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Vol. 33 No. 8  
August 2019

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2019 New Hartford Highest Honor Graduates - 96.0 and Higher \* Indicates a weighted cumulative grade point average over 100

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |   |
| Nicholas Adair*   | Laura Allen   | Rawan Aly   | Lucas Amanna  | Nathaniel Bennett*  | Sarah Berntson  | Abigayle Buchholz   | Natalie Burns   |
|  |  |  |    |  |  |  |  |
| Rosemarie Burynski  | Matthew Chiffy  | Kaitlyn Daley   | Natalie D'Amore   | Gabrielle DeSanctis   | Ryan Geary  | Kayla Gray*   | Marco Greico  |
|  |  |  |    |  |  |  |  |
| Brandon Holmes  | Donovan Kearney   | Kiana Kennedy   | Megan Lorenz*   | Juliet Marhamati  | Cormac McIntosh*  | Tanya Melnyk  | Nathaniel Oczkowski   |
|  |  |  |    |  |  |  |  |
| Maya Padula   | Isabella Previte*   | Nawreen Quazi*  | Sierra Radley   | Holly Sagrestano  | Ariella Sprague*  | Olivia Tucker   | Katelyn Valette*  |
|  |  |  | <p><b>High Honors - 94.0 - 95.9</b></p> <p>Anika Amidon, Claudia Biernat, Bailey Brennan, Shane Calhoun, Matthew Cioni, Margaret Clive, Chloe Elsenbeck, Liam Evans, Linda Jiang, Noah Love, Danielle Luvera, Juliano Macera, Thomas Moe, Thomas Mumau, Katherine M. Nelson, Antonio Ricco, Emma Schmid, Sei Sei, Anthony Trevisani, Sebastiao Vale de Gato, Emily VanWagoner, Isabella Vitagliano, Mian Zain</p>   |   |   |   |   |
| Kayla Viti*   | Xavier Zaitzeff   | Safia Zaman*  | <p><b>Honors - 90.0 – 93.9</b></p> <p>Jarod Babicz, Nicholas Buchholz, Raymond Burynski, Abigail Cahill, Caroline Deck, Madison Desmarais, Austin Dropkin, Joshua Farmer, Shaye Gardinier, Andrew Gossin, Blake Hobin, Victoria Jones, Chloe Kem, Hannah Klockowski, Sydney Lambert, Jacob Lingley, William Locke, Matthew Manzelmann, Aadam Mirza, Sophie Norton, Benjamin Petell, Matthew Pietryka, Ashley Pope, Oscar Pratt, Maya Rahn, Liam Ronan, Kristen Sellars, Thomas Skinner, Hannah Smith, Jordan Smith, Mari Sosnowski, Katlyn Springer, Destaney Stanley, Hailey Valenti, Caitlin Vandermark, Haley Wagner, Samuel Ward, Karima Wines, Caleb Wu, Olena Zhylytsova, Bianca Zumpano.</p> |   |   |   |   |





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THE TOWN CRIER


Community News

AUG.  
2019


**NY Mills**  
UNION FREE SCHOOL



Valedictorian:  
Abbey Copperwheat



Valedictorian:  
Kaitlyn Kulawy



Salutarian: Angela Chen

**NY Mills High School  
2019 High Honors Graduates**

Val: Abbey Copperwheat - daughter of Michael & Melissa Copperwheat  
Val: Kaitlyn Kulawy - daughter of Christopher & Julie Kulawy  
Sal: Angela Chen – daughter of Tony Chen & Ai Xiang Lin

**High Honor Graduates:** Abbey Copperwheat, Angela Chen, Nicholas Despins, Kaitlyn Kulawy, Sarah Sharpe and Karilynn Tramacera.

**Honor Graduates:** Gillian Biel, Gretchen Biel, Kaitlyn Carman, McKenzie Keator, MaryGrace Kehrli, Morgan McGauley.

**Sauquoit Valley High School  
2019 High Honors Graduates**



Val: Danielle Mangini



Sal: Vanessa Verenich

Val: Danielle Mangini - daughter of Robin and Chris Mangini  
Sal: Vanessa Verenich – daughter of Anatoly and Nadia Verenich

**High Honor Graduates:**  
Danielle Mangini, Vanessa Verenich, Luke Stayton, Kimberly Whittaker, Allyson Grief, Caitlyn Longway, Alexandra Price, Morgan Screeder, Adrianna Grande, Kiley Lazarek

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Saturday @ 7:30  
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**THE TOWN CRIER**

## Library News

**AUG.  
2019**



**2 Library Lane 315-733-1535**

### The Friends of the New Hartford Public Library Have Some Great News!

They have been chosen by the Hannaford located at 50 Kellogg Rd. as the latest non-profit to benefit from the Community Bag Program. This means that for the entire month of August, the Friends will receive a \$1 donation every time the Community Bag is sold. All you have to do to support The Friends of the New Hartford Public Library is go to the Hannaford located at 50 Kellogg Rd. throughout the month of August and pick up the bag! Thank you for your support. For more information on the Hannaford Helps Reusable Bag Program, visit [Hannaford.bags4mycause.com](http://Hannaford.bags4mycause.com).

### Check Out What Your Library Card Can Get You Now!

The New Hartford Public Library is thrilled to announce some new additions to our “collection”. Thanks to the generosity of the Friends of the New Hartford Public Library, patrons can now check out park passes to area parks. We currently have two park passes, The Wild and Adirondack Experience. Your library card gets you a discounted entry price into the parks. Please be sure to call the Library to book your pass now. 315-733-1535. Additional information can be found on our website under Services ([www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)).

### New Hartford Public Library Birthday Party

“20 years on Library Lane Birthday Bash!!!” The New Hartford Public Library will be celebrating 20 years on Library Lane, by hosting a birthday party in the library garden on Monday, August 19<sup>th</sup> at 3:00pm. Open to the public! Join us for cake, ice cream, and a bounce house for the kids!

\*Bounce house generously donated by Rich Doherty of 3 Brothers Party Rentals/Ice Cream and cake generously donated by The Friends of New Hartford Public Library

### Town of New Hartford Farmers Market

Look for the New Hartford Public Library at the Town of New Hartford Farmers Market. The farmers market is held at Sherrill Brook Park on Tuesdays from 3:00-7:00pm, continuing through September. For more information, go to [www.newhartfordfarmersmarket.com](http://www.newhartfordfarmersmarket.com)

### Rocking Chair Reader Story Time

Volunteers read to children every Friday at 11:00. 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.

### Story Time Continues All Summer Long!

Tuesdays & Thursdays 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children’s Area/Corasanti room.

Portions of the Summer Reading Programs are supported by The Friends of the Library and the Joshua Turner Fund. The above programs are drop in. Please call 733-1535 for more information or check the library website.

### Summer Reading Logs

School’s out, but reading continues! Come in and pick up a Summer Reading Log at the circulation desk or from Miss Ashlyn. Read for 10 hours, (or have someone read to you) mark off your reading log, and then come into the library and pick out a free book! We also have free kid’s meal bookmarks from Texas Roadhouse (kids 12 and under) that you can pick up while supplies last!!

