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Vol. 32 No. 9
September 2018

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“HELLO, DOLLY!”

Producer Scott Rudin announced today the cast for the first national tour of the Tony Award-winning Best Musical Revival of Hello, Dolly!, starring Broadway legend, Tony Award winner Betty Buckley. The first national tour of Hello, Dolly! begins performances September 30, 2018, in the Connor Palace at Cleveland’s Playhouse Square, ahead of an official opening night on October 5, 2018. Additional tour stops include Chicago; Los Angeles; San Francisco; Washington, D.C.; Boston, and many more cities across America.

The previously announced Ms. Buckley will be joined by Lewis J. Stadlen (Horace Vandergelder), Nic Rouleau (Cornelius Hackl), Analisa Leaming (Irene Molloy), Jess LeProtto (Barnaby Tucker), Kristen Hahn (Minnie Fay), Garrett Hawe (Ambrose Kemper), Morgan Kirner (Ermengarde), and Jessica Sheridan (Ernestina).

The ensemble will feature Maddy Apple, Daniel Beeman, Brittany Bohn, Giovanni Bonaventura, Elizabeth Broadhurst, Whitney Cooper, Julian DeGuzman, Wally Dunn, Alexandra Frohlinger, Dan Horn, Corey Hummerston, Madison Johnson, Nathan Keen, Beth Kirkpatrick, Ben Lanham, Ian Liberto, Kyle Samuel, Scott Shedenhelm, Timothy Shew, Maria Cristina Slye, Cassie Austin Taylor, Davis Wayne, Brandon L. Whitmore, and Connor Wince.

Led by four-time Tony Award-winning director Jerry Zaks and choreographed by Tony Award winner Warren Carlyle, the entire creative team of the Broadway production reprises their roles for the national tour of Hello, Dolly!, including four-time Tony Award winner Santo Loquasto (Scenic & Costume Design), six-time Tony Award winner Natasha Katz (Lighting Design), Tony Award winner Scott Lehrer (Sound Design), Andy Einhorn (Music Supervision), Robert Billig (Music Direction), Tony Award winner Larry Hochman (Orchestrations), Tony Award winner Don Pippin (Vocal Arrangements), David Chase (Dance Arrangements), and Telsey + Company (Casting).

Hello, Dolly! began performances on Broadway on March 15, 2017, and officially opened on April 20, 2017. Having broken the record for best first day of ticket sales in Broadway history, the box office record at the Shubert Theatre twelve times, and shattering The Shubert Organization’s all-time record ten times, this production will end its historic Broadway run on August 25, 2018.

A complete list of cities and dates for the national tour of Hello, Dolly! can be found at www.hellodollyonbroadway.com.

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

at Willowvale
Fire House
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Thurs. Oct. 4th
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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!

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Mums 101

submitted by Shelley Corey owner of the Mum Farm

Yet another summer season has flown by and we're on to my favorite season of all! Everyone looks forward to the spectacular display of fall colors and with that comes the bright, showy displays of mums that seem to pop up in everyones' yard. Mums have become popular because they're so darn easy!

Let's discuss buying and what to look for. Just for the record...mum is a shortened word for chrysanthemum and here's a little information about the plants. Mums are photo-periodic, meaning that they set buds and come into bloom naturally with shortening daylengths. The plant produces only one set of buds which turn into one set of blossoms, unlike annuals that rebloom throughout the summer season. They prefer to be in full, or at least afternoon sun and when purchased just beginning to show color, will bloom for anywhere from 8-10 weeks which is determined by seasonal temperatures and how consistently they are watered. They often cannot be overwatered. Mums are grown in a pot that drains excess water.

When you head out to buy mums you need to have a purpose in mind...do you need a plant that is in full color for a party or wedding? Or one that is just starting to show? If you are having a wedding or a party and need "full bloom" mums for a certain date, you need to buy your mums at that stage. Mums typically open up very slowly and there is nothing anyone can do to rush this process. They tend to only respond to Mother Nature! If purchased close to full bloom for a wedding you can expect them to still be colorful for a few more weeks as they begin to fully mature. Make sure you consult your grower when buying mums for a specific date.

Most consumers will be looking for a mum plant that is just beginning to bloom to ensure that their mum lasts the entire fall season. It's tempting to buy the mum with the most open blossoms for instant gratification, but only do that if you need them for a certain date.

When mums start to show color (have open blossoms) it

is important to stop watering them over the blossoms. Rain is a natural thing, but daily watering over the blossoms will make the mum blossoms fade much faster. So make sure you water into the pot. You cannot overwater mums as long as the pot has drainage. Stressing your mum by letting it wilt repeatedly will shorten its life also. The season will pass too quickly to have your colorful mum blossoms die before their time. With proper purchasing of your mums, you should have six to 10 weeks of enjoyment from them. They love the cool fall weather and will last until the temperatures dip well below freezing

To recap; choose mums for the purpose you need, keep in full sunshine until at least 1/2 open and then they can be placed in shade if that's where you'd like to display them, do not allow them to wilt, and water often. If you use these easy to remember tips, you'll enjoy a beautiful, showy display of fall mums! You now have completed Mums 101, have a fabulous fall, and smile, it's mum time!



NEW HARTFORD


SAFE & LOCK CO.

Restricted Key Systems

Submitted by New Hartford Safe & Lock Co.

Do you know who has keys to your home? Your business? Ever wonder how easy it is for one of your keys to be duplicated? Many business owners and homeowners alike can benefit from the multiple features of a dealer-restricted key system. Any standard lock that you purchase at a hardware store or big box store typically comes with either 2, 3, or 4 keys. These keys are easily duplicated at any locksmith or hardware store that cuts keys. For a couple of dollars, one of your employees or your home maid can have an extra key that you don't know about. What if you had 100%

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Please contact Erica at (315)724-3728, extension 5.

control over your keys and who can duplicate them? Well, with various locksmith-sold systems, you can. Here at NH Safe & Lock Co., we offer a variety of restricted key systems, both factory and dealer based. This means that we cut and sell a patented key blank that only we can purchase from our vendor. These keys can be set to work in padlocks, deadbolts, mortise and rim locks, knobs or levers, and even cabinet locks. In most cases, some hardware in your home or business will have to be replaced to accommodate these lock cylinders, but after that, you sign a card stating who you want to authorize duplicate keys, we maintain the card, and now your keys are controlled. Nobody can take these keys to a big box retailer and have additional copies made! Not even other locksmiths can cut these keys because they can't purchase the blanks! Anyone who is not on the signature authorization card will not be given any additional duplicates, and the system owner will be notified if someone attempts to cut a key without permission. There are also factory based restricted key systems. Manufacturers such as Medeco or Schlage are two of many lock makers that offer this type of key control. Factory restricted keys can only be cut at the manufacturer's factory and in most cases have to be ordered directly through a registered locksmith.



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3



Living Healthy

Submitted by James LaFountain, All American Fitness Center

Following a prudent diet and getting regular exercise has gotten a great deal of attention over the past 50 years. Nearly every study touts the values of both, as a health preventive and treatment. There is no panacea in exercise. Cardiovascular exercise requires us to elevate our heart rate for at least 30 minutes, most days of the week. Moderate, total body resistance training, done 3-4 days a week contributes to joint integrity, balance, mobility and even resistance to injury. A diet that eliminates sugar and bleached flour maintains muscle, helps reduce stored body fat and allows us to be at our ideal body weight.

Pretty simple, right? Everyone knows that. Nike’s famous slogan, “Just Do It”, makes a great deal of sense. Depending on what compliance study you site, the news is disappointing.

Those who stick with a program, rarely reach 30% over the long haul.

When beginning an exercise/nutrition program, here are some tips to help you stick with it:

*Understand your genetic predisposition. If your parents and grandparents were obese, you will need to adhere to a very strict diet and exercise program in order to generate results. Fat loss will produce a smaller version of “you” not the Adonis shown on TV.

*Lower your expectations. If you are sedentary, it will require a long period of time to get into shape (several weeks/months). It must become a lifestyle!

*Find a partner. It’s easy to skip a workout if you only answer to yourself. Letting a partner down is more difficult to do.

*Start ridiculously slow. Some of my most fit clients began with as little as five minutes of walking and are now logging five miles a day.

*Understand that the initial soreness associated with exercise is temporary. Delayed Onset Muscle Soreness (DOMS) is caused by “novel” movements. Every type of exercise is “novel” for a beginner. Soreness will dissipate in 2-3 days.

*Do NOT, under any circumstances, compare yourself to others. Everyone is unique and handed very different genetic material. Be the best “YOU” possible.

*Variety is the spice of exercise. Every 6-8 weeks, change your exercise routine. Even if it’s just the course in which you travel. Boredom should never be a reason to not exercise.

*Exercise at about the same time each day. This creates a long lasting routine. One of the keys is to schedule a workout with the same level of importance as a medical appointment.

By adopting some or all of these will allow you to enjoy the process of a healthy lifestyle.



Judge Joan Shkane

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

MYTH: If you are injured while playing in a sports game on a sports field, you may sue the owner of the field.

REALITY: A player in a sport gives up the right to sue if injured, when there are risks that are part of the nature of the sport generally and can result from that participation. Therefore, under this doctrine, called the assumption of risk doctrine, the participant takes the risk himself/herself, and cannot sue. A recent case was about a basketball game on an outdoor court. The plaintiff tripped on a crack in the court’s surface. The second highest New York State court said when there is a known, or open and obvious condition in the surfaces of various types of courts, then the doctrine applies. Therefore, the plaintiff could not sue, since he knew or should have known of the risk associated with this type of court. This plaintiff’s case may go the highest court, and that court may change this law. Otherwise, the player has given up the lawsuit.

MYTH: Police may stop and question anyone on the street as the officer chooses.

REALITY: A police officer’s right to stop and question a person on the street is often disputed among legal scholars. Now the members of this state’s highest court seem to have differing opinions on this issue. For the last 42 years New York State has been the only state in the union that sets out a four level test on whether an officer can question someone who chooses to remain silent during a police encounter, thereby invoking his/her right to be left alone. The issue is derived from the U.S. Constitution Fourth Amendment having to do with unlawful seizure of person or property. The four level test addresses when an officer may approach a citizen requesting certain basic information, and also applies to routine traffic stops. It talks about the level of suspicion of a crime that an officer must have in mind in order to stop an individual. Those against the four levels argue that it can be confusing to officers and to the public. Those in favor argue that the more detail in the law, the more innocent and guilty citizens can be protected.

MYTH: Lawyers may advertise in any way they please.

REALITY: A lawyer’s right to advertise is subject to model rules of professional responsibility that govern advertising and other communications between a lawyer and client. The American Bar Association, which writes the model rules, is considering change to this right, among fifty other changes to the rules. The rules are recommended guidelines for states to consider making into law. The communication changes focus on provisions related to false and

misleading communication and solicitations by lawyers. The issue is protecting the public from such advertisement on one side. The other side argues that lawyers have the Constitutional right to free speech in a commercial setting. Other important changes may be to require that talk about a lawyer’s fee must also include information about costs a client may have to pay. If a lawyer advertises that the lawyer’s fee is dependent on a successful result, then the lawyer must also report that the client would have to pay court costs if the case is lost. The lawyer must point out that the client must bear some financial responsibility if he/she loses the case. The changes may also address the issue of a referral fee paid to someone for sending a client to a particular lawyer for legal help. The rules may also address the guidelines for situations in which substance abuse, mental health issues or mental decline effect a lawyer’s ability to serve clients.

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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Friends of the New Hartford Public Library News Ice Cream Social

The scoops are packed and another ice cream social, sponsored by the Friends of the New Hartford Public Library, becomes a wonderful memory of meetings and greetings between old and new friends, an occasional pop of a balloon animal created by Bubbles the Clown, or a face painted with lions and tigers and bears - oh my!- and the toe tapping melodies of the New Hartford Citizens Band. Then there is the ice cream with a choice of chocolate, caramel, strawberry, marshmallow toppings or all of them, and the no calories homemade cakes plus refreshing lemonade and water. What a wonderful combination! All proceeds are designated for the Joshua Turner Fund to purchase materials and programs for the Children’s and Teen Rooms at the library. \$1,277 was raised. Thank you to YOU, our wonderful community.

We greatly appreciate the support and assistance of John Cunningham and staff, donations of ice cream from Stewarts and Nicky Doodles, water from Jay-K Independent Lumber, donations from Hannaford and Trainor and a huge thank you to our wonderful volunteers: those that scoop and bake, face painters, ticket sellers, servers and imaginative Friends who created the splendid variety and very popular children’s raffle baskets,

It was a fun evening. See you next year.

MARK YOUR CALENDAR Sat., Nov. 3, 10-4 p.m.

The Bill Bonsted Indoor Miniature Golf Tournament 18 holes of indoor miniature golf in the library. Prizes, trophy for best team score. Sponsors and hole designers are needed. The Bill Bonsted Indoor Miniature Golf Tournament is sponsored by Friends of the New Hartford Public Library. All proceeds benefit the library.

FRIENDS OF THE NEW HARTFORD PUBLIC LIBRARY MEETINGS

All are welcome - Sept.15, Oct 20, Nov. 17

Friends of the NHPL Cookbooks: \$5.00
NHPL Library Tote Bags: \$2.00

Friends of the Library to Host Second Annual “Books and Bordeaux” Evening

Library supporters and book lovers - here is an event, for adults, that you won’t want to miss! The Friends of the New Hartford Public Library are sponsoring their second annual “Books and Bordeaux” evening on Friday, September 21, from 7-9. An admission of \$15 covers diverse hors d’oeuvres (from “A Movable Feast”), wine samplings, alternative beverages, and classical music.

