes. Allen is a recently retired

business professor from SUNY Polytechnic Institute and newly

elected member of the UUUtica Board of Trustees.

October 21- The Rev. Dr. Richard Gilbert, President of

Interfaith Impact of New York State, will be conducting the

service. He has taught at several theological schools, written

numerous books, and retired after 50 years in the Unitarian

Universalist ministry.

October 28- No service in Utica this Sunday. We will join

with other Unitarian Universalist Churches of the Mohawk

Valley to worship together at St. Paul's Universalist Church in

Little Falls. The guest speaker is The Rev. David R. Weiss-

bard, minister emeritus of the UU Church of Rockford, IL.

### BIBLE BAPTIST CHURCH

4431 Middle Settlement Road – 797-0404

www.bbcnhny.org

Pastor J. Douglas Hanback

Sunday Services:

9:30 am Sunday School

10:45 am Worship Service & Children's church

Wednesday Prayer Meeting: 6 pm

Nursery Provided. **Handicap Accessible!**

### FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753

www.faithnchristfellowship.com

Pastor : John Kelly

Sundays: Worship, 10 a.m.

Children's Church during the sermon.

Bible Study and Prayer - Wed evening 7:00 p.m.

### ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682

Reverend Fr. Nikolai Meyers

Sat - 5pm Vespers

Sun - 9am Matins

Sun - 10am Liturgy

Wed - 5:30pm Vespers

Bookstore hours: Open Sundays after Services.

### LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

**We are handicapped Accessible.**

### WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Minister Rev. Robert G. Umidi, PHD.

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica

Handicapped accessible

315-732-6518, www.wmoutica.org. find us on Facebook &

Twitter

### NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm starting 7/12/18

### TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869

Fall/Winter worship:

9am - Sunday School & Adult Bible Study

10:30am - Worship is led by our Seminary Student Vicar Peter

Saie. At the conclusion of his stay with us, he will become an

Ordained Minister of the Lutheran Church - Missouri Synod.

**Handicapped accessible.**

### FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net

Opening Doors, Hearts & Minds: Serving Christ & Community

Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship

10:45 - Sunday School for Elementary Ages

Faith Enrichment for all ages

Call or email for schedule.

Nursery Care Provided

**Wheelchair Accessible**

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4 Cottage Place, Utica, NY (315)735-5138

Very Rev. Michael Bundz, Pastor

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confessions before Mass

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25 Robinson Rd. Clinton - 315-853-1582. www.liefc.org

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Sunday Service 10 AM

(Nursery & Sunday school provided)

Wednesday Prayer Mtg 7 PM

Monday night Bible study (every 3rd Mon.) 7 PM



# RUMMAGE SALE

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Thursday  
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797-7500  
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Sundays: 8:15 AM & 11:15 AM  
Weekday 12:10 PM -Tuesday, Thursday, Friday  
12:10 - Communion Service Only Wednesdays

### ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills - 853-6138  
Fr. Kevin J. Bunker. Deacon Gil Nadeau  
Weekday Mass: Mon & Tues 8am, Wed 7:45am,  
Fri. 8 am Communion Mass  
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am  
Confession: Sat 3:15pm-3:45pm

### STONE PRESBYTERIAN CHURCH

8 So. Park Row, Clinton  
Scott Leonard, Commissioned Lay Pastor  
Sunday service-10:30AM  
Website: www.stonepres.org  
E-mail: stonepres@verizon.net  
Office phone: 315-853-2933  
Handicapped Accessible

### CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton  
Pastor Jeff Hale  
Sunday Worship Service 9:30 AM  
Sunday school during worship following children's time  
Office Phone: 853-3358  
www.clintonmethodist.org

### PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

500 Plant St, Utica (Oneida Sq, across from Dunkin Donuts)  
Mike Ballman, Pastor  
Sunday Mornings 9:30am  
Last Sunday of the month - 10:30am  
www.plymouthbethesda.com

### CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica (Oneida Sq. across from Dunkin Donuts)  
Mike Ballman, Pastor  
Sunday Mornings: 11:15am  
Last Sunday of month 10:30am  
www.cornerstoneutica.com

### CHRIST CHURCH (REFORMED PRESBYTERIAN)

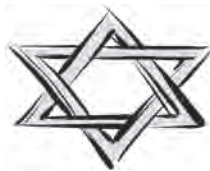
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Rome, NY 13440  
Website: www.christchurchreformed.com  
Facebook: https://www.facebook.com/ChristChurchReformed-Presbyterian  
Pastor: Aaron Goerner  
Services:  
Sunday School: 10AM  
Sunday Worship: 11AM  
Thursday Bible Study 7PM

### HOLY TRINITY ROMAN CATHOLIC CHURCH

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Oneg Shabbat  
Beit Shalom is a Messianic Jewish Congregation.  
All are welcome!



### TEMPLE EMANU-EL

2710 Genesee Street, Utica, NY – 724-4177  
teuticaoffice@gmail.com  
Rabbi Peter Schaktman  
Friday Shabbath Services: 6 p.m.  
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

### TEMPLE BETH-EL

2710 Genesee Street, Utica, NY – 724-4751  
Cantor: Kalman A. Socolof  
Executive Director: Mrs. Mundy B. Shapiro  
Friday Evening Services: 5:30 p.m.  
Sabbath Morning Services: 9:30 a.m.  
Weekly Morning Minyan Services are held Mon., & Thurs.  
from 8:00 a.m. at 2710 Genesee Street.  
Friday Evening Oneg Sabbath as well as the Saturday Morning Kiddush are sponsored by the Sisterhood of Temple Beth El.  
All are Welcome.

### ZVI JACOB

Orthodox Synagogue  
110 Memorial Parkway, Utica - 724-8357  
Services are held Saturday at 9am, and on holidays.  
Services may be held at other times if there is a minyan.  
Visit our website www.zvijacob.org.  
All are Welcome.

### THE JEWISH COMMUNITY CENTER

2310 Oneida Street, Utica - 733-2343  
Provides programs for seniors and recreational activities for all ages. Open to people of all races, religions, and nationalities.

Additional tips to preventing the spread of the flu include:

Stay home from work and school if you are sick to limit the spread of germs. It is possible to have the flu and spread it before showing symptoms.

Cough or sneeze into the corner of your arm, or cover your cough or sneeze with a tissue.

Wash your hands. This is a very good way to limit the spread of germs.

Check with your doctor, pharmacy, or Oneida County Health Department if you would like a flu shot. For more information or to schedule an appointment for a flu shot, call 315-798-5747.



## 9<sup>th</sup> Annual Patrick Marley Memorial Golf Tournament

*Submitted by Ed, Diana, Mike, Denise and Kelly Marley*

This past August 18, 2018, the 9<sup>th</sup> Annual Patrick Marley Memorial Golf Tournament was held at Kanon Valley Golf course in Oneida, NY. It was sold out again with 144 golfers who came out to support this great event. Along with the help of many, our 65-hole sponsors, clubhouse sponsors, volunteers, The Kanon Valley staff, and others, it was another huge success.

The Marley Family is proud to announce a \$10,000.00 donation again to the Special Olympics of CNY. We are happy to continue to support our local communities, in Patrick's memory, to help our local young athletes accomplish positive goals in their lives thru the help of the Special Olympics. We are also very proud of having raised over \$85,000.00 in the past 9 years that we have held this event- to support local charities in CNY.

Next year's event will be held on August 17<sup>th</sup>, 2019 again at Kanon Valley Golf Course. Anyone interested in joining this golf tournament, as a team or a sponsor, may contact Mike and Denise Marley @ 315-374-1336 or Diana Marley @ 315-637-4228. Make sure to get your team in early as this tournament is usually sold out. We appreciate everyone's efforts in keeping this tournament a success. Thank you.