**KIDS DROP-IN SESSIONS - NO REGISTRATION REQUIRED**

Friday, August 2, 11:00-1:00 LEGO play

Thursday, August 8, 11:30-12:30 Makedo Cardboard Construction

Friday, August 9, 1:30-3:00 Puzzles & Games

### YOUNG ADULT AND ADULT PROGRAMS – REGISTRATION REQUIRED

#### YA Melt and Pour Candles

Thursday, August 1, 1:00-2:00. Teens will make their own scented candles. All materials are provided. Registration is required. Please call 315-733-1535 to register.

#### Social Artworking Young Adult and Adult Painting Party

Monday, August 5, 6-8:30pm: A fun night for YA and adults to paint a Modern Bouquet and enjoy refreshments. This session includes up to 24 people, ages 16 and up.

We will have a registration form at the circulation desk. The session is free and all materials are provided!

#### Yoga for Seniors with Bill Skinner

Classes on Mondays from 3:00-4:00 and continue through the end of the year. 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.

#### Mystery Book Club

Saturday, August 10th, 11:00am-12:30pm; this month’s title is The Word is Murder by Anthony Horowitz. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

#### Wanderlust Book Club

Tuesday, August 20th, 5:30; August’s selection is Anil’s Ghost by Michael Ondaatje.

#### NHPL Book Club

No meetings scheduled for August.

### August Art on Display Utica Art Association

The Utica Art Association Member’s only Photography Show will be on display in the New Hartford Public Library for the month of August. With a few interruptions, the Utica Art Association (UAA) has been in existence since 1836, and continues today with monthly meetings held at the Heritage Home at 7pm on the last Monday of each month from September through June. Programs vary between critiques of member’s art work to presenters providing educational demonstrations on their own specialties and knowledge. The Association is always looking for and welcomes new artists to broaden their membership’s interest and collective knowledge. For more information, please go to the Utica Art Association’s website at [www.uticaartassociation.org](http://www.uticaartassociation.org).

### Display Case August The Questers - Antiques

2019 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2019. If you are interested in displaying your artwork, call the library at 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 1:30 -3:00. All supplies are included but space is limited. Please call 315-733-1535 to register.

### Important!!!! Tai Chi Classes at the Library are on Hiatus

Classes will resume on September 12, 2019 and continue for 8 weeks.





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The Bill Bonsted Indoor Miniature Golf Tournament  
Saturday, November 2, 2019  
10-4 p.m.  
All Ages Welcome.  
\$5.00 per person

Come play 18 holes of miniature golf inside the library where you don't need to worry about the weather. Test your skills as you weave among the book shelves through masterfully designed holes by community members, add your name to TROPHY for lowest team score. There are door prizes, goody bags, a scrumptious bake sale, face painting and many smiling faces! Sponsors and hole designers are welcome and needed. Any questions, please contact the library at 315-733-1535.

TOTE BAGS

New Hartford Public Library tote bags are available for purchase at the circulation desk \$3.00 each.

FRIENDS MEETINGS

Please mark your calendar: Saturday, September 14; Saturday, October 19; Saturday November 16, in the large study room, 9:30- 11:00. All are welcome!

FRIENDS MEMBERSHIP FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

\_\_\_\_\_ Annual Membership \$15

\_\_\_\_\_ Life Membership \$100

Membership is tax deductible. Please make checks payable to: Friends of the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413



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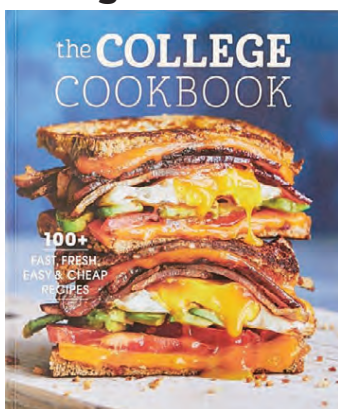
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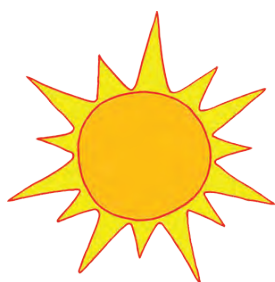
## Back to School Savings!!



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## Can you Find the Secret Garden?

The Garden in the Park is located in Sherrill Brook Park, behind the long brown building that is next to the main playground. Seed and Weed Garden Club has installed and maintains this relaxing spot for you to enjoy. The flowers are ever changing. Come to the park and pay a visit to the garden!

Visit [seedandweedgc.weebly.com](http://seedandweedgc.weebly.com) for more information.

Temple Emanu-El Presents Their Annual....

# THRIFT SALE

August 4, 5, 6 and 7, 2019

Hours:  
Sunday: 10 AM - 7 PM  
Monday & Tuesday 9 AM - 9 PM  
Wednesday 9 AM - 5 PM

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Saturday 12-8 • Sunday 12-5

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AUG.  
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## School/Community News

THE TOWN CRIER

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### Our Lady of Lourdes/ Notre Dame Elementary Annual Bazaar

This year Our Lady of Lourdes Parish, on Genesee St., in Utica, NY, will hold their 2019 Bazaar to benefit the Parish and Notre Dame Elementary School using a New-Operating-Schedule. The Bazaar will begin on THURSDAY, August 22nd at 4PM with rides, games, food, entertainment and cash prize raffle tickets totaling \$7,500 and will continue on FRIDAY, the 23<sup>rd</sup> and SATURDAY, the 24<sup>th</sup>. Hours of operation are 4 – 11PM Thursday, 4-11PM Friday, and Noon to 11PM on Saturday when the Bazaar will shut down.

Friday features a fish fry dinner with many other choices available including pizza, sausage and peppers, clams, steak sandwiches, hot dogs, hamburgers and ice cream. Entertainment on Thursday is Frank Cannistra from 5:00 – 7:00PM, followed by Two of Us from 8:00 – 10PM. On Friday afternoon/evening Joe LaPaglia opens from 5 - 7PM and is followed by Showtime from 8:00 – 10:30PM. Saturday's music is by DJ Rob Kane from 5 – 7PM, followed by Nervous Rex from 8 – 10:30PM. Also, on Saturday at 10:30PM is the drawing for Saturday's on-site 50/50 raffle, the Basket Raffles, and the one grand prize raffle ticket drawing for \$5,000.

Again this year is Main Event Amusement's rides and games for kids and adults. On Thursday and Friday rides will start between 5 and 6PM, and arm bands, good for unlimited rides until closing are available for purchase at \$20ea. On Saturday, rides will start around noon and arm bands can be purchased for a four-hour period. Rides will then shutdown for an hour and arm bands can again be purchased for unlimited rides until closing, again at \$20ea. Individual ride tickets are also available for purchase at: 1 ticket/\$1.25 and 25 tickets/\$25. Kitty rides are 3 tickets per ride, and large rides are 4 tickets per ride.