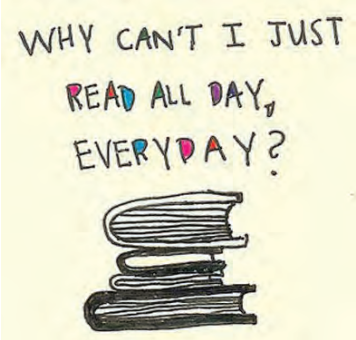
Using a silent auction, the Friends will be offering over 300 excellent books to those in attendance. Proceeds benefit the library. Tickets may be purchased in advance at the library or from Friends’ members.

Central New York’s rich local history is well represented in “Books and Bordeaux ’18.” These books make tremendous Christmas gifts! On September 21, you can find copies of T.Wood Clarke’s “Utica For a Century and a Half” (1952), Judge John Walsh’s “Vignettes of Old Utica,” Frank Tomanio’s “Looking Back: a Photographic Retrospective of the Mohawk Valley,” and Mary Centro’s “The Lost Village of Delta.” Over thirty additional regional volumes highlight the sale.

Vintage books bestow the beautiful traditions of American literature on “Books and Bordeaux ’18.” Among the volumes offered are Frank Moore’s “Women of the Civil War,” published in 1867 and a “History of the United States,” printed in 1842 by Emma Willard, a pioneer in the women’s rights movement and founder of the Emma Willard School for Girls, Troy. One of this year’s sale’s outstanding offerings is the “Beecher Book of Days,” compiled in 1886 by Eleanor Kirk. This compact, barely used book is a unique daily organizer. Philosophical quotes from Henry Ward Beecher and other 19th century writers are printed opposite the blank daily pages. You’ll be amazed when you see it!

Imagine attending a book sale and being surrounded with autographed works by famous authors! That can occur at “Books and Bordeaux ’18.” Among the event’s signed volumes are John Wooden’s “Coach Wooden One-on-One,” Anne La Bastille’s original “Woodswoman,” and Willie Nelson’s biographical “Roll Up and Smoke Me When I Die.” Nelson’s guitar-flaired signature makes this book a unique treasure. In another offering, Oliver North’s autographed “Counterfeit Lies” was the controversial colonel’s second venture into fiction. Other authors whose signed books grace the sale are Nora Roberts, John Sanford, Isabel Allende, Al Michaels, David Baldacci, and Jonathan Kellerman.

Think about it - where can you find some classy, unique holiday gifts, enjoy music and gourmet refreshments, and support your local library at the same time?! The Friends of the New Hartford Public Library hope to see you at “Books and Bordeaux ’18!”



NEW HARTFORD PUBLIC LIBRARY BOARD OF TRUSTEES SEEKING NEW BOARD MEMBERS

The Board of Trustees of the New Hartford Public Library is seeking one new member. The Board of Trustees meets the third Wednesday of each month. Trustees must also sit on a Board committee.

Residents of the Town of New Hartford interested in applying should mail a cover letter and resume to Anne DuRoss at the New Hartford Public Library, [2 Library Lane, New Hartford, NY 13413](#) or email them to her at aduross@midyork.org. Applications should be made as soon as possible.

Fall and Winter Hours

Now that summer is over we will be resuming our regular hours. Starting Sunday, September 9th we will be open from 1:00-5:00 pm on Sundays. Hope to see you then!

Library Card Sign Up Month

Did you know that September is Library Card Sign Up Month? We love that it coincides with students going back to school. Call us biased, but we think a library card may be one of the most important school supply of all! If you don't have a card stop in and we will gladly help you get one. Let us show you all that you can do and get with your library card!

We Asked, You Answered....

A huge thank you to all that took the time to answer our community survey. Your responses will help guide us in creating our Long Range Plan. We enjoyed your feedback, suggestions, and ideas. A library should reflect the community it resides in so your voices play a crucial role in what we do moving forward. Thank you!

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!

NHPL @ the NH Chamber of Commerce's Farmer's Market

Join us each Wednesday from 2:00-7:00 at the New Hartford Shopping Center for the Farmer's Market. We will be there each week with books to check out. Stop in and learn how to download eResources to your phones or tablets too. Hope to see you at this fun local event! The NHPL will be at the Farmer's Market weather permitting. In the case of heavy rain we will not be attending.

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LIBRARY NEWS

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5

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, (September 17, 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.

Chess Club

After a month of Chess Club meetings we are happy to continue with Chess in the Cafe. Stop in and start a pick up game of Chess. This program is drop-in and not facilitated. Bring a friend or play a fellow chess lover. Additional Chess boards can be found at the Circulation Desk and are for use in the Library only.

Save the Date for Kid's Programs

Kindness Rocks – Monday, October 8th 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 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!

After School Thanksgiving Craft -

Drop in after school at the New Hartford Public Library on Thursday, November 8 from 4:00-5:00 pm to make a Thanksgiving craft.

Mini Loom Weaving – Monday, Nov. 12th 11:30-12:30

Drop in and learn to weave on a mini loom.

Annual Children's Holiday Party

Join us in making a fun holiday craft on Saturday, December 8th 2:00-3:00. Holiday music, hot cocoa, and treats will be provided!

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 Sept. 25th, Oct. 16th, Oct. 30th, and Nov. 20th. All meetings start at 7:00. Books will be provided but limited to 15 participants.

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 (Sept. 24th, Oct. 29th, and Nov. 26th).

Our Book Clubs are Resuming!

After a brief summer hiatus our book clubs are up and running again. The Mystery Book Club meets on the 2nd Saturday of the month from 11:00-12:00 pm (Sept. 8th) and the New Hartford Public Library Book Club will be meeting on the 4th Thursday of the month from 1:00-3:00 (Sept. 27th).

September Artist on Display Francis Kolarits

The presentation is a collection of pictures showing some of the greatest master's works from the Renaissance period. Many of these art works dear to us since we have seen many of them as originals in the greatest museums of the world.

Display Case September - Ruth Babowicz

Teen Readers' Advisory Board

Keep an eye out for our upcoming events - Books to Movies Book Club, Current Events Club, and our next TRAG Meeting!! Details will be posted on our website. Are you a teen with a vision of what you would like our library to offer you and your peers? If so, the Teen

Readers' Advisory Board is for you! We are looking for teens that want to help plan young adult programs, have suggestions for our young adult book collection, and want a say in creating a young adult space in our library that reflects your needs. Please call 315-733-1535 for more details and meeting times.

Senior Level Yoga Classes with Bill Skinner

Classes will continue on Mondays from 3:00-4:00 through December 17, 2018. There will be no class on September 3rd in observation of Labor Day. 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, Sept 24, 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, please reserve your spot with the library 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 to register.

Does your Group or Club Need a Space to Meet?

The New Hartford public Library has meeting rooms available for the public to use. Have specific technology needs for your meeting as well? Let us know and we can try to accommodate those as well. Please call Amy at [315-733-1535](tel:315-733-1535) to book a space.

Tai Chi Classes at the library

Classes resume on September 13th and continue for 8 weeks. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required.

Basics of Alzheimer's Disease and Dementia

Join us on Monday, October 8th from 11:00-Noon for an informative presentation by the Alzheimer's Association. Come learn about the basics of Alzheimer's Disease and Dementia.

Estate and Medicaid Planning

The Ward Arcuri Law Firm and Savicki Financial Advisors will be at the Library on September 18th and October 1st from 5:30-7:30. Choose one session to attend; you do not need to attend both.

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

Back to School Basics

As summer comes to an end and our next generation of investors heads back to school, we are reminded to revisit some of the building blocks of solid financial plans. One of the “prerequisites” for a realizing successful financial plan is “Budgeting 101”. So to kick off your fall semester we are providing

you with some of our favorite budgeting tips:

Work Together: If you have a family, significant other, spouse or partner in finance, be sure that everyone is a part of the process. Getting buy-in will increase significantly your chances of budgeting success.

Organize & Categorize: If you don’t know where to get started, simply list your income and expenses for a period of time (i.e. one month or one quarter) to see where you are. Separate your expenses into needs or non-discretionary, lifestyle or discretionary, and other items which could include savings or one-time/irregular occurrences. Several tech tools are out there to help in this process including some bank/credit card sites and software tools like *Mint* or *Mvelopes*.

Set Parameters: Famed investor Warren Buffet says “If you buy things you don't need, you will soon sell things you need.” Start with the most important items (shelter, food, clothing), then move to things that provide safety and comfort (utilities, transportation, debt-repayment) and then onto everything else . One common approach is the 50/30/20 method which suggests 50% of your take home income be used for non-discretionary spending, 30% for lifestyle spending and the remaining 20% be used for savings/investing for goals or as a

buffer for the unexpected.

Budget Every Dollar: The best budgeters will allocate every dollar coming in each month to a category, even if that category is simply adding money to your checking account.

Increase Frequency: Some budgeters find it easier to work or track shorter time periods. If you are off-track 2½ weeks into a monthly budget, its easy to just throw in the towel and go wild for the rest of the month. Instead try resetting the bar every week or two weeks, giving yourself more opportunities for success and the ability to right the ship if you continue to get off track

Time Periods are Different: Budgets don’t need to be static. Summertime may have more travel, holidays can mean additional spending and snow plowing hopefully is required for only part of the year. Use the buffer in your budget to adjust for additional expenses or to increase savings in months where spending is lower.

Remember, everyone’s goals and finances are different. Don’t be too hard on yourself or compare your budget to others. Find a system that makes sense and that keeps you engaged for the long-term.

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.

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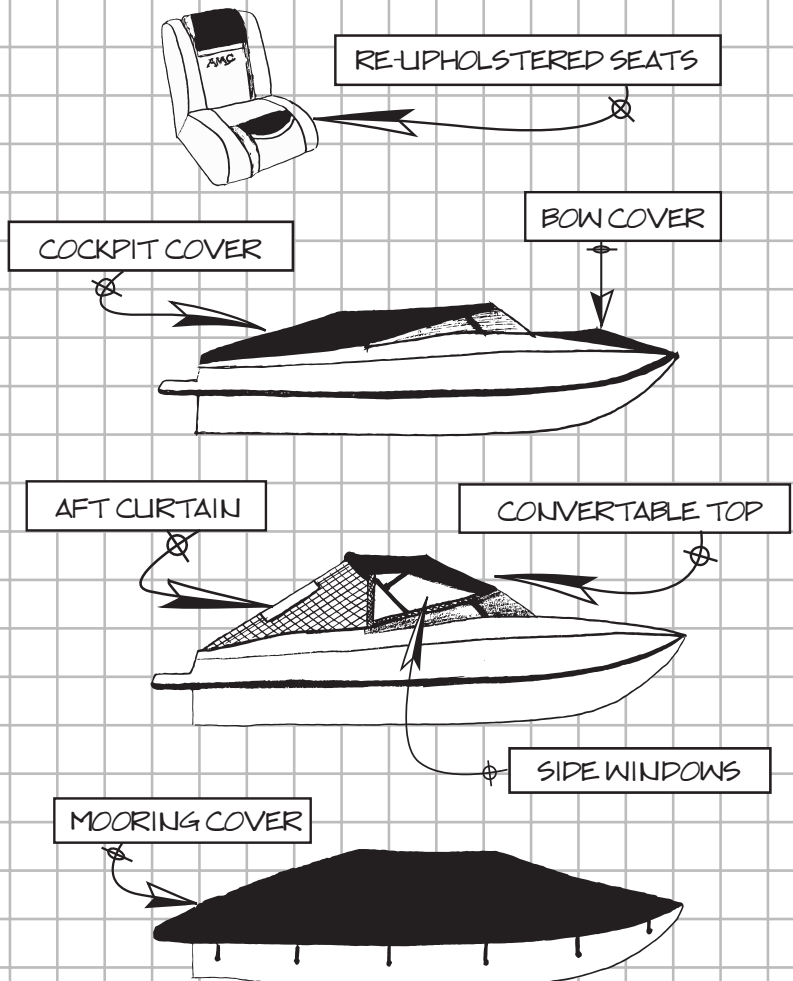
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Kaelem Michel Performance September 19th at 7pm.

Kaelem Michel is a prodigious young talent having won both concerto competitions of the Onondaga Civic Symphony and Syracuse Symphoria at the age of 12. Kaelem is cited by Carrie Lazarus as an “Extraordinary Talent” and recently was the first place winner in the Lyra Institute’s prestigious competition in New York City. He currently studies with pianist Patricia DeAngelis. This performance will include works by J.S. Bach, Beethoven, and Chopin.

He will be performing on September 19th at 7pm. At the MVCC - Utica Campus, in the Dr. Michael I.

Schafer Theater.

Tickets are \$5 General Admission and \$2 MVCC Employees. www.mvcc.edu/tickets 315-731-5721.



Nelson Participated in Elks National Foundation Convention

Katherine Nelson, a June 2018 graduate of Sauquoit Valley Central School and a 2018 Elks National Foundation Most Valuable Student Scholarship Winner, participated in the Elks National Foundation

150th Anniversary Convention in San Antonio, Texas in June. She joined 149 other Elks scholars from around the country to perform community service projects to support veterans and the San Antonio homeless population.