## Flu Season is Approaching: Get Your Flu Shot

With flu season quickly approaching, the Oneida County Health Department is stressing the importance of being educated on prevention, and most importantly: getting a flu shot.

It takes about two weeks after vaccination for antibodies to develop and to provide protection against the flu. The Centers for Disease Control and Prevention recommends that everyone 6 months-old and older get a flu vaccine every year.

"The best way to safeguard yourself from the serious health risks posed by the flu virus, is to quite simply, get vaccinated," said Oneida County Executive Anthony J. Picente Jr. "While I urge everyone to take all of the other necessary precautions to avoid contact with the flu, I urge you above all else to get a flu shot wherever they are available."

New Life  
Apostolic Church



Service Times:  
Sunday School

Sunday Adult Service: 10:00 a.m.

Wednesday Night Prayer: 7:00-8:00 p.m.

Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman  
315.736.1161

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# GRIEF SURVIVORS

a grief recovery  
support group

Every Other Tuesday

from 5:30 - 7:30PM

at

The Good News Center



To Register:

(315) 735-6210

or visit

[www.thegoodnewscenter.org](http://www.thegoodnewscenter.org)

If you have lost a spouse, child, family member or friend you've probably found that there are not many people who understand the deep hurt you feel. That's the reason for Grief Survivors, a support group for those grieving the loss of someone close.

It's such a relief to talk to folks who are going through what you are. They get it. They understand.

- ◇ Grief video series
- ◇ Guest speakers
- ◇ Specialized projects & activities
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- ◇ Fellowship
- ◇ Holiday Series

## Dates for 2018-2019

Oct 2 Oct 16 Oct 30 Nov 13 Nov 27 Dec 11 Jan 8

Jan 22 Feb 5 Feb 19 March 5 March 19

*This program is sponsored by the Good News Foundation at no cost to you.*



10475 Cosby Manor Road Utica, NY



*Keynote Speaker*

## Jan Scruggs

**Vietnam Wall Founder**

Closing Ceremony Sunday November 11<sup>th</sup> at 3:30 pm

## November 2<sup>nd</sup> - 11<sup>th</sup> Memorial Parkway

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## Bone Health

Healthy bones can help you stay strong and active throughout your life. If good bone health is achieved during childhood and maintained, it can help to avoid bone loss and fracture later in life. Osteoporosis is a common bone disease that affects both men and women (mostly women), usually as they age. It is associated with low-bone mass and thinning of the bone structure, making bones fragile and more likely to break.

## KEEPING ACTIVE AND EATING WELL

Weight-bearing and muscle-strengthening exercises are great ways to build and maintain healthy bones, and stimulate bone growth to help prevent and treat osteoporosis. Most of these exercises are simple and can be done at home with no special equipment. Eating a balanced diet with plenty of calcium, vitamin D, and perhaps other supplements as needed will also help preserve bone health.

## BENEFITS OF GOOD BALANCE

Exercises to improve balance and coordination can help reduce falls and their resulting fractures. They also can improve posture, core stability, and coordination to protect the spine against compression fractures. An individualized exercise program prescribed by a physical therapist may include a walking regimen, Tai Chi, and other exercises geared toward conditioning, balance, and coordination.

## GOOD POSTURE AND BODY MOVEMENT

Good posture and safe movement protect bones from fracture during daily activities. Using proper posture and safe body movement protects your bones against injury. Here are some tips to keep in mind:

- Keep your back, stomach, and leg muscles strong and flexible.
- Do not slouch when standing or sitting.
- Use good body positioning at work, home, or during leisure activities.
- Ask for help when lifting heavy objects.
- Wear protective equipment (helmets, mouth guards, shin pads, etc) during sports and activities (lacrosse, soccer, football, ice skating, biking, etc).

## HOW A PHYSICAL THERAPIST CAN HELP

Physical therapists can design an individualized exercise program to benefit bone health, improve posture, decrease your risk for osteoporosis and treat its effects, and reduce the risk of fractures from falls.

8200 Seneca Turnpike Clinton, NY 13323

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