On each day of the Bazaar and ONLY on the grounds of the Bazaar will be a chance to enter and win a 50/50 Raffle for that day. Ticket prices will be \$5 for 10 tickets. The winning ticket for each day will be drawn during the first break by the Two of Us on Thursday night, the first break by Showtime on Friday night, and at 10:30PM on Saturday. YOU MUST BE PRESENT TO WIN.

Cash prize raffle tickets (not 50/50 tickets) are currently available for the purchase price of \$10 each, following weekend Masses and during the week at the Parish offices in the Seton Center, located next to the main parking lot behind the Church. Tickets are also available at Chanatry's between 10AM and 4PM every Sunday through August 18th, and on the Church grounds throughout the weekend of the festival. In addition, bi-weekly and starting in June a 50\$ cash prize will be awarded. During the week of the festival there will be a Thursday and Friday drawing for 1 - \$50, 1 - \$250 and 1 - \$500 cash prize, and on Saturday, a drawing for 3 - \$50 prizes, 2 - \$250 prizes, and one grand prize of \$5,000. Basket raffle tickets for the basket or baskets of your choice are available throughout the weekend. Proceeds from the raffles will be split between Notre Dame Elementary School and the Parish. It's never too early to start winning, so start purchasing your raffle tickets today!

We want to thank our many sponsors for this festival who include, but are not limited to, Bank of Utica, Bagg's Square Café, Clinton Tractor, Daylight Donuts,

and A Utica Thing.

Plan to come down, support Our Lady of Lourdes Parish and Notre Dame Elementary School and enjoy a fun filled weekend of great entertainment, great food, and a chance to win \$5,000. See you there!!

### Back to School Time!

From welcoming kindergarteners onto the school bus for the very first time to helping members of the Class of 2020 prepare for new opportunities ahead, everyone is excited about welcoming a new school year at New Hartford Central School District! Here are some important items to keep in mind.

New Student Orientation and Open House at Perry Junior High

If your child is new to the district and will be attending Ralph Perry Junior High School, the Junior High will hold a New Student Orientation on August 28, 2019, at 10:00 a.m. This orientation will provide students coming to New Hartford from other districts a special chance to meet with their guidance counselor to create strategies for a successful school year.

The Junior High will host a Grade 7 Open House on August 28, 2019 from 4:00-6:00 p.m. Students will receive their schedules and locker combinations. They will be provided time to practice opening lockers and tour the building with their parents. Faculty and staff will be available to answer questions.

Senior High Tour Day

To ensure a successful transition to the Senior High, sophomores are invited to the Senior High Tour Day on August 22, 2019 at 11:00 a.m. During this event, sophomores will receive their schedules, take a tour of the building, learn to navigate their schedule, and get locker assignments.

Kindergarten Orientation

Everyone wants to ensure that all students have a great start to the school year, especially our kindergartners. Each elementary school building will host a Kindergarten Orientation on Tuesday, September 3, 2019 from 9:00-10:30 a.m. Families will receive details about the event in August by mail. This orientation provides kindergarteners the opportunity to visit the school with their parents, see their classroom for the first time, and meet their kindergarten teacher! The orientation relieves a great deal of anxiety children often experience on the first day of school.

First Day of School

The first day of classes for all K-12 students is Thursday, September 5, 2019. Faculty and staff will meet and be making last minute preparations for student arrivals on Superintendent's Conference Days September 3 and 4, 2019.

Curriculum and Back to School Nights

“Curriculum Night” at our elementary schools and “Back to School” nights at the Junior and Senior High are great opportunities to meet teachers and to learn about New Hartford Central School's educational programs. All of these events will be held at 6:30 p.m.:

Bradley Elementary “Curriculum Night”: September 11, 2019

Senior High “Back to School Night”: September 12, 2019

Myles Elementary “Curriculum Night”: September 18, 2019

Perry Junior High “Back to School Night”: September 19, 2019

Hughes Elementary “Curriculum Night”: September 25, 2019

Please visit our website at [www.newhartfordschools.org](http://www.newhartfordschools.org) for an updated listing of events and new initiatives throughout the school year. Like us on Facebook and follow us on Twitter(@NHCS D) to see district news stories and event updates. Enjoy the exciting first weeks of school, and best wishes for a safe, successful, and memorable 2019-2020 school year!

### New Hartford Central School Fall Sports

JV and Varsity sports will start on Monday, August 19<sup>th</sup> with modified sports commencing on Monday, August 26<sup>th</sup>. Please mail or drop off the Pre-Participation Form and Blue Card to the respective nurse's office as soon as possible. These forms as well as a current sports physical need to be reviewed by the nurse in order for the student athlete to be cleared to participate.

Summer sports physicals will take place at the Perry Junior High on August 1, 2019, 8:00 AM – 11:00 AM and August 19, 2019, 8:00 AM – 11:00 AM. Appointments are strongly recommended. Please contact the nurse's office by email ([lmoretz@nhart.org](mailto:lmoretz@nhart.org)) with any questions or to set up an appointment.

### New Hartford Home Games in August

*\*subject to change without notice*

**Aug 26** - Soccer (Girls) JV- 9:30am - Scrimmage @ HS Turf Field vs. Holland Patent, Jamesville-Dewitt

**Aug 26** - Soccer (Girls) Varsity - 12:00pm - Scrimmage @ HS Turf Field vs. Holland Patent, Jamesville-Dewitt

**Aug 30** - Soccer (Girls) JV - 10:00am - Regular Season @ HS Turf Field vs. Baldwinsville

**Aug 30** - Soccer (Girls) Varsity - 12:00pm - Regular Season @ HS Turf Field vs. Baldwinsville

**Aug 31** - Football (Boys) JV - 10:00am - Scrimmage @ Perry JH Football/Lacrosse Field

**Aug 31** - Football (Boys) Varsity - 10:00am - Scrimmage @ HS Turf Field vs. Amsterdam

**Aug 31** - Football (Boys) JV - 10:00am – Scrimmage @ Perry JH Football/Lacrosse Field vs. Amsterdam



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*~ Martin Luther King Jr*





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10 THE TOWN CRIER

Community News

AUG.  
2019



A few members of The Rotary Club of Utica, working to unearth the historic stone staircase. Photo L-R: Deb Burke, Joe Caruso, David Bagley and Elizabeth Nassar.

## The Rotary Club of Utica Helps with 'Clean Up Your Park Day'

Volunteers from the Rotary Club of Utica recently met to participate in 'Clean Up Your Park Day' at F. T. Proctor Park in Utica on Saturday, June 17<sup>th</sup>. The day's work included unearthing, cleaning and rehabilitating a long-neglected historic stone staircase plus grooming the areas of the lily pond, bath house, park pathways, streams and the parking lot. Special thanks also to the cadets from Notre Dame High School's NROTC and the Utica DPW.