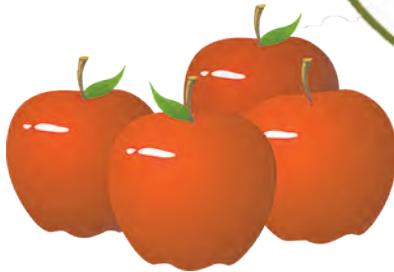
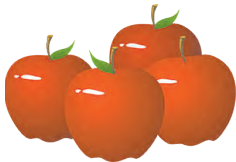
Miss Nelson was also the 2018 recipient of the Zonta Club of Utica Jean M. Coon Humanitarian Award for Outstanding Community Service. The daughter of Laura Nelson of Sauquoit, Miss Nelson will attend Vassar College in the fall, where she plans to major in biochemistry and minor in music.

Anderson Graduates and Makes the Le Moyne College Spring 2018 Dean’s List

Briana Anderson, of New Hartford, NY, has graduated from Le Moyne College with a Bachelor of Arts in Psychology, and has been named to the Spring 2018 Dean’s List. To make the list, students must achieve a GPA of 3.5 or higher. Le Moyne’s 68th commencement took place on Sunday, May 20, on the College’s campus. Approximately 630 members of the class of 2018 participated in the ceremony.



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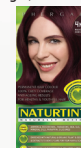
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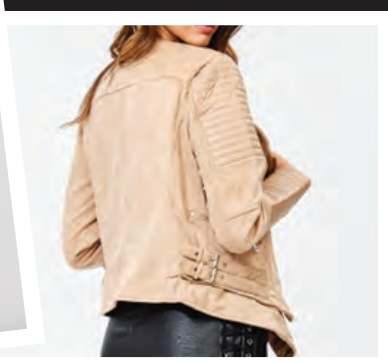
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COMMUNITY NEWS

THE TOWN CRIER 11

**Subject to change without notice*

09/01 - Football: JV Game - 9:00am vs. Oneida @ High School Turf

09/01 - Soccer: Girls JV Game - 4:15pm vs. Vernon-Verona-Sherrill @ Perry JH Soccer

09/04 - Soccer: Boys JV Game - 4:15pm vs. Oneida @ Perry JH Soccer

09/04 - Soccer: Boys Varsity Game - 6:00pm vs. Oneida @ High School Turf

09/05 - Tennis: Girls Varsity Game - 3:30pm vs. Whitesboro @ NH

09/05 - Field Hockey: Varsity Game - 5:00pm vs. Whitesboro @ High School Turf

09/05 - Field Hockey: JV Game - 6:30pm vs. Whitesboro @ High School Turf

09/06 - Soccer: Girls Varsity Game - 4:15pm vs. Camden @ NH

09/06 - Soccer: Girls JV Game - 4:15pm vs. Camden @ Perry JH Soccer

09/07 - Tennis: Girls Varsity Game - 3:30pm vs. Camden @ NH

09/07 - Cheerleading: Varsity League - 7:00pm vs. Chittenango @ High School Gym

09/07 - Football: Varsity League - 7:00pm vs. Chittenango @ High School Turf

09/08 - Soccer: Boys JV Tournament - 3:00pm vs. TBA @ Gillette Rd Middle School

09/10 - Field Hockey: Varsity Game - 4:30pm vs. Oneida @ High School Turf

09/10 - Field Hockey: JV Game - 6:00pm vs. Oneida @ High School Turf

09/11 - Soccer: Girls JV Game - 4:15pm vs. Rome Free Academy @ Perry JH Soccer

09/11 - Soccer: Girls Varsity Game - 5:00pm vs. Rome Free Academy @ NH

09/12 - Tennis: Girls Varsity Game - 3:30pm vs. Central Valley Academy @ NH

09/12 - Soccer: Girls Modified Scrimmage - 4:15pm vs. Central Valley Academy @ Hughes Soccer

09/13 - Swimming/Diving: Girls Varsity League Meet - 5:30pm vs. West Genesee @ High School Pool

09/14 - Soccer: Boys Modified Game - 4:15pm vs. Vernon-Verona-Sherrill @ Hughes Soccer

09/14 - Football: Varsity League - 7:00pm vs. Vernon-Verona-Sherrill @ High School Turf

09/14 - Cheerleading: Varsity League - 7:00pm vs. Vernon-Verona-Sherrill @ High School Gym

09/15 - Cross Country: Boys Varsity Invitational - 9am - Adirondack, Beaver River, CVA @ Perry JH

09/15 - Cross Country: Girls Varsity Invitational - 9am - Adirondack, Beaver River, CVA @ Perry JH

09/15 - Football: JV League - 9:00am vs. Vernon-Verona-Sherrill @ High School Turf

09/17 - Field Hockey: Modified Game - 4:30pm vs. VVS @ Myles Field Hockey/Lacrosse

09/18 - Soccer: Boys JV Game - 4:15pm vs. Utica Proctor @ Perry JH Soccer

09/18 - Soccer: Boys Varsity Game - 4:30pm vs. Utica Proctor @ High School Turf

09/19 - Football: Modified Game - 4:00pm vs. VVS @ Perry JH Football/Lacrosse

09/19 - Soccer: Boys Modified Game - 4:15pm vs. RFA Orange @ Hughes Soccer

09/19 - Field Hockey: Varsity Game - 4:30pm vs. Rome Free Academy @ High School Turf

09/19 - Field Hockey: JV Game - 6:00pm vs. Rome Free Academy @ High School Turf

09/20 - Soccer: Girls Varsity Game - 4:15pm vs. Whitesboro @ High School Turf

09/20 - Soccer: Girls JV Game - 4:15pm vs. Whitesboro @ Perry JH Soccer

09/20 - Football: JV League - 4:30pm vs. Camden @ Perry JH Football/Lacrosse

09/21 - Soccer: Girls Modified Game - 4:15pm vs. RFA Black @ Hughes Soccer

09/22 - Swimming/Diving: Girls Varsity Invitational - 9:00am – TBA @ High School Pool

09/22 - Tennis: Girls Varsity Game - 10:00am vs. Vernon-Verona-Sherrill @ NH

09/22 - Soccer: Girls JV Non-League - 12:00pm vs. West Genesee @ Perry JH Soccer

09/22 - Soccer: Girls Varsity Non-League - 12:00pm vs. West Genesee @ High School Turf

09/25 - Soccer: Girls JV Game - 4:15pm v s . Central Valley Academy @ Perry JH Soccer

09/25 - Soccer: Girls Varsity Game - 5:00pm vs. Central Valley Academy @ NH

09/26 - Soccer: Boys Modified Game - 4:15pm vs. Camden @ Hughes Soccer

09/26 - Field Hockey: Varsity Game - 4:30pm vs. Central Valley Academy @ High School Turf

09/26 - Field Hockey: JV Game - 6:00pm vs. Central Valley Academy @ High School Turf

09/27 - Soccer: Boys Varsity Game - 4:15pm vs. Rome Free Academy @ High School Turf

09/27 - Soccer: Boys JV Game - 4:15pm Rome Free Academy @ Perry JH Soccer

09/27 - Swimming/Diving: Girls Modified League - 5:00pm vs. Baldwinsville @ High School Pool

09/28 - Soccer: Boys Modified Game - 4:15pm vs. John F. Kennedy @ Hughes Soccer

09/29 - Football: JV League - 9:00am vs. Cazenovia @ High School Turf



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THE TOWN CRIER

COMMUNITY NEWS

SEPT. 2018

Eva Brindisi Pearlman is Recognized by AIOPIA’S 10 Best in New York for Client Satisfaction

Eva Brindisi Pearlman’s work as a Personal Injury--Plaintiff’s lawyer has successfully aided her in receiving recognition as one of the 10 Best Personal Injury Attorneys for Client Satisfaction as of 2018, acknowledged by The American Institute of Personal Injury Attorneys (AIOPIA).

This recognition signifies years of hard work, dedication and client service. Ms. Pearlman continuously works to achieve success for her clients while taking their personal situation into account and putting their needs first. Ms. Pearlman, as do all of the partners at Brindisi, Murad, Brindisi & Pearlman, make conscious efforts to go above and beyond for their clients to ensure the best outcome possible.

(AIOPIA) The American Institute of Personal Injury Attorneys is a third--party attorney rating organization comprised of 13 divisions of law. AIOPIA creates an exclusive list of “10 Best” Attorneys for each state who have received the highest degree of personal achievement while maintaining client satisfaction above all else.

The procedure for this recognition is based on client/peer nominations, through research and independent evaluation. This is a rigorous selection process and used as a credible resource list for clients during the attorney selection process.

This marks the third year Ms. Pearlman has been selected as AIOPIA’s 10 Best in Personal Injury Attorneys for Client Satisfaction in New York State, proving her achievement and success within the Personal Injury Litigation community.

Ms. Pearlman practices in the field of civil litigation with an emphasis on personal injury law. She has handled thousands of civil cases and has secured millions of dollars in settlements for her clients, many of which have been won through participating in alternative dispute resolution, such as mediations and arbitrations. Her positive history in the courtroom also contributed to this esteemed recognition.

Fall 2018 Bereavement Support Groups & Workshops Open to the Community

* Groups and workshops held at Hospice and Palliative Care, Inc. 4277 Middle Settlement Road, New Hartford, NY except when noted otherwise.*

Support Groups	Description	Time & Date	Call to Register
Adult Parental Loss	For any adult who has experienced the death of a parent. The loss of a parent is the most common form of bereavement in our country. Because of this, adult children often feel a sense of isolation and may feel an unspoken message that adult parental loss is less significant than other losses. No matter what the age of our parent or where or how the death occurred, the grief felt by an adult child can be intense and overwhelming. This group is a safe place to share feelings and experiences, ask questions, seek comfort or just listen. It is a place to receive and give support.	Thursdays 5:30-7:00 Sept. 13th 20th 27th Oct. 4th 11th 18th	Adrian Bartholomeo, LMSW 315-735-6487 ext 1070 By Sept. 6th
Brave Hearts Children’s Program Oneida County	For children between the ages of 6- 12 years old who have experienced the death of a parent, grandparent, or special person in their life. This group utilizes arts and crafts to help children recognize their own grief, understand their feelings, express them in a healthy manner, and give and receive support. Parents are requested to come early for pickup of their children at the first meeting in order to attend a parent orientation session at 7:15 pm.	Tuesdays 6:00-7:30 Sept. 11th 18th 25th Oct. 2nd 9th 16th 23rd 30th	Adrian Bartholomeo, LMSW 315-735-6487 ext 1070 By Sept. 4th
Spousal Loss Oneida County	For anyone who has experienced the death of a spouse or partner. The length of the marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning, as well as providing a safe place to share feelings and experiences, to ask questions, and to seek comfort. It is a place to give and seek support.	Mondays 5:30-7:00 Sept. 17th 24th Oct. 1st 8th 15th 22nd	Tracey Clark, MHC, NCC 315-735-6487 ext 1007 By Sept. 10th
Grief 101	An educational opportunity for any adult experiencing grief. Normal grief reactions, theories related to grief, and coping techniques will be presented via a power point presentation followed by a time for questions.	Monday Sept. 10th 2:30-4:00	Linda Clark, LCSW 315-735-6487 ext 1015 By Sept. 3rd
Grief After the First Year	An educational session for adults who are beyond the first year of grief. This session will cover what to expect as the grief journey continues, techniques to find the balance between grieving and going on, and ways to incorporate the loss into one’s identity and search for meaning.	Monday Sept. 17th 2:00-3:30	Linda Clark, LCSW 315-735-6487 ext 1015 By Sept. 10th
Grief and the Holidays	This workshop will provide practical ideas on how to embrace the holidays while grieving the loss of a loved one. During the event, attendees will have the opportunity to honor those who have died. Refreshments will be offered at the conclusion to provide an opportunity for sharing.	Sunday Oct. 21 st 2:00-4:00	Adrian Bartholomeo, LMSW 315-735-6487 ext 1070 By Oct. 11th New Hartford First United Methodist Church 105 Genesee Street New Hartford, NY 13413
Young Widows	For young widows 30’s to 60’s Often women in this age group do not have peers who are going through this kind of loss and their grief can feel very isolating. Juggling jobs, children, parents, and social obligations is hard; it feels overwhelming when spousal grief is added. This group provides the time to express and share grief, learn coping skills from one another, give and receive support and begin the healing process.	Wednesdays 5:30-7:00 Sept. 12th 19th 26th Oct. 3rd 10th 17th	Linda Clark, LCSW 315-735-6487 ext 1015 By Sept. 5th
Hospice Sangertown Walkers	For any adult who has experienced the death of a significant other/spouse. Walk and talk with others who have experienced a loss or walk as an individual in quiet introspection knowing support is nearby if wanted. Meet in front of Macy’s inside Sangertown Mall	Wednesdays 9:30 am	Pre-registration is not required. For questions call specially trained Hospice volunteers: Bertha Lawson 315-724-5026 Nan Hyde 315-737-5833

American Legion Auxiliary

Saturday September 29

Chicken BBQ

11:00am to 1:00pm or until Sold Out. located in legion parking lot Across from Lowes

1/2 chicken, salt potatoes, coleslaw & roll

\$10.00 donation

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2018

COMMUNITY NEWS

THE TOWN CRIER 13

Kristin's Fund Summer Events Make a Big Impact

Over 70 young men from around New York State attended the free football camp recently hosted by Kristin's Fund at Utica College in partnership with A CALL TO MEN.