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**April 10 - Tulip Time on Jewels of the Rhine**

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**Aug. 27 - Danube Delights - Featuring 5 Countries**

**UPCOMING EVENTS:**

**Aug. 17 - NY Yankees vs. Cleveland Main level outfield ~ \$139**

**Sept. 11-12 - Adk. Mtn. Getaway Lake Placid ~ \$229 pp/do**

**Sept. 25 - Fabulous Fall Day Cooperstown ~ \$89**

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Monday & Tuesday

10/28/19 – 12/3/19

5:30 – 8:30 pm

Tuition \$395.00

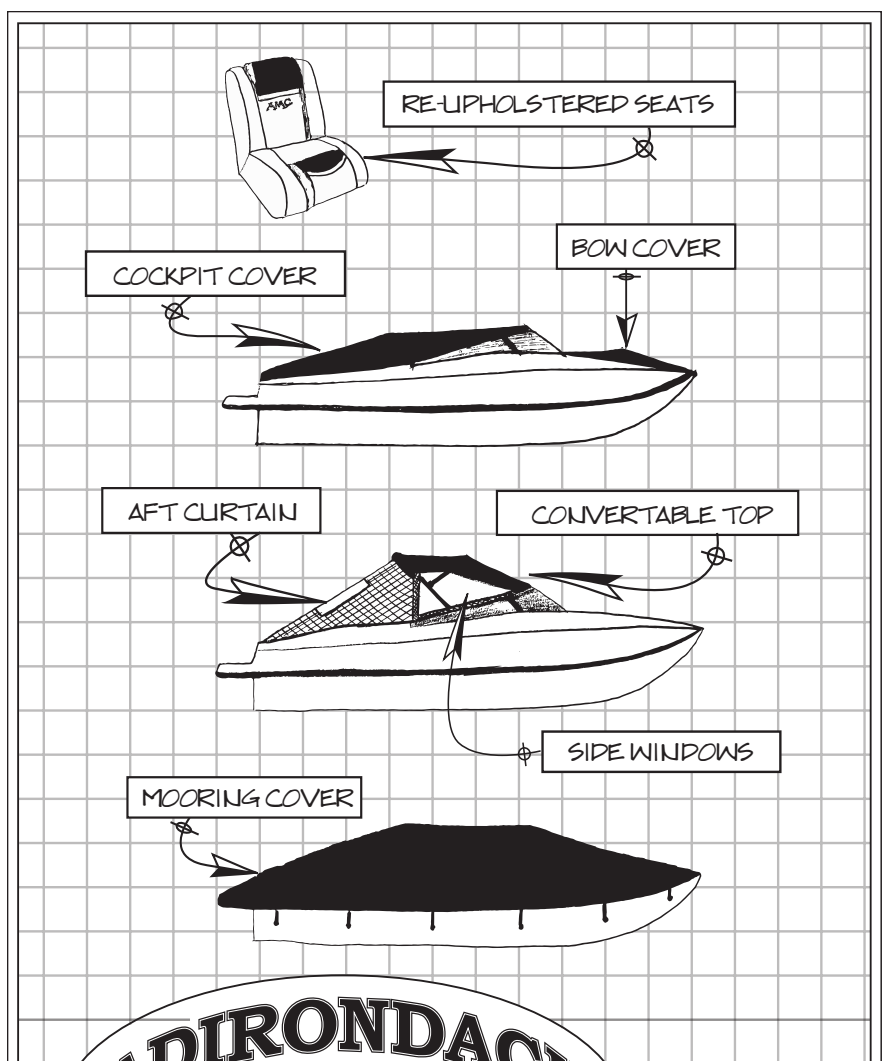
Carpet Installation II

Will be held in the Spring of 2020

Resilient Flooring Installation

Will be held in the Spring of 2020

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- ANIMAL WALKABOUTS -
- FOOD BY POLLY'S -
- YARD GAMES -



### Utica Zoo Debuts Friday Late Nights, Beer and Wine Garden

The Utica Zoo recently announced their Friday Late Nights for the 2019 summer season with an added twist. Visitors will be able to have access to the Utica Zoo on Friday evenings until 7pm. Plus, those visitors 21 and over will be able to enjoy an ice cold beer or glass of wine in the newly formed Beer Garden! The Friday Late Night series is perfect for wrapping

up a long week with co-workers or kicking off a fun-filled weekend with the family.

Visitors can enjoy food from Polly’s by O’Connors, live music on select dates, yard games, animal walkabouts and presentations from Utica Zoo staff and docents, and of course regular access to the Zoo for 2 extra hours!

“All of us are really jazzed up about starting our Friday Late Night series for the summer!”, said Mark Simon, Marketing Coordinator for the Utica Zoo. “By offering a great way to kick off the weekend for our visitors, we hope the community will take advantage of our extended hours and spend some time at the Zoo. Plus, being able to offer beer and wine service is something we have been trying to accomplish for some time, so the kick off to this series is a great new addition to the events we already offer throughout the year.”

As a note, beer and wine will only be available on Friday evenings from 4pm-7pm. Must be 21+ and ID is required.

For more information about this, and anything else Utica Zoo related, visit UticaZoo.org, or follow along on Facebook, Twitter, and Instagram @uticazoo.



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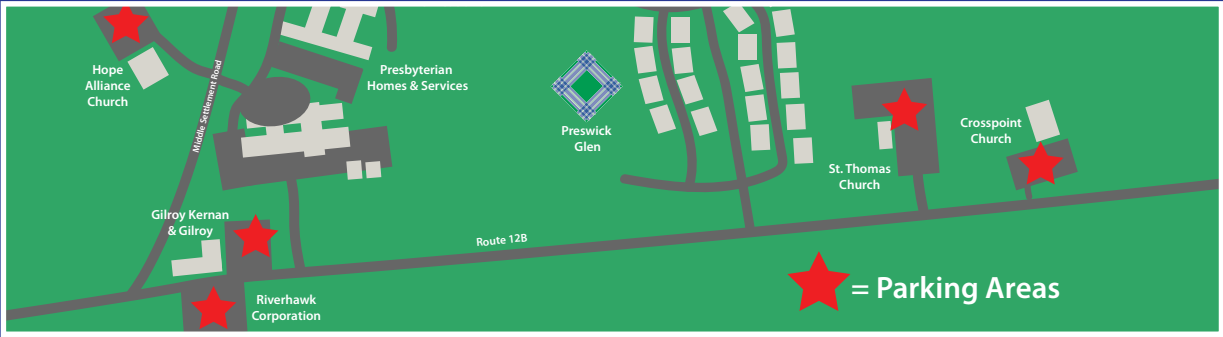
**Rain Date: August 14th | 6-8pm**

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|       |   |      |
|-------|---|------|
| L 1.  | Chicken Chow Mein .....                           | 6.29 |
| L 2.  | Shrimp Chow Mein .....                            | 6.29 |
| L 3.  | Roast Pork Egg Foo Young .....                    | 6.49 |
| L 4.  | Pepper Steak w. Onions.....                       | 6.79 |
| L 5.  | Beef w. Broccoli.....                             | 6.79 |
| L 6.  | Shrimp w. Broccoli .....                          | 6.79 |
| L 7.  | Chicken w. Broccoli .....                         | 6.49 |
| L 8.  | Shrimp w. Lobster Sauce.....                      | 6.79 |
| L 9.  | Sweet & Sour Chicken .....                        | 6.49 |
| L10.  | Beef w. Snow Peas.....                            | 6.79 |
| L11.  | Beef w. Chinese Vegetable .....                   | 6.79 |
| L12.  | Roast Pork w. Chinese Veg. ....                   | 6.49 |
| L13.  | Roast Pork or Chicken or Shrimp Lo Mein .....     | 6.49 |
| L14.  | Moo Goo Gai Pan .....                             | 6.49 |
| L15.✓ | Kung Po Chicken.....                              | 6.49 |
| L16.✓ | Hot & Spicy Chicken .....                         | 6.49 |
| L17.✓ | Chicken w. Garlic Sauce.....                      | 6.49 |
| L18.✓ | Broccoli w. Garlic Sauce.....                     | 6.49 |
| L19.✓ | General Tso's Chicken .....                       | 6.79 |
| L20.  | Sesame Chicken.....                               | 6.79 |
| L21.✓ | Orange Chicken.....                               | 6.79 |
| L22.  | Chicken w. Mixed Vegetables .....                 | 6.49 |
| L23.✓ | Mixed Vegetables w. Garlic Sc.....                | 6.49 |
| L24.  | Bar-B-Q Spare Ribs.....                           | 6.99 |
| L25.  | Boneless Spare Ribs .....                         | 6.99 |
| L26.  | Chicken & Shrimp Combo .....                      | 6.79 |
| L27.  | Chicken w. Cashew Nuts.....                       | 6.49 |
| L28.  | Fried Chicken Wings .....                         | 6.99 |
| L29.  | Chicken Fingers & Pork w. Chinese Vegetables..... | 6.99 |
| L30.  | Boneless Spare Ribs & Pepper Steak w. Onion.....  | 6.99 |
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| L34.  | Chicken & Shrimp w. Broccoli.....                 | 6.99 |
| L35.✓ | Chicken & Shrimp w. Garlic Sauce .....            | 6.99 |
| L36.  | Chicken & Shrimp w. Mixed Vegetables.....         | 6.99 |
| L37.  | Walnut Chicken.....                               | 6.99 |
| L38.  | Walnut Shrimp .....                               | 6.99 |
| L39.  | Sesame Shrimp.....                                | 6.99 |

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|------|---|-------|
| D 1. | Boneless Spare Ribs (10) Teriyaki Beef (3),<br>Chicken Fingers (9)..... | 10.79 |
| D 2. | Boneless Spare Ribs (10), Teriyaki Beef (3),<br>Chicken Wings (4).....  | 10.79 |
| D 3. | Chicken Fingers (9), Teriyaki Beef (3), Egg Roll (2) ..                 | 10.79 |
| D 4. | Chicken Fingers (9), Egg Roll (2), Boneless Spare Ribs (10)             | 10.79 |
| D 5. | Boneless Spare Ribs (10), Egg Roll (2), Chicken Wings (4).              | 10.79 |
| D 6. | Crab Rangoon (6), Fried Shrimp (2), Chicken Fingers (9) ..              | 10.79 |



Seafood Delight



Sweet & Sour Chicken



Pu Pu Platter



BarBQ Ribs



Walnut Shrimp



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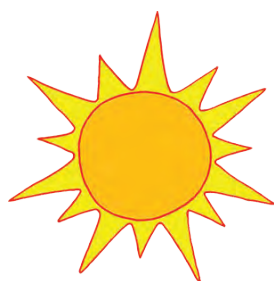
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## KeyBank Donates \$10,000 to The Friends of The Arc Foundation

Representatives from KeyBank visited The Arc, Oneida-Lewis Chapter to present a check in the amount of \$10,000 to the Friends of The Arc Foundation.

“We are thrilled to have this level of commitment from KeyBank as they continue to generously support our mission,” said Karen Korotzer, Arc, Oneida-Lewis CEO. Adrienne Carbone, President of the Friends of The Arc Foundation added “thank you to KeyBank for this substantial investment in our Foundation that will touch many lives in our community through under and unfunded programs at The Arc, Oneida-Lewis.”

The Friends of the Arc Foundation is a 501c3 non-profit organization which secures and manages philanthropic support to benefit the programs and services of The Arc, Oneida-Lewis Chapter. For more information about The Friends of The Arc Foundation, or to donate, please visit [thearcolc.org](http://thearcolc.org).



Key contribution is made. From left to right; Adrienne Carbone, Friends of The Arc Foundation Board President; Katie Mannella, Friends of The Arc Foundation; Sabrina Webster, KeyBank Vice President and Senior Relationship Manager, Middle Market; Ronald Klein, KeyBank Area Retail Leader, Central New York East, Beth Luvera, KeyBank Vice President, Shopping Center Drive; Karen Korotzer, Chief Executive Officer, The Arc, Oneida-Lewis; Rebecca Kearns, Director of Development, The Arc, Oneida-Lewis.



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# Women in Business EXPO 2019



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The Mohawk Valley Business Women's Network (MVBWN) has been serving and supporting local business women for nearly 40 years! This year, the Network is hosting its first annual **Women in Business EXPO 2019** on Wednesday, September 18th with the goal of showcasing woman-owned and managed businesses from all across the Mohawk Valley. (Vendor Booth Rentals may or may not be available at press time. Please Inquire.)

Taste delicious local food as you browse displays by MVBWN member businesses and major local sponsors. Partnering with The Network in presenting this first annual women-in-business event are The Women's Business Center of NYS and First Source Federal Credit Union. Free admission. [www.mvbwn.org](http://www.mvbwn.org) or 315-733-9848

**Wednesday, September 18th**

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## New Chamber Director Announced

The New Hartford Chamber of Commerce proudly announces the election of a new member of our Board of Directors.

Eric Bjornland has been serving as Membership Committee Chair and has been a major contributor to the growth the chamber has achieved so far this year.

Eric is the President of Technology Innovations CNY and has over twenty years of experience in the office technology industry. His company provides custom printing, network and mailing solutions designed to integrate seamlessly into any business operation. His customers include many local companies but also serves universities, hospitals and nonprofit organizations between Albany and Buffalo.

The Chamber is fortunate to have Eric driving our membership growth and we are seeking fellow chamber members to serve with him as Chamber Ambassadors. The Membership Committee meets once per month in a social settings to discuss growth strategies, conduct ribbon cuttings and develop connections to new members. Not a member yet? You can join today for as little as \$50 per year for your in-town business at [www.newhartfordchamber.com](http://www.newhartfordchamber.com)...or call Eric Bjornland at 292-2366!

The New Hartford Chamber of Commerce is actively seeking new members for its various committees and yearly projects. Choose your favorite activity and share 1-2 hours per month with like-minded colleagues...and you too can help fulfill our chamber's mission of:

***Fostering Economic Vitality and Quality of Life in New Hartford, New York***





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# 16 THE TOWN CRIER Highway Dept./NH Town News AUG. 2019



## NH Town News

*submitted by Richard Woodland, 4th Ward Councilman*

There were several community events this past month throughout New Hartford. The annual Ice Cream Social is a perennial favorite of many residents. It was so nice to see so many people and families at the Ice Cream Social supporting our New Hartford Public Library. The NHPL is a wonderful asset to our town with the variety of programs and services offered.