The camp, called A CALL TO MEN Football Camp, included skills training; character development; healthy, respectful, manhood education; and prevention strategies for dating violence and sexual assault.

A CALL TO MEN educates men all over the world. Embracing and promoting a healthy, respectful, manhood prevents violence against women, sexual assault and harassment, bullying and many other social ills. A CALL TO MEN is a violence prevention organization and respected leader on issues of manhood, male socialization and its intersection with violence, and preventing violence against all women and girls.

"A CALL TO MEN has 20+ years of experience working with and training men, from the National Football League, the National Basketball Association, Major League Baseball and the National Hockey League, to the United States Military, the Department of Justice and the United Nations," explained Joe Palumbo, Kristin's Fund. "Bringing this kind of

training to young men in our community is just one piece of the puzzle when it comes to prevention and awareness of domestic violence."

Speakers and coaches for this year's camp included: Shan Foster, A Call To Men; Guest Coach: Brandon Villarreal (Purdue, ASU); Local Utica College Coach: Blaise Faggiano; and Camp Speaker: Rev. Rickie Houston, A Call To Men. Many volunteers and members of the Utica College Football Team were also in attendance.

In addition to the Football Camp, Kristin's Fund was set up at the Boilermaker Health and Fitness Expo this year bringing information and resources to the greater Utica Area. Hundreds of people stopped by the booth to show their support and helped raise approximately \$400 in donations.

"Donations are so important to what we do and they allow us to host events like the A CALL TO MEN Football Camp," said Gina Pearce, Kristin's Fund. "They enable us to further our mission of domestic violence prevention and ultimately help save lives."

Keep up with all events and awareness activities in our community by following Kristin's Fund on Facebook and Twitter. A second camp is being planned for 2019. Details and information will be available at www.kristinsfund.com in early spring.

The Stanley Celebrates with a 90th Anniversary Gala

This year marks the 90th Anniversary of The Stanley Theater in Downtown Utica. In conjunction with that remarkable occasion, a "Night of Stars" Anniversary Gala has been scheduled for Friday October 26th from 6:00 p.m. to 10:00 p.m. inside the entire Stanley Theater. Many different areas of The Stanley will be showcased with music, food, and activities. Local entertainers including "Classified," play a tribute to the 90 years of "stars," local and national, who have entertained at The Stanley over "the years," will provide the entertainment. Delicious fare from many local area restaurants will be available. Maria Alberico-Brindisi and Jackie Romano are the event chairpersons and Senator Joe Griffo is the honorary chair.

Tickets to The Stanley's 90th Anniversary Gala are just \$75.00 each, with all proceeds benefiting the operation of The Stanley. There will also be valet parking.

Tickets can be reserved by calling (315) 724-4000 or visiting The Stanley Box Office. Hours of operation are Monday-Friday 10:00 a.m. – 4:00 p.m.

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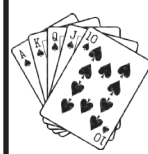
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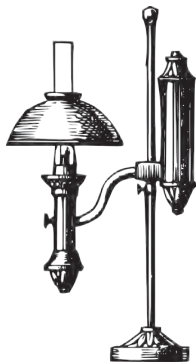
14 THE TOWN CRIER

ANTIQUE TALK

SEPT.
2018



Victor J. Fariello Jr.



Wedgwood China

I first became acquainted with Wedgwood China after meeting the well-known Utica Antiquarian Leo Albert Buskey many years ago. Mr. Buskey was an expert on Wedgwood and had studied at the Wedgwood factory in England. He also authored a book, "Josiah Wedgwood," about the company's founder. I was fortunate enough to be invited to view his private collection of Wedgwood at a very early age. The beauty of the pieces, combined with Mr. Buskey's expertise and obvious passion for this china, made a lasting impression on me.

Wedgwood is one of the most iconic of the Staffordshire potteries. It was founded in 1759 by Josiah Wedgwood, who is regarded as the "Father of English Potters." He was born July 12, 1730 in Burslem, Staffordshire, England, the 11th and last offspring of Thomas and Mary Wedgwood. After surviving an early childhood case of smallpox, young Josiah soon became an apprentice potter under the direction of his oldest brother, Thomas Wedgwood IV. He went on to work for many well-known potters of the day before starting his own factory.

Wedgwood China was known for its great design and high quality. And despite Wedgwood's pottery goods costing considerably more than the contemporary potters of the time, it did not seem to slow down the enthusiasm for their works. Although Josiah Wedgwood was responsible for several unique designs, he is perhaps best known for the very distinctive pottery known as Jasperware. It is identifiable by raised white designs on a matte finish. It was introduced in 1774 and immediately became a hit. It was made in a variety of colors but is best known for the pale blue background that is known as Wedgwood Blue. I have seen it in



The traditional white design on light blue is known as Jasperware. It is the most recognizable of the Wedgwood designs.

yellow, green, red, brown and even black. Pieces were made in every conceivable design from trinket boxes to elaborate urns.

Wedgwood is highly collectable today and perhaps the most widely collected china of all time. While there are many rare and outstanding pieces that command a high price, for the most part it is very affordable. A great deal of it was made through the years and has survived and it is still produced today.

If you are interested in learning more about Wedgwood, there are numerous books in print on the subject. Check the library first or try Amazon.com. If you are lucky enough to own some pieces of Wedgwood then you are fortunate indeed. It is as beautiful as it is distinctive. Although it may not be commanding high prices at the moment, it is like most antiques and collectables, well worth holding on to. As time marches on and quantities diminish for various reasons, the laws of supply and demand will dictate that prices go up. You can bank on them doing so.

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. 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. Your membership helps this great community asset. Send your membership today!

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. Any photos submitted will be returned upon request.



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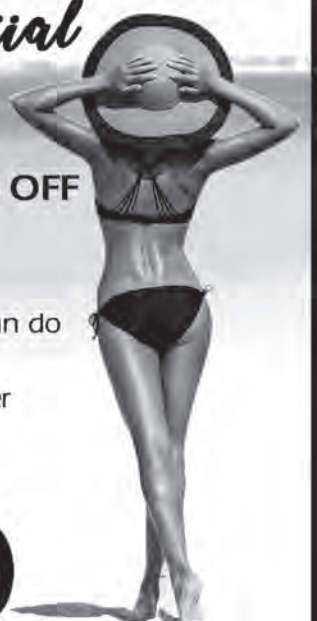
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Children and adult volunteers took part in Vacation Bible School at New Hartford Presbyterian Church during the week of July 30-August 3.

NH Presbyterian Church News

Worship services at New Hartford Presbyterian Church, 45 Genesee Street, will begin at 9:30 a.m. on Sunday, September 2nd, led by the Rev. Dr. Sue A. Riggle. Communion will be offered to all who wish to receive it.

Deacons will meet at 7:00 p.m., Monday, September 3rd.

Sunday, September 9th will be "Rally Sunday," marking the resumption of Sunday School. Beginning that day, worship services will return to the regular 10:30 a.m. starting time. Child care will be available. Sunday School programs for children and adults will begin at 9:30 a.m.

New Hartford Presbyterian Women will meet at 7:15 p.m. on Monday, September 10th, to begin planning for the Fall activities, including the rummage sale on October 4th.

Church committees will meet at 7:00 p.m., Tuesday, September 11th. Members of the session will meet at 7:00 p.m. on Tuesday, September 18th.

On Sunday, September 23rd, members of the congregation will prepare and serve the evening meal at Hope House in Utica.

"Noisy Sunday" will take place on Sunday, September 30th, when children in the congregation will collect coins for the pastor's discretionary fund.



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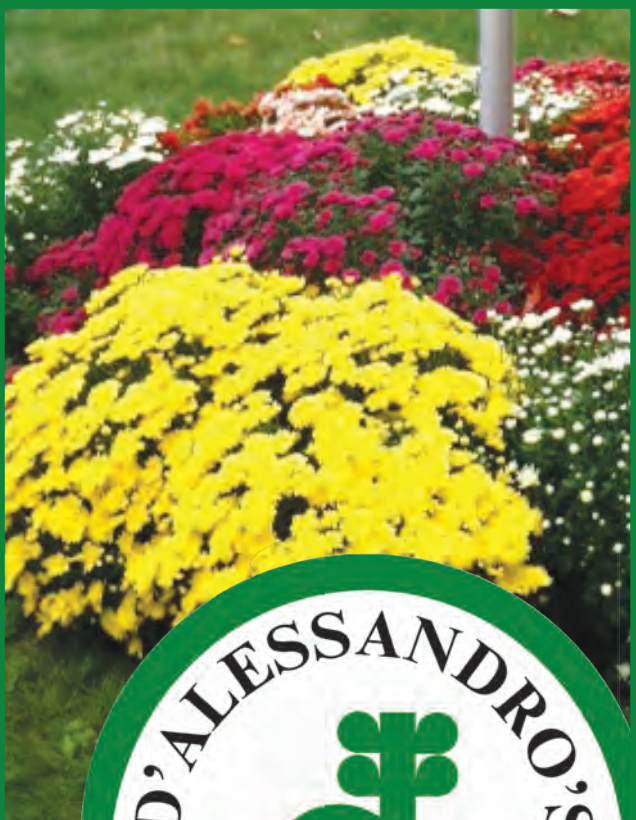
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New Hartford Highway News


submitted by Highway Superintendent, Richard Sherman

As summer draws to a conclusion, I want to thank the many residents who helped us with their brush pick-up by placing it at the curb. It has been a busy summer with a lot of brush. The two new brush compactor trucks have worked well for the brush pickup. Next season the Town will work on green waste decals for the containers. The LAST brush pick will be the first snow fall of the season.

Leaf removal will begin as warranted in the months of September and 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 an

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Wednesdays in September
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September 5th & 12th
4:00 - 8:00pm



Chamber Night

September 18th 5:30 - 7:30pm

Join us for Chamber Night at Cunningham Custom Jewelry on Commercial Drive. Enjoy appetizers and happy hour beverages as we network with fellow members, their employees and guests.

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Admission is \$10 for NH Chamber Members, their employees and guests. The public is welcome with a \$20 admission charge. Please register on website.

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Essential Body Health ~ Mohawk Valley Open Mic ~ Signature Realty
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Active Aging Week

Submitted by MaryJo Timpano

Each year during the last full week of September Community Wellness Partners joins the International Council on Active Aging to celebrate aging and to promote the benefits of a healthy lifestyle. This year active aging week takes place September 23-29 across organizations, communities and the nation. In a society that typically views aging as a period of decline and with an attitude that our best days are behind us, this week signifies our commitment to challenge negative stereotypes about aging and stay true to our vision, “to inspire and nurture successful aging”. This year’s theme, “Inspiring Wellness” gives all of us the opportunity to share this commitment with our community.

A recent edition of the Journal on Active Aging talked about “a life well lived”, a hope we all cherish. We know from the MacArthur Foundations research on successful aging that most of how we age is determined by lifestyle factors. These lifestyle factors include being physically active, having strong social connections, feeling like you have meaning and purpose in your life and being in environments that support this lifestyle. Community Wellness Partners would like to invite you to spend part of your active aging week with us. It is our hope that you’ll be inspired to try a new activity or make a new connection that will continue long after active aging week is over. If you are 60 years or older you are cordially invited to:

*1 free visit to the Wellness Center during the week of September 24-September 28. The center is located at the Presbyterian Residential Community on the Presbyterian Homes & Services campus. Please call our Wellness Center Director, Maurine Farruggia at (315) 235-2817 to schedule your visit.

*A Game of Trivia at Preswick Glen Tuesday

September 25 from 11:00-12:00. Please arrive no later than 10:45. Research shows that challenging the brain by learning new things and engaging in intellectual activities can enhance mental abilities and improve memory! Preswick Glen is located at 55 Preswick Drive in New Hartford.

*Preswick Glen Walking Club Friday September 28 from 9:15-10:15. Please meet at Kirkland Town Park promptly at 9:15. Keep moving by joining us for a brisk walk in nature and meet some new friends in the process. Being physically active can reduce our risk of chronic illness and helps us feel good! The park is located at 3314 Post St. in Clinton. For more information contact Sari at (315) 734-9586.

All of us at Community Wellness Partners are looking forward to taking this journey of “a life well lived” together!

“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.

RPEA Membership Meeting and Breakfast

The next scheduled RPEA Membership meeting and Breakfast will be held on Thursday, September 13th at Holiday Inn, 1777 Burrstone Road, Utica. The cost will be \$9.50 per person. Registration begins at 8:30am, Buffet style Breakfast begins at 9am. The Legislative Panel will start at 10am and the Membership Meeting and Election of Officers Members at Large begins at 11:30am. Door prizes will be awarded during the meeting. Invite a friend, they are always welcome.

Register by mailing your check to Elaine Dziadyk, 119 Hampton Road, Frankfort, NY 13340. Please RSVP by September 6th. If you have any questions, contact Elaine at 315-735-7228.

Sitrin Hosts 7th Annual Stars and Stripes Run-Walk

Sitrin’s annual Stars & Stripes Run~Walk, the major fundraiser for the Health Care Center’s Military Rehabilitation Program, will be held on Saturday, October 6, 2018 at the SUNY POLY campus. It will mark the 7th year for the event, which has raised more than \$650,000 since its inception.

This patriotic, family-friendly event attracts hundreds of people each year. Many form teams in honor or in memory of loved ones currently serving, or have served, in the armed forces.