Another community event, the Boilermaker Road Race is a huge event for the area. The Boilermaker attracts runners from around the world, country, and state although most runners are local. But the Boilermaker Road Race owes a large part of its success to the community spirit found in the Mohawk Valley. Local businesses sponsor the race itself, while volunteers and fans cheer the runners on as they navigate the road race. Having completed the Boilermaker 5K again this year, I can attest to how the crowd support makes this such a fun race. Congratulations to this year's runners and many thanks to all the volunteers and fans!

The ongoing Picnic in the Park at Sherrill Brook Park has been very successful this year. The delicious food, live entertainment, and beautiful park scenery make for a fantastic experience. The Farmers Market and live entertainment are supported by local businesses who are investing in improved quality of life and local economic growth.

I haven't eaten my way through all the food trucks yet, but there's plenty of time as Picnic in the Park continues every Tuesday throughout August. But besides the delicious BBQ pulled pork sandwich from

Holy Smoque's BBQ Fusion, I have enjoyed sharing a picnic table with various friends, strangers, and neighbors. It's been fun to watch all the kids taking advantage of the new playgrounds at Sherrill Brook, to see all the people with their dogs who are hoping for a tasty snack themselves, and to see other residents sharing picnic tables. There's nothing like good food to bring people and a community together. As always, if you have any questions, concerns, or ideas feel free to contact me by phone at 315-982-4936, email at [rwoodland@townofnewhartford.gov](mailto:rwoodland@townofnewhartford.gov), or in person on Tuesday nights between 4 and 8 pm where we can share a meal and decide which truck to get dessert from.



## New Hartford Highway News

*Submitted by Highway Superintendent, Richard Sherman*

The Highway Department has a busy schedule in the month of August. The compactors have been out picking up brush piles. Remember to place the brush so that the crews can grab it easily and place small items in cans.

I have had a lot of questions asking why we changed to compactors trucks picking up the green waste. The new trucks can compact up to around 10 tons before going to empty. When the trucks get filled, we go to Wurz Ave and drop off at the Oneida-Herkimer counties site and we handle the green waste once. The old way we had several brush trucks waiting to get filled by a front loader with a clam bucket. Sometimes divots were left when picking up the piles either in the lawns or shoulders of the road. The trucks would get filled, then they would bring the loads to the Town of New Hartford property, where we would accumulate a large pile of brush that we would have to get chipped

sometimes twice a year by a tub grinder. This operation took place it was time consuming and would require two front end loaders to push the brush to the chipper and another loader to pile the chips into a larger pile. So this operation required us to handle the brush three times. The NYS DEC required that we keep our site cleaned every year so we would handle the pile of chips for the fourth time during the winter and try to get rid of the chips. By picking up the green waste with compactors and taking them to the county, we are able to go back and pick up the grass clippings and dispose of them.

For the past couple of years the Town has been composting our leaves and now we have 2 year old compost. This compost is excellent and is free for our constituents to take. The pile of compost is outside our gates so that it is available any time for the constituents to pick up.

Our paving crew has been in town and slurred the roads that were paved last year. The paving crew will be here around July 8th to start work. The schedule got changed by the paving crew so that the smaller paving jobs went first and the bigger jobs will be done the end of August. This operation is quite in depth and will be taking a lane one at a time. The road will be milled to depth and new stone dumped in front of the paver with a tanker pumping new oil into the machine as new recycle pavement is laid. After this sets for a while, the new pavement will be sealed with a stone and oil mixture.

I have an update for the Chenango Rd Bridge. Lochner Engineering has been designing the repair for this bridge and obtaining the necessary permits from DEC and the Army Corp of Engineers. The permits take time to get approved. As I write this story permits still have not been issued. The bridge has gone out to bid awaiting bid opening and Town board approval. The money for the repair was obtained by a grant from Senator Griffo's office in the amount of 250,000.00 to fix the scouring damage underneath the New Hartford end of the bridge. This will include placement of extra heavy rip-rap stone or concrete blocks that will be drilled and pinned together. Heavy and medium size stone will be placed along the stream bank. The bridge is closed until this is repaired.

If you have any questions please call me at 315 724-4300 or 315 534-2998 or e-mail me at [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov).

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## Community News

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### Thank You from the John D. Lloyd Golf Tournament Committee

The committee for the sixth annual Make-A-Wish golf tournament to honor the memory of John D. Lloyd would like to thank all the volunteers, golfers, individuals and businesses who donated, tee-hole sponsors and those who attended dinner.

The event was held June 15 at Twin Ponds Golf and Country Club and 148 golfers participated.

Following the tournament were a buffet, awards, basket raffles and silent auction. As a result of everyone's generosity, the tournament was a huge success, and over \$17,000 was raised.

This annual event is a wonderful tribute to John, and the money raised will help grant children with life-threatening illnesses a wish through the Make-A-Wish Foundation and help fund scholarships in John's name at New Hartford Senior High School.

Looking forward to seeing all of you next year. Please save the date, Saturday, June 13, 2020, at Twin Ponds Golf and Country Club.

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## Concussion Management

THE TOWN CRIER

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Sitrin's Equili-BRAIN-ium Concussion Management Program uses the Biodex Balance SD system to measure a person's stability and balance after a possible concussion.

### Sitrin Keeps Athletes in Balance with Concussion Management

Each year, more than 1.6 million people experience concussions during sporting or recreational activities. Some estimates suggest as many as 3.8 million concussions occur each year overall. As many as 300,000 of those cases are sustained by high school athletes, and those who experience a concussion once are four to six times more likely to suffer a second time.

A concussion is a type of traumatic brain injury that causes temporary loss of normal brain function, and

has the potential to permanently change the way the brain operates. Typically, it is triggered by a sudden bump, blow, or jolt to the head or body that results in the brain quickly moving back and forth.

While the human skull protects the brain against penetrating trauma, it cannot absorb the impact of blunt force. Therefore, if a person's head is abruptly injured, the brain will make contact with the inner side of the skull, essentially bruising it and tearing its blood vessels. These injuries can cause the brain to swell, limiting blood flow and the necessary intake of oxygen and glucose. Brain swelling after a concussion can amplify the severity of the injury.

In many cases, there are no external signs of head trauma. However, internally there is an alternation of mental status. Though a person may not lose total consciousness after a concussion, he or she may demonstrate confusion, memory loss, imbalance, and delayed reflexes.

Moreover, mild brain injuries do not always show up in neurological examinations, which is why it is important to understand the signs and symptoms of a concussion. These include the inability to maintain a coherent stream of thought, heightened distractibility, vision disturbances, dizziness, and prolonged headache and nausea, among others.

"It is not uncommon for initial symptoms to resolve, only to return when an athlete exerts him or herself mentally and physically," says Dr. James Wallace, Director of Clinical Rehabilitation Services at Sitrin Health Care Center. "Proper care when a concussion first occurs is essential to prevent further injury or complications."