“Teams have been busy raising money all year through golf tournaments, their own run/walks, chicken barbecues, cornhole contests, bake sales, and other endeavors,” said Chery Jassak, special events/planning associate at Sitrin. “Thanks to their dedication, and the support of the community, Sitrin can continue to provide care to post-9/11 veterans at no cost to them.”

Sitrin’s Military Rehabilitation Program is unique in that it combines traditional therapies (occupational, physical, aquatic and speech) with family integration therapy, individual psychology intervention, physical readiness training, and planned helpfulness. Sitrin’s program also includes recreational therapy, such as fly fishing, archery, TRX Suspension Training, sculling, adaptive sports, equine-assisted therapy, and an annual Warrior Retreat for veterans and their families.

“Veterans affected by post-traumatic stress, traumatic brain injuries, spinal cord injuries, amputations, and other combat-related conditions truly benefit from our innovative approach to care,” said Jacqueline Warmuth, vice president of clinical development at Sitrin. “Realizing the complex needs of post-9/11 veterans, this program also focuses on suicide prevention, providing a vital network of support from specially trained and highly compassionate staff.”

Registration for the Run~Walk will start at 7:30 a.m. A continental breakfast is included. The event will feature a 5K run, 5K wheelchair race, 2-mile walk, and a military-inspired obstacle course.

There is a \$25 entry fee. Any participant who donates or raises \$125 will receive a commemorative t-shirt. Additional incentives are also available.

Opening ceremonies will begin at 9 a.m., followed

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cont. from page 20.

by remarks from local veteran Nick Phelps, who will share his story of time in the military, reintegration into civilian life, and experience working with Sitrin. Capping off the ceremony will be a balloon release, sponsored by Adirondack Bank, during which local veterans will release balloons in memory of a military brother or sister.

The wheelchair race will begin at 9:30 a.m., the 5K run at 9:45 a.m., and the 2-mile walk at 10 a.m.

This is also the 7th year that Adirondack Bank has been Presenting Sponsor of Sitrin’s Stars & Stripes Run~Walk.

“Adirondack Bank believed in Sitrin’s Military Rehabilitation Program from the very beginning and enabled us to launch the first Run~Walk,” said Sitrin President & CEO Christa Serafin. “We are deeply grateful to Adirondack Bank and its employees for their continuous and generous support, as well as to all sponsors of this event.”

Additional sponsors include Mohawk American Legion Post 25, New Hartford American Legion Post 1376, SAL Utica Post 229, SAL Oriskany Post 1448, Harland J. Hennessey Post 5538, Ilion Elks Lodge 1444, The Good News Center, Mohawk Valley Association of Realtors, BAE Systems, Bank of America/Merrill Lynch, BNY Mellon, Sodexo, Hannaford Supermarkets, American Legion Post 1309, Parkway Drugs, Utica Boilers, New York Central Mutual, and WKTV News Channel 2.

There is still time to take part in the Stars & Stripes Run~Walk. To register or donate to the event, please visit sitrin.com/starsandstripes.

In addition to military rehabilitation, Sitrin provides a variety of services for

people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), independent living (Georgian Court Estates), NeuroCare, residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), adaptive sports, specialized care clinics, dental clinic, aquatic therapy, wellness center, and child care center.



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COMMUNITY NEWS

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11th Annual Kirkland Cyclocross Race to Benefit Kirkland Town Park

The 11th Annual Kirkland Cyclocross Race (KCX) will be held Sunday, September 23rd at the Kirkland Town Park in Clinton. There are 16 categories of races throughout the day beginning at 9:00 A.M. and finishing at 3:20 P.M. This official USA Cycling event, sponsored by the Mohawk Valley Bicycling Club (MVBC) is part of the 2018 NYCROSS race series. All proceeds raised will benefit the Kirkland Town Park.

In 2017, the Kirkland Cyclocross Race drew over 160 participants from neighboring states, as well as our local community. In ten years it has raised nearly \$18,000 for the Kirkland Town Park to help repair and improve its facilities.

The KCX course is a short loop of challenging terrain completely in the park making it spectator friendly. Each section of the course offers a different view of the racers and their skills. Riders of all ages are welcome and encouraged to compete for over \$600 in cash and prizes. There is also a free kids "race" for children up to 10 years old at 1:00 P.M. and a food vendor on site to make it a great family outing. Registration online at BikeReg.com is highly recommended but you can also register on race day up to 20 minutes before your event.

Join us on September 23rd at the Kirkland Town Park to cheer on the racers, ring the traditional cowbells or just watch the fun!

For more information, visit www.bikereg.com/kcx2018 and www.nycross.com.

EKG Tech Program Offered

BOCES Continuing Education is offering an EKG Technician Program. It is scheduled to begin September 19, 2018 and run on Monday and Wednesday evenings through December 3, 2018 from 5-9pm at OHM BOCES in New Hartford.

This course will prepare you for the critical task of administering EKG's, as well as Holter monitoring and stress testing. Students who successfully complete the course requirements will be eligible to sit for the certified EKG Technician (CET) exam through the National Healthcareer Association (NHA). Certification exam fees are not included in the course tuition. A high school diploma or high school equivalency is required. Purchase of textbooks required. Visit www.moboces/adulted for textbook information

Course Schedule: Monday and Wednesday (9/19/18 – 12/3/18) 5:00 – 9:00 pm. Location: OHM BOCES – New Hartford. Tuition: \$780.00.

Pre-registration is required. Students must be registered by September 12, 2018. To register or for more information, please call our office at (315) 793-8696. Online registration is also available @ www.moboces.org/adulted



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COMMUNITY NEWS

THE TOWN CRIER 23

The All-New American Girl Live Musical is Coming to Utica!

Kids Oneida announced today that the premier production of American Girl Live will be coming to the Stanley Theatre in early 2019 and will be a benefit for the non-profit agency. The all-new musical begins its North American tour this fall and features an all-female creative team and cast. The tour is a collaboration between American Girl and Mills Entertainment.

Kids Oneida CEO/executive director Steve Bulger states that “The premise behind the American Girl brand is to inspire children to be their best, which is a philosophy that has also been the foundation of Kids Oneida since the beginning. The tie in is perfect – it will offer children and their families a memorable evening out in Downtown Utica and live-engagement with a beloved brand while at the same time supporting the work that we do to keep our community’s families together.”

SHOW DETAILS:

- Two performances: Tuesday, January 15, 2019 and Wednesday, January 16, 2019
- 7:00pm Showtime
- Location: Stanley Theatre in Downtown Utica

TICKET SALES:

- Pre-sale tickets available starting Friday, August 17, 2018 for Broadway Theatre League of Utica and Stanley Theatre members along with Kids Oneida Staff. Pre-sale tickets must be purchased in person at the Stanley box office Monday-Friday from 10am-4pm or via phone at (315) 724-4000
- Available to the general public on Wednesday, August 22, 2018
- Ticket prices with range from \$40 to \$50 and a special VIP ticket will also be available for \$75 that will include orchestra seating and a meet and greet with photo op.

** The show will offer limited seating – only 1,000 seats will be sold for each performance night.

About Kids Oneida

Kids Oneida, founded in 1997, is an innovative, community-based provider that facilitates individual and family-driven services to restore social, emotional, behavioral health and well being to keep families together. They currently provide support to over 1,100 individuals and families each day – prenatally through end of life – in over six counties.

About American Girl the Musical

Experience American Girl® in an all-new musical! American Girl Live is a premiere stage production, featuring all-original songs and unforgettable experiences. Come along to sleepover camp with some new friends for an exciting summer away from home. As bold tales of bravery and friendship come to life,

iconic American Girl characters lend a hand through story and song. Join your favorite American Girl characters and the campers as they follow their hearts, share their dreams, and learn the power of friendship.

American Girl is a premium brand for girls and a wholly-owned subsidiary of Mattel, Inc., a creations company that inspires the wonder of childhood. Headquartered in Middleton, WI, American Girl offers an inspiring world of dolls, content, and experiences that nourish a girl’s spirit and help develop her strength of character. Best-selling lines include Truly Me™, Girl of the Year™, Bitty Baby™, WellieWishers™, and American Girl’s classic historical characters. The company sells products through its award-winning catalogue, on americangirl.com, in its proprietary U.S. experiential retail stores, as well as at specialty retailers nationwide. By inspiring girls to be their best, American Girl has earned the loyalty of millions and the praise and trust of parents and educators.

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Who Do You Think You Are?"

Submitted by Kristy Lenuzza

One day I'm the poster girl for maternal figures nationwide, channeling my inner Tami Taylor all "clear eyes, full hearts, can't lose," hip swings and all. Not even twenty-four hours later I'm giving Rhea Perlman a run for her Emmy as Carla Tortelli takes over my system with feisty mega eye rolls and nobody stands a chance.

In the past, I would ruminate over this flip of moods and blame my kids or my husband or a creative block or the chair for this drastic shift. Then on cue, these judgments would ricochet with harsh aggression straight back to me with self-blame and shame ready to beat me down. I would jump right into "Kristy, you're so _____." I want to say that I filled that blank in with "together" or "capable" or "strong" but instead it was every adjective that left me cringing instead of craving more. I'm "moody" and "sensitive" and "judgmental" and "selfish." Talk about mental exhaustion.

It takes a lot of energy to camp out in your head for so long. But we do it. We think a thought for long enough that we begin to believe it as real. Sometimes the labels are celebrated: "generous," "responsible," "outgoing," "independent." More often than not, our minds fly quicker to self-label as "moody," "neurotic," "sloppy," "uptight," "irresponsible," "needy," "stupid" and the list goes on and on.

With all of this labeling, we leave no room to even entertain the possibility that we may be both. But since we don't like being wrong and are terrified of change, we are bound to fight for our limitations instead of open our minds to this option. Afterall, it is our choice to become whole. The ball is well in our court to see that for every descriptor we use for ourselves, its opposite twin resides somewhere deep inside us.

"Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries."

– Carl Jung

Sure, I can be neurotic, but I can also be balanced. Of course, I can be reactive, but I can also be level-headed. Do I tend to lean more one way over the other? Absolutely. What's helped? That small little two-letter word: be. This one mini powerhouse of a verb alleviates the set in stone label that we so often put on ourselves and others. It frees us to be more adaptable and comfortable without feeling confined by words. Which at the end of the day, is what they are. Mere words. But words matter. Words turn into thoughts, which turn into beliefs. There's a big difference between "I am reactive" and "I can be reactive." There's way less wiggle room when you say "I am uptight," instead of "I can be uptight." The latter is lighter leaving space for growth and change. It also offers you a chance to break out your best Chandler Bing impersonation and who doesn't want that? The former, well, you're pretty much set to be uptight for the rest of your days.

When we put the time into doing the work and understand ourselves better, we realize that for many years (even decades) we've been sailing through life with ideas of who we are. Don't get me wrong; it's

not all degrading, cheap shots to our egos. Many of us know our strengths and feel confident about them. The problem comes when we become so comfortable with our strengths or our weaknesses that we leave no room for its opposite to enter our life. We have told ourselves that we are _____ and not _____ for so long that we begin to believe it. We give ourselves hall passes not to take chances because we become so committed to who we think we are. Combine that with outside opinions from the peanut gallery that is our loved ones, and we begin to fall into what we think is our personality instead of choosing to create who we want to be. Why? Because let's be honest, it's so much easier to give in than to fight the good fight. You may convince yourself that you don't care or maybe you came from a family where if you showed an ounce of emotion you were considered "overreacting" so you chose to play it cool. In the end, you're the one who is voluntarily giving up a part of your identity.

Author, Shakti Gawain, and many others in the field of personal development and psychology delve into what is known as our primary and shadow selves. When we become so attached to our primary selves, we disown its "twin" or our shadow selves and become lopsided. We fall into the labeled boxes and have no idea how to get out of them. How do we know what our shadow selves are? Think of a person who drives you straight up bonkers. Like if they got hit by a bus, okay, a soft tap, and not hurt, just enough to scare them a little bit and wake them up, you'd be okay with it. Then list at least three characteristics about this person that you can't stand. These, my friend, are your shadow selves.

What if for a week, as an experiment, you chose to pay attention to where and how you label yourself and who you allow to negatively or positively reinforce these labels. Who triggers you? Why?

Could it be that when you label yourself as independent and strong your shadow self is needy and weak? Or marking yourself as humble shoves your greedy and proud self into the dark? Is there a middle way? The goal isn't for a drastic transformation, (which, by the way, if that does happen, go you! All for it and keep rocking on with your bad self.) but instead for you to see where you can tip your inner self in a more balanced direction. How can you look at your twin characteristic as a positive? The tougher it is, the more likely you'll benefit from this exercise.

"You might not want "irresponsible" on your tombstone, but perhaps you don't always have to be the most responsible person in the room, in a relationship, or in your department. Neediness might disturb you because it makes you feel weak or childlike, but aren't there times when you do need to lean on the strength of others or to experience sympathy and comforting?"

– Shakti Gawain, The Relationship Book: A Path to Consciousness, Healing, and Growth

Take the time to see where you can aim for wholeness. Shelve "good" or "bad" for a week, a day, an hour. Have fun with it. Look at it as a compliment when people who know you give you the raised brow and chin flick of "What's up?"

"Do I contradict myself? Very well then, I contradict myself. I am large; I contain multitudes."

Walt Whitman

Build your resiliency in being uncomfortable with change. Afterall, you have nothing to lose except the opportunity to find your whole self. Kind of worth it. Take the plunge and see what comes to the surface. You may surprise yourself and become a role model for others to do the same.