Sitrin's Equili-BRAIN-ium Concussion Management Program begins the healing right away after an injury. First, the program utilizes sensitive balance assessment technology to measure the stability of the whole body. The Biodex Balance SD systems use proprioception training to measure the balance, coordination, and steadiness of an individual.

During a baseline concussion assessment, Sitrin's doctors of physical therapy will also ask specific questions regarding that person's thought process.

"We want to gain an understanding of an individual's

cognitive thinking," says Wallace. "This will be analyzed in conjunction with the balance evaluation, and help us determine when an athlete can safely return to the field of play."

As a unique component of the program, baseline tests help facilitate improved return to play/school/work decision-making. These, combined with other standardized assessment tools, allow for sensitive and specific testing that guide treatment recommendations and maximize outcomes. Sitrin's concussion specialists will create a supervised "return to play/learn" program for the athlete, a step-by-step progressive rehabilitation process to take that person from recovery to normal physical activities, as well as return to scholastic endeavors.

Activities that take a great deal of concentration, such as sports, can cause concussion symptoms to reappear or worsen. Therefore, that team may determine it is best to limit activities that require high-levels of thinking, such as playing video games, reading, or using a computer, and then slowly increase these activities as symptoms lessen.

"Active rest and rehabilitation are key to helping an athlete recover," says Wallace. "The brain needs optimal individualized treatment to heal after a concussion, which is why working with a medical professional is crucial."

To find out more about Sitrin's Equili-BRAIN-ium program, visit [www.sitrin.com](http://www.sitrin.com) or call (315) 737-2430.

In addition to concussion management, 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), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), child care, military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, dental clinic, aquatic therapy, and wellness center, complete with two heated inground therapy pools.

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## Community News

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### New Hartford School Board Member Cindy Chan Phillips Recognized with Board Excellence Award

*Submitted by Robert J. Nole, Superintendent of Schools*

The New York State School Boards Association (NYSSBA) has awarded New Hartford Board of Education member Cindy Chan Phillips with the Board Excellence Award, which recognizes the extensive time and effort required of school board members who continually strive to expand their knowledge and skills for better board governance.

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

Phillips has been on the New Hartford School Board since July 2017. As a NYSSBA member, she has participated in numerous "School Board U" leadership training opportunities including the Annual Convention and regional workshops. She was presented with a certificate at a recent Board of Education meeting.

### Phlebotomist Program Starting in September!

OHM BOCES, 4747 Middle Settlement Rd. New Hartford, is offering a Phlebotomist Program. In this course you will learn the theory and hands-on skills to be a part of the clinical team drawing blood specimens and performing medical laboratory testing. Satisfactory completion of this course qualifies a student to take the National Phlebotomy Association's certification exam to earn the Certified Phlebotomy Technician (CPT) credential. Certification exam fee is not included in the tuition. A high school diploma or high school

equivalency is required to take this course.

Course Schedule: Tuesday & Thursday: 9/10/19 – 12/19/19

5:00-9:00 pm. Location: OHM BOCES – New Hartford

Tuition \$1200.00

Students must be pre-registered by September 5, 2019. To register or for more information, please call our office at (315) 793-8696. Online registration is also available @ [www.moboces.org/adulted](http://www.moboces.org/adulted).



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### Looking for Trust in All the Wrong Places

*submitted by Kristy Lenuzza*

Ready for some trivia?

What percentage of people say that they trust a stranger on the street more than their boss?

25%? Nope.

45%? Closer.

A whopping 58%!

Terrifying, right? We all know that the qualities that leaders exhibit trickle down and create those exact cultures in homes, schools, companies, and communities. If you'd trust a random Bob Slob on the street over your boss, that's a wee bit of a problem.

What gives?

So many leaders are ready to look at the problem outside of themselves. It takes the brave soul to choose to look in and make the necessary changes before asking others to do the same.

As long as you dedicate time to increasing your self-awareness and shifting your mindset to be more service-minded rather than close-minded, you're well on your way.

It starts with becoming curious and paying attention. Often it takes a wake-up call to shake your world: lay-offs, illness, divorce, or the death of a loved one, are just a few of the biggies. But it doesn't have to come to that extreme.

If you start paying more attention every day while finding that happy medium of being more grounded in values and light-hearted in spirit (I'm working on it, believe me) this will build the muscles needed to chip away at the armor of your ego.

Sure, the ego can be a benefit if we're becoming aware of it and not controlled by it.

Need a boost to face your fear and go for a lifelong dream? Hello, Ego! Looking for an increase in self-efficacy instead of self-doubt. Hiya, Ego! It becomes problematic when the Ego is running the show, and we're making knee-jerk reactions and decisions from a place of an ego bruise or straight up battle.

In a world that is doing its best to hurry us up, the most respectful and powerful thing you can do is slow it on down. Listen to yourself, listen to others, and come together from a place of clarity instead of commotion. Once again, listening does not equal agreeing. Listening is where trust and respect reside. Slowing it down is the first step.

"Try to learn tranquility, to live in the present a part of the time every day. Sometimes say to yourself: "Now, What is happening now? This friend is talking. I am quiet. There is endless time. I hear it, every word." Then suddenly, you begin to hear not only what people are saying, but what they are trying to say, and you sense the whole truth about them."

- Improv Wisdom, Patricia Ryan Madson

Progress over perfection is the name of the game. Every step is building momentum in the right direction. Once you genuinely trust yourself then not only will others trust you, but you'll trust them more too. True connections blossom and incredible creative contributions are made in the world.

As you revel in the BBQs, pool parties, and fireside chats, remember to slow it down and glance up at the stars and listen into your heart now and then. That'll do the trick. In and up. In and up.

Here's to keeping your feet on the ground and your head in the clouds.

Kristy Lenuzza is the founder of Sow to Speak, a company whose mission is to help individuals and organizations communicate better from the inside out. Sow to Speak offers group facilitation, professional development workshops, and executive and presentation coaching. Interested in learning how Sow to Speak can help your team?

Visit [www.kristylenuzza.com](http://www.kristylenuzza.com) or contact Kristy at [kristy@kristylenuzza.com](mailto:kristy@kristylenuzza.com)

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Course Schedule: 9/25/19 through 2/19/20

Tuesday / Wednesday / Thursday from 5:00 – 9:00 pm. Tuition \$1730.00.

Location – OHM BOCES

To register or for more information, please call our office at (315) 793-8696. Online registration is also available @ [www.moboces.org/adulted](http://www.moboces.org/adulted)

Pre-registration is required; students must be registered by September 18, 2019.



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### 10 Year Anniversary Purple Heart Ride 2019

On August 10<sup>th</sup> the Central N.Y. Chapter #490 Military Order of the Purple Heart Veterans’ Organization will hold its 10 Year Anniversary Purple Heart Motorcycle Ride to support all veterans. The Ride is being held on Saturday, August 10<sup>th</sup> in conjunction with Harley-Davidson of Utica’s Military Appreciation Event.

The Ride will start from Harley-Davidson of Utica located at 4870 Commercial Dr., New York Mills, New York. Registration for the Ride starts at 8:00am-9:45am with a brief ceremony and leaving at 10:15am. The “Purple Heart Ride” consists of an approximate 2-hour ride with a stop and returning to Harley-Davidson of Utica for the Saturday afternoon Bike Event.