Kristy Lenuzza is a writer, speaker and personal development trainer whose focus is helping

you find your voice through creative communication techniques. If you are interested in working with Kristy one on one or booking her for a speaking engagement or "Sow to Speak" workshop, please contact her at kristy@kristylenuzza. You can follow her blog at www.kristylenuzza.com.



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HISTORICAL SOCIETY

SEPT.
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NEW HARTFORD PAST TIMES

SEPTEMBER 2018

NEW HARTFORD HISTORICAL SOCIETY



A NICE GIRL FROM MAIN STREET 1917-1937



Helene Chadwick, born 1897 on Elm Street, Chadwicks, NY and Died in 1940 at age 42 in Los Angeles, California.

Daughter of George Chadwick founder of Chadwicks, New York, Helene was discovered while on a visit to New York City with her Mother who was an opera singer. She was persuaded by an artist friend to pose for one of his paintings. A film producer saw the work and after contacting Helene, discovered she was an experienced horsewoman, which is what he needed for a film he was shooting. The film was "The Challenge" in 1916.

One of her directors was quoted: "She was one of the loveliest things I or James Abbe ever looked at. Marvelous profile, fine little ears, beautiful hair, splendid shoulders – a true psyche. An yet, even then she was a real nice girl" She is a well poised dramatic actress who may yet astonish the world with a compelling piece of work."

Her home in Hollywood was a bungalow with her mother and her Airedale dog. Helene's first films were with the Pathe Pictures in Manhattan and from there she moved to Calif. She made pictures with Samuel Goldwyn, Warner Bros., Columbia, 20th Century Fox, Metro Goldwyn Mayer and Paramount. She was a star from 1920 to 1925. This was the height of her career and her salary was \$2,000 per week, excellent pay for that era.

From 1929 – 1935 she was a character actress or an extra. She was a star in silent movies but when talking movies came out they did not like her voice. In 1937 she had a bit part in "A Star is Born".

Helene married William Wellman a producer in 1921 and divorced in 1923. He directed "Wings" and won an academy award.

Helene died at age 42, an accident in her home. She fell over a chair and sustained injuries to her left side and eye.

DO YOU HAVE A STORY?

Do you have a fond memory of growing up in New Hartford? A favorite place? Artifacts of times past? Please share them! Your story may be considered for publication on our website or featured in our monthly article.

Send your story and photos to:

chrismartin@newhartfordhistory.com

HELP SUPPORT US!

The New Hartford Historical Society thrives on donations both monetary and items of interest that are relevant to the community. We are always looking for new interesting items, photos and documents to display in the museum or to assist in the illustration of our town's history.

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 Individual, \$17 Family, \$2 Students and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.


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Part 2: Things We Inadvertently Teach Children

In Part 1 of this series I took a look at Missed Opportunities For Teaching Children. Missed it? You can find it here: <https://jenniemazzajones.com/part-1-missed-opportunities-for-teaching-children/>.

Now, I want to take a look at some things we may be doing and their unintended consequences.

Because kids learn more from what we do than what we say. Because they are constantly watching us, looking to us for the next move; they are continually learning from our role modeling.

Even though this can be terrifying, it can also be an amazing opportunity to use the way we interact with children to help them learn and grow.

Let's take a look at some common scenarios and what children learn from them.

When children are rushed by adults: Life is busy and we have things to do, it's just easier if we put the jacket on for them. They are taking too long to pack their sports bag, it's faster to do it for them. We have an appointment to get to, there is no time to stop and look at the worm on the ground. Young children are so dependent on the adults in their lives that it's hard for the adults to not take over. And I get it, as a society we *are* rushed. There is constant pressure to get it done and on to the next thing; so, even as kids grow there is the temptation to do for them what they can do for themselves. On the flip side however, when we do this, we are creating dependence and taking away opportunities to learn to try. They learn they are not capable of Velcroing their own shoe. That we do it best. That there is no time for slowing down to soak up the beauty of the present situation. That there is no time to look at that flower. That life must go quickly.

When adults force kisses on children or force them to hug or kiss a family member: They are shown that they are not the authority on their own body. That their feeling of aversion or discomfort can't be trusted. That they need to give into the will of others. We are living in the age of consent and #metoo. It's important to help kids understand what it means to have authority over

their own bodies. When we allow children to speak for themselves we are showing them what it feels like to be respected which in turn helps them learn to respect others.

When we fix situations for them: We hate to see our children struggle. Like when they can't get the wagon to hook up to the back of their toy tractor and they are crying in frustration (the story of my daily life), or when it seems like they spend every game sitting the bench, or when they are fighting with friends. These situations can feel like absolute torture and it's natural to feel like we need to "fix" them. However, "fixing" it for them doesn't contribute to helping them learn or grow into the independent adults we know they can be. Instead of hooking up the wagon for them, we can allow them to work at it through the frustration while validating their experience and offering encouragement. Instead of talking to the coach, we can brainstorm with them ways to speak to the coach on their own. Instead of confronting their friend for them, or telling them how to handle a social situation, we can ask for their thoughts on what they think they should do and support them through it. These alternatives can serve to help kids learn to manage the frustration, disappointment and sadness all while having an adult as a supportive and encouraging presence.

Was this helpful? Email me your thoughts at jennie@jenniemazzajones.com.

Are you feeling like the daily struggle is just too much? Are you worried your child may have needs that extended beyond what you are currently able to offer them? Do you live in Central New York? If you are interested in learning more about psychotherapy and play therapy for your child I can be reached at 315-737-3094 or jennie@jenniemazzajones.com

Jennie Mazza Jones, LCSW, RPT, CCPT has a private practice located in Clinton NY, where she specializes in providing psychotherapy to children and their caregivers utilizing Play Therapy. Jennie helps kids who long to feel accepted, want to do well, and wish they could control their worries, anger, and behaviors, but struggle because they communicate in a way that

many adults don't understand. She also helps parents/caregivers who want to help the important children in their lives reach their truest potential, but are afraid to make the wrong move, fear the worst, or are just unsure of what to do next. Jennie can be reached 315-737-3094, jennie@jenniemazzajones.com and www.jenniemazzajones.com.



New Hartford School Board Member Jim Stephens Recognized with Board Achievement Award

submitted by Robert J. Nole, Superintendent

The Oneida-Madison-Herkimer Counties School Boards Institute has awarded New Hartford Board of Education member Jim Stephens with a Certificate of Achievement Award, which recognizes the continuing participation in school board professional learning activities.

Per Superintendent Robert Nole, "Jim has devoted much of his time to ensure quality education is provided to the students of New Hartford. The vision and information that he brings back from training sessions is immeasurable."

Stephens was originally elected to the Board in 1994 and is currently serving in his fourth term. He has participated in numerous leadership training opportunities and regional workshops. He was presented with a certificate at a recent Board of Education meeting.



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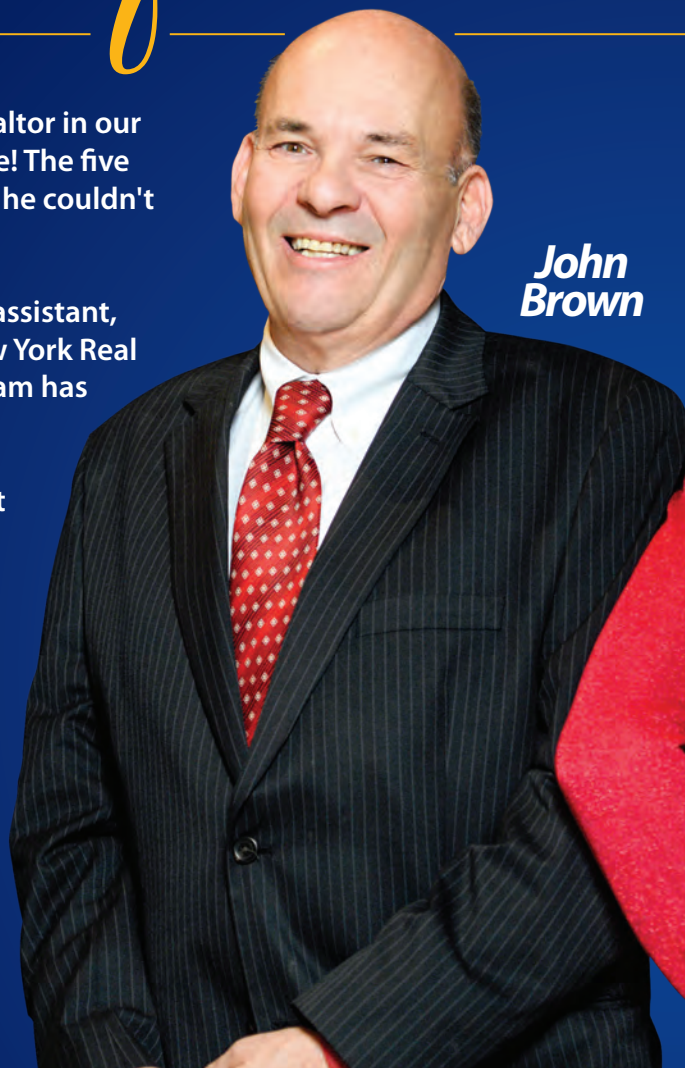
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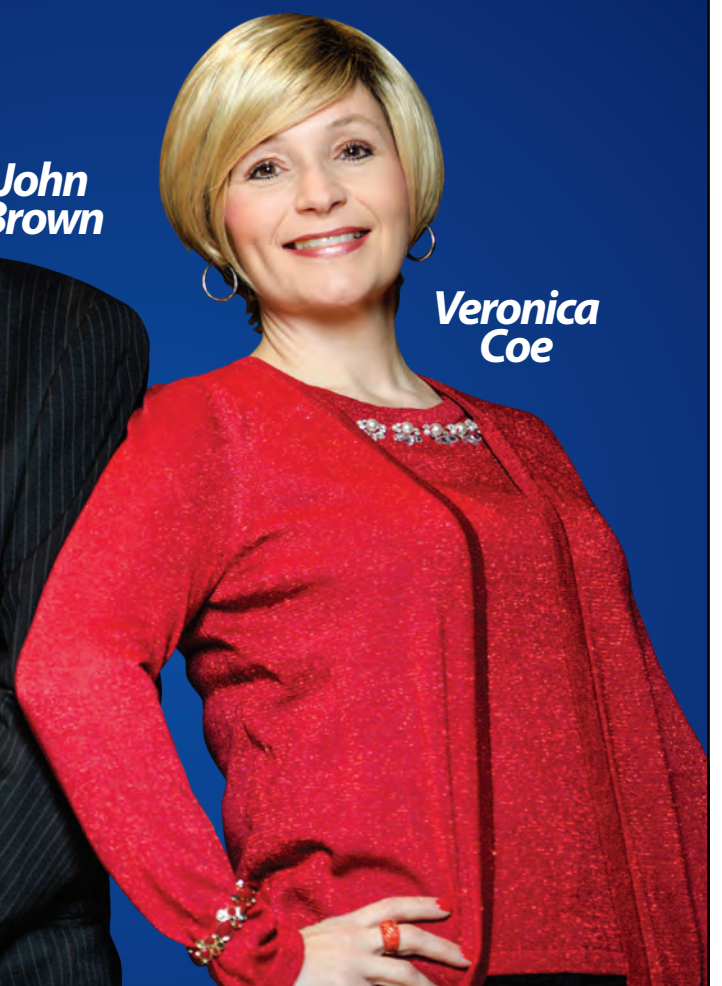
John hired Veronica Bunce Coe, as a licensed assistant, pioneering the "team concept" in Upstate New York Real Estate. This concept grew his business. The team has grown as has John & Veronica's friendship.

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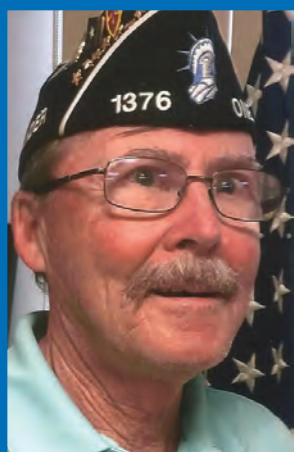
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Duane R. Clark, NH American Legion Post 1376 Elected as Oneida County Legion Commander

Duane R. Clark, a 47 year member of the New Hartford American Legion Post 1376, was recently elected to serve as Oneida County Legion Commander. There are currently 24 Legions in Oneida County to oversee as Commander.

Duane proudly served in the United States Army for 22 years, with tours in Africa, Thailand, Vietnam and Desert Storm.

He is an active member of the outstanding Legion Color Guard and served as 1st Vice Commander for several years.

Duane is the 1st New Hartford Legion member to attain this honor in 64 years.

He retired as a NY State Corrections Officer after 25 years of service.

New Hartford Legion Post 1376 is proud to have a member of our Post to serve as Oneida County Legion Commander.

Congratulations Duane!

30 THE TOWN CRIER

NHFD NEWS

SEPT.
2018



NHFD Fire Prevention Committee Schedules 2nd Annual Kick-Off To Fire Prevention Month

The New Hartford Volunteer Fire Department's Fire Prevention Committee has scheduled the 2nd annual Kick-Off to Fire Prevention Exhibit and Open House, Saturday, Sept. 29, at the fire station, 4 Oxford Road, New Hartford. The event runs from 11am to 2pm.

"October has traditionally been known as Fire Prevention Month throughout our community and the nation. Although fire prevention education is highlighted during October, it is on-going all year long for the department. In an effort to further our fire safety education, the committee has scheduled an open house that will feature various displays, apparatus, tours of the fire station, a display by Edwards Ambulance Service, and a chicken barbecue. The more fire prevention education awareness we can provide, the safer our community residents and businesses will be. It is events like this that continue to fulfill our mission to protect and save lives," said Assistant Chief and Fire Prevention Chairman Richard Alexander Jr.

The event begins a very busy season of fire prevention programs at the area schools for grades Kindergarten through senior high and various businesses throughout the fire district. Last year, the committee participated in more than 16 different programs which included tours of the fire station.

Saturday's event features a complete chicken barbecue dinner for just \$ 10 per dinner. Proceeds will help support the activities of the fire prevention committee in its efforts to purchase various training and educational supplies. Last year, the committee used the proceeds from the chicken barbecue to purchase two AED trainers. The trainers will be used during fire safety presentations to this year's Junior and Senior high school students and during public educational events.

In 2017, the fire prevention committee spent over 386 hours presenting programs to over 2,541 children and 168 adults. These numbers do not include public fire prevention programs, at area businesses, in which the department participated.

For more information on your New Hartford Volunteer Fire Department, please visit our web site at: www.nhfd.com.

The New Hartford Volunteer Fire Department's 15th Annual Fire Truck Spectacular Results

The 15th annual New Hartford Volunteer Fire Department's Fire Truck Spectacular proved to be another great success that featured 40 departments and over 70 pieces of both new and antique equipment.

The event, held the third Thursday in July, continues to draw individuals and families from all over Central New York. Fire Departments from Oneida, Herkimer and Onondaga counties attended. In addition to the regular events taking place, such as the fastest gear and ice cream eating contests, the New Hartford Police Department conducted a very successful Child Safety Seat Inspection program. The Oneida County Sheriff's Department provided a child ID program and the New York State Police demonstrated the Seat Belt Convincer. Also CNY Drones held an educational program and demonstrations. The event also collected non-perishable food items for the Feed our Vets program.

During the evening the public had the opportunity to vote for its favorite department in several categories. This year's winners are:

Best Appearing Pump/ Engine: Vernon FD;

Best Appearing Ladder Truck/ Tower: Clinton FD;

Best Appearing Tanker: Sauquoit FD;

Best Appearing Rescue: Clayville FD;

Best Appearing Squad: Sylvan Beach FD;

Best Appearing Ambulance: St. Johnsville;

Best Appearing Antique: New York Mills FD;

The department traveling the farthest distance: Lyncourt FD.

This year's event was proudly sponsored by, Tallman's Tire, Steet-Ponte Auto Group, Nicky Doodles, JPJ Electronics, Edwards Ambulance, Gates-Cole Insurance Agency, The Traveler's Insurance, Dippin Donuts, Churchville Fire Equipment, A&P Master Images, PJ Green, and Big Frog 104.

Next year's event is scheduled for Thursday, July 18, 2019.

For additional information please visit...www.nhfd.com



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Red Cross Blood Drive

The Clinton United Methodist Church, 105 Utica Road, Clinton,
will be hte site of a Red Cross Blood Drive on
Saturday, September 8th from 8am to 1pm.
Donors are urgently needed.

Please make appointments with Bill Rudge at 315-853-6300 or at
Rudge44@aol.com. Walk-ins will be welcomed and much appreciated.

NHFD News

Your New Hartford Volunteer Fire Department responded to record of 92 calls during the month of July as indicated by the monthly call report listed below by category:

Fires	=	5
EMS	=	51
Hazardous	=	3
Service Type	=	11
Good Intent	=	7
Other Alarms	=	15
Weather Related	=	0

Total Calls for the Month of July 2018 = 92.
Total calls year-to-date through July 2018 = 650.
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.

Importance of Understanding
911 Continued

The article below is a continuation of the 911 article that appeared in the August issue of *The Town Crier*. We previously explained about the importance of the “I Am Responding” system (see the June 2018 issue of *The Town Crier*) and what it means not only to your fire department but to our community. Last month our focus was on the “Importance of Understanding the 911 System.” The article covered the following topics: (1) Making sure your street address numbers are clearly displayed on the front of your home and mailbox, (2) Not programming the 911 number into a speed-dial button on your cellular or home phone, (3) Knowing how to dial 911 from your workplace phone, and (4) Assisting individuals with special needs or chronic illnesses prepare for an emergency.

Below is the continuation of that article:
Text-to-911 service is available in your area. Though texting in today’s tech-savvy and gadget-filled society has become commonplace, a few U.S. jurisdictions have systems in place that let users send texts. Here in Oneida County we have had this capability since November 2014. Text to 911 is to be used when unable to communicate with your voice – for those hearing impaired, hiding from danger, etc.

The 911 Dispatcher will need to know the address of where you are, including an apartment number. They may ask you if you are able to call 911. Photographs and videos will NOT work. Therefore, please do not try to send them. Cell phone carriers do not go by county lines. You may be in Oneida County and hitting a cell tower outside the county that may not have text to 911. You’ll receive a message that text to 911 is only available with Verizon and AT&T users. There is no cost for texting to 911.

As 911 centers across the country replace their older



technology with newer equipment, these capabilities will become more commonplace; however, at this time, it is recommended that if you need emergency assistance from your local first responders, call 911 and speak directly to a 911 Emergency dispatcher so the right help can be sent.

During an emergency
When you dial 911, stay on the line and do not hang up. You might notice longer-than-normal silence before the phone starts ringing, because 911 calls are routed differently than other calls you make. Do not hang up; the call will ring through. Remain on the line until you are told by the tele-communicator that it is okay to hang up.

Emergencies don’t happen to most people every day, so your adrenalin will be pumping. Take a deep breath, and begin to listen very carefully. If you focus intently on listening, you will be less likely to become excited and shout; since many tele-communicators wear headsets, shouting is unpleasant for them. Do the best you can to speak at a normal speed and volume level.

The tele-communicator is going to ask you questions designed to get the information needed in order to dispatch the proper personnel and equipment; he or she will then input that information, in a particular order, into the CAD system. Answer only the questions that are asked.

Do not speak, unless you are spoken to. This is critical, because what seems like silence to you may not be silence at all. Often, the tele-communicator may be speaking on a radio to police, fire or EMS personnel, in order to start the process of getting you the help you need to your location.

It is important to understand that their voices often will be muted to the caller on the 911 line during these radio transmissions; so, while the caller only hears silence, the tele-communicator may be listening to multiple users of a complex multichannel radio system. If you begin talking, it might force the tele-communicator to stop talking or listening to emergency responders, that may delay help getting to you.

If you accidentally dial 911, do not hang up the phone. Simply stay on the line and explain to the tele-communicator that you accidentally dialed 911 and that there is no problem or emergency at your location. Depending on the agency’s policy concerning misdialed 911 calls, you may still have a law-enforcement officer show up to ensure that no one needs assistance; nevertheless, it is important to let the tele-communicator know that it was an accident and that there is no emergency at your location. This simple action could prevent the needless injury of a first responder racing to make sure your incomplete call is not an actual emergency.

Coach friends and loved ones to dial 911 themselves. Many times an individual (often an elderly person) will be hesitant to call 911 for assistance and instead will call a trusted friend or family member to report a problem. The friend or family member then will recognize that the situation calls for an emergency response and call 911. When possible, instruct the friend or loved one to hang up their phone and dial 911 immediately. Regardless of whether a medical, fire or police response is needed, the tele-communicator needs to ask questions that often only the individual in the midst of the situation will be able to answer effectively.

Problems faced by 911 tele-communicators:
Never provide a phone to a child to utilize as a toy —

even if the phone is no longer subscribed to an active cellular account. Unfortunately, many people provide their old cell phones to small children to play with; they don’t realize that, even though their phone can no longer make standard calls, it never loses the ability to place a 911 call. While some parents opt to simply remove the battery from a phone, providing phones as toys is not recommended.

Security panic buttons can lead to false alarms. As a standard practice, most alarm companies offer subscribers “panic buttons” on their alarm panels that let them simply hit buttons for police, fire or medical services. Generally, these buttons are a dangerous nuisance. They often are in poorly placed locations on the keypad; as a result, residents accidentally hit them when attempting to activate or disable their alarm upon their arrival or departure from their home or business. Accidents like these cause unnecessary false alarms and could result in a needless vehicle crash and injury of a first responder responding to the false alarm. Also, children often enjoy pushing the colorfully labeled blue, red and green buttons, not realizing their actions set into motion an emergency response of many variations. While these silent panic buttons are valuable if a subscriber needs to summon assistance and is unable to speak for some reason, it always is recommended that when someone needs emergency assistance, they should pick up a phone and dial 911 to speak with a tele-communicator, rather than hitting a button on an alarm panel.

Make sure a tele-communicator can call back to a medical-alert device. Many different brands and styles of medical-alert devices are available to consumers—some are monitored by an alarm company, some ring into registered nurses, while others simply dial 911. Sometimes, these devices are worn on a necklace while others take the form of a box that sits near a phone connection. Unfortunately, there are very few regulations governing the industry that operates and programs these devices, and the results are dangerous.

Some devices utilize technology that mirrors phones that no longer are subscribed to a cellular provider. While this type of device is convenient—there often is no monthly monitoring or subscriber fees—this results in an inability for the tele-communicator to call back the individual needing assistance, which is vitally important should the call become disconnected.

Citizens who want to utilize a medical-alert device like this should make sure that tele-communicators can reconnect with the individual needing help. Units that are not monitored by an alarm company or registered nurse, or which cannot be directly called back by a tele-communicator, are not recommended.

The public has clear expectations of the tele-communicators who take their call at a 911 center: they want assistance as quickly as possible. However, many citizens—perhaps most—never have taken into consideration that tele-communicators also have certain expectations of the callers requesting assistance. Taking a moment to familiarize yourself with the best practices of the 911 system outlined above will allow you to meet these expectations, and ensure that your loved ones are better prepared to face an emergency—and that just might save a life.

For information on your New Hartford Volunteer Fire Department please visit- www.nhfd.com.

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10 Rib B Que 10:30 Knitting/Crocheting 11:00 Aerobics 9:30 Pastel Art 1:00 Sr. Theater Prod. 	11 Sweet/Sour Meatballs 10:00 Bridge & Canasta 11:00 Chair Yoga 10:00-12:00 Computer tutoring 	12 Pork Chopette 11:15 Caregivers Carol Shepard 	13 Lasagna Roll Up 10:00 Canasta 11:00 Senior Band  	14 Turkey Cold Plate 10:00 Bridge 11:00 Aerobics 
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24 Oven Brown Chicken 9:30 Pastel Art 10:30 Knitting/Crocheting 11:00 Aerobics 1:00 Sr. Theater Production 	25 Beef /Noodles 10:00 Bridge & Canasta 11:00 Chair Yoga 10:00-12:00 Computer tutoring 	26 Bratwurst 11:00 Jeff Glatt Keyboard 11:45 Birthday Party 	27 Sliced Turkey 10:00 Canasta 	28 Fish Nuggets 10:00 Bridge 11:00 Aerobics 

An outreach worker from Oneida County Office for the Aging will be here at 11:00 am., the first Wednesday of each Month to answer your questions.

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If you have any questions about any of our programs Please Call us at 724-8966

**Oneida County Office
For The Aging
Nutrition Program For The Elderly**

New Hartford Police Chief Michael Inser-rawill be here Sept. 19 at 11:15 to speak about SCAMS.

Senior Band will be here Sept
13th at 11:00
Chair Zumba at NH Library Thurs-
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Rome books are on sale at the Center
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while supplies last.**

Bridge
**Bridge players wanted!!
Every Tuesday and Friday at 10:00 am
Come join the fun!!**



Please Remember
**If you wish to reserve lunch please call us
no later than 12:00 pm the day before you
would like to join us for lunch. Along with
Certain meals there are “alternates” avail-
able . If you are unable to eat the entrée
please ask if there is an alternate avail-
able.**

CANASTA PLAYERS NEEDED
INQUIRE AT THE FRONT DESK

NH Senior Center at Willowvale Fire House

Submitted by Eileen Spellman, Senior Center Coordinator.
Mailing address 48 Genesee St. New Hartford, NY 13413.
Email espellman@townofnewhartfordny.us. Tel # 315-724-8966

New Hartford Senior Center Health Fair and Flu shot Clinic at Willowvale Fire Department is scheduled for Thursday Oct 4th. 9:00am to 1:00pm. Come join us and meet the area representatives that help and work for our Seniors. There is a lot of valuable information for you and your families. The Senior Band will play at 11:00 a.m.

We have a new art class taught by Connie Watkins called Introductory to the World of Pastel Art \$6.00 a class It starts Monday, Sept. 10, 17, 24 and Oct. 1. It's not just chalk anymore. 9:30 to 10:40 a.m. Supplies needed: 140 weight water color paper and soft pastels. You will enjoy this class. Please call to reserve a space.

We have Bridge and Canasta here. Check menus for dates Aerobics Monday and Friday at 1100 a.m. and use of the All American Fitness Center Tuesdays and Thursdays 10:00 a.m. to Noon

We have our AARP Driving Class scheduled at the New Hartford Public Library one day class 8:30 a.m. to 3:30 p.m. and the New Hartford Square Apartments, two day classes 10:00 a.m. to 2:00 p.m. Yoga Class 11:00 a.m. Tuesday and Zumba, 10:00 a.m. Thursdays are now at the New Hartford Public Library. Call 315-724-8966 to reserve a space for AARP Driving Class, for the other 2, just show up.

We have Seniors and their families asking about a list of vendors for Personal Emergency Response Unit. The most common are the following:

Health Care Monitoring Systems, Inc; Oneida Health Care Center Life Line; Phillips Life Line; Response4Help and Verizon-Lifeline Service.

You can request and see if you are eligible for a PERS unit through the Office for the Aging. The case manager will call the client or a family member if preferred to make an appointment to come out to the client's home and do an assessment and see what his or her eligibility is. There is currently a waiting list for this PERS Program Any questions, please call the Oneida County Office for the Aging and tell them you want information about the Personal Emergency Response Unit. 315-798-5456

Sept. 5 at 11:00 a.m. Oneida County Outreach Worker will be here every first Wednesday of the month

Sept. 13, Senior Band at 11:00 a.m.

Sept. 15 at 11:15 a.m. Cindy Shepard will speak about Care Givers

Sept. 19 Town of New Hartford Police Chief will speak to the Seniors about Scams and what to be aware of. We want to keep our Seniors safe.

Sept. 26 at 11:00a.m Jeff Glatt will play the keyboard for the Birthday Party entertainment.

Every Tuesday we have Charlie Ernst play the keyboard. What a treat for us and then we have the Senior Band play and sing at least once month. This center is a very nice place to be, great food, people and staff.

Bingo at Willowvale. Bingo is at 6:30 doors open at 5:30 p.m.

There is food available for you if you wish to have you supper here. Prices are reasonable and meals are good. Come and have an enjoyable evening

Angels Among Us, St. John the Evangelist Church Food pantry at 1 Sherman St. New Hartford is open twice a month, Saturday, September 14 and Sept. 28 10:00 AM-12 Noon.

We have free day old bagels thanks to Bagel Grove and Gary Kielar who brings them in every Wednesday.

Smart Shopper Books are available and make great gifts. You will get this years and next years are \$20.

September is beautiful month and you see the joy of the young ones going back to school and taking part in the many school activities. We have been most fortunate to have volunteers from New Hartford School come here and volunteer.

I also want to thank the St. Elizabeth's College of Nursing for their support and volunteering. Thanks to these people we are able to do much more for our Seniors.

Stay hydrated, drink lots of water. It has been a hot summer and we need to take care of ourselves. Get plenty of exercise, read a good book, visit a friend, check out the Farmers Markets in New Hartford every Wednesday starting at 2:00p.m. to 7:00p.m.

In the event of food insecurity and food emergency issues, please contact the St. Johns Rectory from 9AM to 2PM at 325-732-8521.

The Good News Center September News

Bible Study: Galatians – Set Free to Live by Jeff Cavins and Gayle Somers

Galatians is a study that will reignite your love for God as you learn of the astonishing love God has for you. Paul's letter to the Galatians speaks directly to the heart of Christians and addresses the most important question we can ask: "What must we do to be saved?" This fascinating letter reveals the merciful love that God the Father has for us, his children. It speaks of the extraordinary gift of salvation that Jesus has won for us, and it explains how we can unite ourselves to Christ's redeeming sacrifice through faith and love. Join us on this study Wednesdays, September 12th – November 7th, 10 am-12 pm or 6 pm-8 pm at The Good News Center, 10475 Cosby Manor Rd, Utica. To register call 315-735-6210 or email Michele at mjones@thegoodnewscenter.org. Cost is \$20.00 per person.

Women at the Well

Meets 6:30– 8:00 PM on the last Tuesday of each month at The Good News Center, 10475 Cosby Manor Rd., Utica. Have you been looking for a place or group where you could share your thoughts and experiences about God, Jesus, the Holy Spirit, prayer, Scripture or your own spiritual growth? All Christian women of any age are invited to come to Women at the Well to enrich their awareness of God in their life and become more attentive to the ways He nourishes them each day. Facilitated by Sister Mary Ellen Schopfer, CSJ, Spiritual Director, this evening becomes a time for receiving insights, as well as gaining support. For

details call The Good News Center at (315)735-6210 or visit us online www.thegoodnewscenter.org.

Luncheon Series: "St. Michael and The Archangels"
The Good News Center, 10475 Cosby Manor Rd, Utica, invites you to join us as we welcome Annette Gape. Annette serves as a certified Director of Faith Formation at Historic St. John's Church. She was trained through Loyola Institute for Ministry and has been a facilitator here at The Good News Center leading our Bible Study. Annette will help you celebrate the Feast day, September 29, of "St. Michael and The Archangels." Come and learn about St. Michael, St. Raphael, St. Gabriel and the other Archangel's role in Salvation history. Through Scripture, prayer and art we will explore the relationships between the Archangels and God's people. Join us on Tuesday, September 25th from 11:00 am – 1:00 pm. Cost is \$12.00 per person or \$10.00 for 1992 Club members. Please register by September 18th by calling 315-735-6210 or visit www.thegoodnewscenter.org.



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Licensed R. E. Salesperson

paulsacco1013@gmail.com



Where did Labor Day come from?

Labor Day was created as a way to acknowledge and pay tribute to the workforce for all that they have done to make our country prosperous and strong.

The first Labor Day was celebrated in New York City, and other cities followed this example in the following years. It was in 1894 that Congress passed a law making the first Monday of September a legal holiday.

Now that you know... have a great Labor Day!



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Is a Will or Trust Right for You?

If you have a will, there’s a question you should be asking yourself: “Do I also need a trust?” You might be surprised. A revocable living trust can be a useful estate-planning tool for people at all income levels, not just the very rich, says Lisa Montano, an Estate Planning Strategist for Wells Fargo Advisors.

Knowing the basics. “It depends on your individual circumstances, but most people should at least consider a revocable living trust,” Montano says. You set up the trust and then transfer your property and other assets into it. Most people name themselves as trustee—the person who manages the assets within the trust—but you can also choose someone else or an institution. If you are serving as trustee, you’ll need to name a successor trustee to distribute your assets at your death.

A properly created living trust may be more expensive to set up than a simple will, but it gives you greater control over when and how your assets will be distributed

after your death, Montano says.

Other benefits. Here are three other advantages of trusts:

• **Avoid probate.** Probate is the process the court system uses to distribute your assets according to the terms of your will. If you have a trust, you avoid the fees and delays associated with probate.

• **Privacy protection.** Because probate is a public process, anyone can go to the courthouse and see the details of your will, Montano says. A living trust will keep the terms of your estate secret.

• **Built-in incapacity planning.** If you have a financial durable power of attorney (POA), you have already named someone to take over your affairs in case you become incapacitated, but Montano says it can be difficult for an agent named under a POA to step in and handle your financial matters. In contrast, with a revocable living trust, successor trustees seem to have an easier time having their powers recognized by financial institutions. However, if you have a revocable living trust, it is still advisable to have a POA. A successor trustee has power to manage only trust assets.

The importance of a will. If you have a simple estate, don’t have a lot of assets, and live in a state that doesn’t have a lengthy or complicated probate process, a simple will may be all you need, Montano says, but consult with a qualified estate planning attorney first.

One final note: If you decide to create a revocable living trust, make sure you discuss with your attorney how to put assets into the trust, otherwise those assets may still be subjected to the probate process.

Our firm does not provide tax or legal advice.

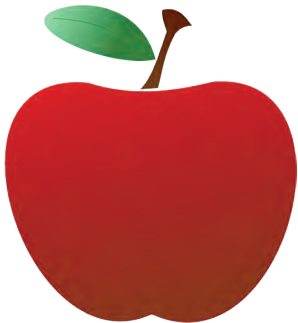
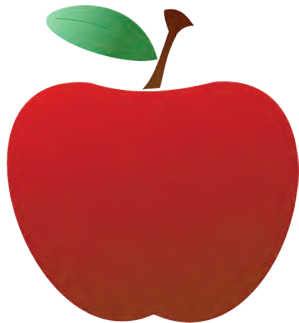
Trust services available through banking and trust affiliates in addition to non-affiliated companies of Wells Fargo Advisors. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

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WALK

FOR CROHN'S & COLITIS

Sunday, September 30, 2018 Masonic Care Community
Check-In 9:30 am Walk Starts at 10:30 am

Take Steps for Crohn's & Colitis is the Crohn's & Colitis Foundation's National Walk. You can make a difference. When you walk, you'll help raise funds for cures! Learn More, Contact : Joan Mansfield-Hazaz, 646-899-0622 or email jhazaz@crohnscolitisfoundation.org



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THE TOWN CRIER

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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

10:00 am Coffee Hour

10:30 am Worship Service

After September 9th we will have two services:

Worship at 9 am and at 10:45 am.

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: crosspointchurchonline.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 9:30 a.m., led by the Rev. Dr. Sue A. Riggie.

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 Harrieff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-724-3179. www.uuutica.org

Sunday services at 10:30 AM

Aug. 5: Do'An Prajna Sabunim, guiding teacher of Lotus Heart Zen in Oneida will be the speaker.

Aug. 12: Rev. Lynn Ashley is the guest in the pulpit. She is Minister Emerita of the Unitarian Church of Barneveld,

where she led the congregation for more than seven years.

Aug. 19: Glenn Coin. "I am a humanist." UU Utica member Glenn Coin will discuss how he became a humanist and what humanist philosophy tells us about how we should best live.

Aug. 26: Rev. Erin Djaka Holley will lead her first service as our newly installed minister.

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.

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Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

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NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

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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

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10:45 - Sunday School for Elementary Ages

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12:10 - Communion Service Only Wednesdays

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7616 E. South Street, Clark Mills - 853-6138

Fr. Kevin J. Bunger. Deacon Gil Nadeau

NH Class of 1968 Reunion

Class of 1968 New Hartford High 50TH Reunion dinner will be held on October 13, 2018 at the Yahnundasis Golf Club. Other activities are planned. For details email Ken Jackson at kjackson@rochester.rr.com.

Please come to help us celebrate!

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

We are unable to contact the following people: Randy W Bullock, Kathleen Callan Corr, Barbara Fisher Lewis, Susan G Harrington, Neal G Heiman, George Hopkinson, John R Johnson, Celeste Peters Pylman, Donna M Peters.

Please email Ken if you have any contact information for these classmates.

Parkinson Support Group
Presbyterian Home
3rd Tuesday
of each month
at 12:30
797-7500
for more information

38 THE TOWN CRIER

FAITH IN NEW HARTFORD

SEPT.
2018

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)

8470 New Floyd Rd.
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

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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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New Hartford, NY 13413

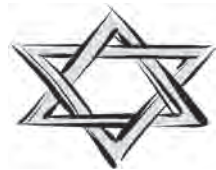


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BEIT SHALOM

48 Franklin Square, Utica, NY 733-2867
Rabbi: Stephen Galiley
Friday Evening Shabbat Services: 7:00 pm
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
Holy Day Schedule 2018 / 5779
Saturday, September 1st - 6:00 P.M.
Events and Service for Selichot
Sunday, September 9th - 7:30 P.M.
Erev Rosh Hashanah
Monday, September 10th - Rosh Hashanah
Family Service 9:00 A.M.
Morning Service (Shacharit) - 10:00 A.M.
Tashlich Service (Casting) Right after Morning Service
Washington Mills Athletic Park, 3695 Oneida St. New Hartford
Friday, September 14th - 6:00 P.M.
Erev Shabbat Shuvah
Sunday, September 16th - 2:30 P.M.
Cemetery Service (Roberts Road, Sauquoit)
Tuesday, September 18th - 6:45 P.M.
Erev Yom Kippur - Kol Nidre
Wednesday, September 19th - Yom Kippur
Family Service 9:00 A.M.
Morning (Shacharit) Service - 10:00 A.M.
Seeking Everyday Holiness (Mussar study session) 1:00 P.M.
Afternoon Service 3:00 P.M.
Memorial (Yizkor) Service (Approximate) 4:45 P.M.
Concluding (Neilah) Service (Approximate) Following Yizkor
Break the Fast, Immediately following Concluding (Neilah)
The Break the Fast is being sponsored by Joanie and Michael Basloe and Sisterhood in memory of Victor and Ruth Merdler, Sheldon Basloe and Peter Basloe.
Sunday, September 23rd - 12:00 P.M.
Erev Sukkot Religious School Celebration
Wednesday, September 26th
Sukkot Dinner and Service in the Sukkah - 5:00 P.M.
Sunday, September 30th - 6:00 P.M.
Simchat Torah Service with the Temptations

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

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RUMMAGE SALE

New Hartford
Presbyterian Church
45 Genesee St, New Hartford

Thursday
Oct 4th
9am-3pm
Bag Sale at 1:30



O Holy St. Jude!
Apostle and Martyr,
great in virtue and rich in miracles,
near kinsman of Jesus Christ,
faithful intercessor for all who invoke you,
special patron in time of need;
to you I have recourse from
the depth of my heart,
and humbly beg you,
to whom God has given such great power,
to come to my assistance;
help me now in my urgent need
and grant my earnest petition.
I will never forget thy graces and
favours you obtain for me
and I will do my utmost to
spread devotion to you.
Amen

St. Jude, pray for us and all who
honour thee and invoke thy aid.
(Say 3 Our Father's, 3 Hail Mary's,
and 3 Glory Be's after this.)
~ A.J.F.

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