*Pre-registration until August 5<sup>th</sup>- Forms available at Harley-Davidson Utica Donation request is \$25.00 per Bike and \$10.00 for Passengers.*

*The donation requests the day of the Ride will be \$30.00 per Bike and \$15.00 for Passengers.*

*Cars and Trucks may also participate and be allowed to follow the Motorcycle Riders.*

A special 10-year Anniversary “Purple Heart Ride T-Shirt”, “Support Pins” & a 50/50 raffle will be available for the fundraiser.

*If you don’t ride and would like to make a tax-deductible donation to the cause, please make your check payable to CNY Chapter 490 MOPH and mail to PO Box 4491, Utica, NY 13504-4491(please indicate donation on your check).*

For information contact Joe Fraccola, Commander CNY Chapter #490 Military Order of the Purple Heart at 315-794-5296.

### New Ministry for the Bereaved GriefShare

It may be hard for you to feel optimistic about the future right now. If you’ve lost a spouse, child, family member, or friend, you’ve probably found there are not many people who understand the deep hurt you feel.

That is the reason for GriefShare, a special seminar and support group for people grieving the loss of someone close. This group is jointly sponsored by Hope Alliance Church and Crosspoint Church (formerly Clinton Road Church) and is facilitated by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.

Each GriefShare session includes a video seminar and group discussion. A GriefShare workbook assists you with note-taking, journaling and grief study. The videos feature top experts on grief recovery, dramatic reenactments about living with grief and real-life stories of people who have experienced losses like yours.

During the small group discussion time, you’ll have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and share your own.

GriefShare is a nondenominational group and features biblical teaching on grief and recovery topics. GriefShare video sessions are designed to help you successfully travel the journey from mourning to joy and include the following topics” Living with Grief, The Journey of Grief, The Effects of Grief, When your Spouse Dies, Your Family & Grief, WHY?, The Uniqueness of Grief, God’s Prescription for Grief, Stuck in Grief, Top 20 Lessons of Grief and Heaven.

You are welcome to begin attending the GriefShare group at any session. Each is “self-Contained”, so you do not have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next cycle and view any of the videos you have not seen.

Please join us for the next GriefShare cycle beginning Thursday, August 29<sup>th</sup> at 6:30 to 8:30pm at Crosspoint Church, 317 Oriskany Blvd, Whitesboro. The cost is \$20 to cover the cost of the workbooks. To register or for more information, please call Susan DeGeorge at 315-733-0526. Additional information can be obtained at GriefShare.org. Groups all over the United States may be found at this website as well.



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DO YOU HAVE A SHORT STORY INSIDE YOU?

FREE LITERARY SHORT STORY CLASS

The Utica Public Library will host *The Art of the Literary Short Story* on Saturday, Aug. 24<sup>th</sup> from 1:00 pm to 4:00 pm.

This free, 3 hour class will be presented by educator, poet and author Suzanne Richardson.

The classes will cover terminology, technique, plot development and characterization.

Registration is required, please register by calling 315-735-2279 or you can register online at [www.uticapubliclibrary.org](http://www.uticapubliclibrary.org).





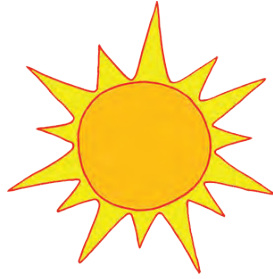
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AUG.  
2019

## Community News

THE TOWN CRIER 23



### New Exhibition Featuring Sheli Petersen & Maria Vallese

Grey Fox Mercantile announces the opening of its newest exhibition featuring two illustrators: Sheli Petersen and Maria Vallese. The exhibition will be on display from August 2 – September 2, 2019 and will feature a collection of new works.

Maria Vallese is an illustrator and artist living in

Utica, NY. She is a 2010 graduate of Rochester Institute of Technology with a B.F.A. in Illustration. Maria specializes in color- saturated artwork and illustrations, inspired by building architecture, interesting places and people, and a little bit of nostalgia.

Sheli Petersen is an internationally exhibited artist who has published five picture books. She is also a proud and active member of the Society of Children's Book Writers & Illustrators. In addition to her creative practice, Petersen manages the graphic design program and teaches at Texas Woman's University in the Dallas area.

My art career began at age three with crayon drawings of the solar system. My vocation as a storyteller and teacher began in kindergarten when I was invited to present my first hand-made book, a story about a dinosaur family who went bowling every Sunday morning, to the "big kids" in the second grade class. – Sheli Petersen

Grey Fox Mercantile hours are Wednesday – Friday: 10am – 5pm and Saturday 11am – 4pm. Grey Fox Mercantile is located at 70 Genesee Street, New Hartford, NY. For additional information please visit: [www.greyfoxfelting.com](http://www.greyfoxfelting.com)



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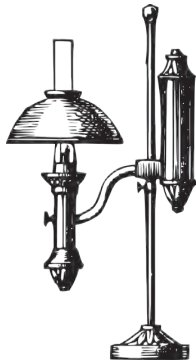
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Victor J. Fariello Jr.



### Glass Lovers Have Much to See and Do at Munson Williams in August

If you are a lover of glass and especially of Tiffany Glass, you should get to the Munson-Williams-Proctor Arts Institute in the month of August (and through September 8, 2019) for the exhibition Louis Comfort Tiffany: Treasures from the Driehaus Collection. The exhibit contains more than 60 objects created by master craftsman Louis Comfort Tiffany. The exhibition is free and open to the public. You will be able to feast your eyes on some very special Tiffany creations in glass and other mediums. Definitely worth your time.

Also in August, the Corning Museum of Glass will bring The Hot Glass Roadshow to Munson Williams on August 2 through August 11. The skilled craftsman from Corning will provide daily demonstrations utilizing molten glass. The 45-minute demonstrations will be daily at 12, 1, 2 and 6 p.m. and are free and open to the public.

A very special event Tea, Tiffany And Appraisal Afternoon is scheduled at the Arts Institute for Thursday, August 15 at 2 p.m. Arlie Sulka, an expert on Tiffany who is a regular contributor to the Antiques Roadshow on PBS, will give a presentation on her most exciting finds on that program. The cost is \$15 for museum members and \$25 for the general public.

This is only a sampling of what the Arts Institute has to offer on their busy August schedule. You can visit [www.mwpai.org](http://www.mwpai.org) for the entire calendar of events. There is so much to see and do, and most is at no cost. What a tremendous resource we have in our own backyard as they say. Consider venturing there this month for one or more of these interesting and informative offerings. I'm sure you will not regret it.

Happy Collecting!

Support New Hartford Historical Society

Your support of your New Hartford Historical Society is appreciated. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, New Hartford, NY 13413. You are helping to preserve the history of our community with your support.


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 the Charter President of the J. Schoolcraft Sherman Chapter #1519 of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to [vjfariello@gmail.com](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.



The Munson-Williams-Proctor Arts Institute has many offerings for glass lovers in the month of August

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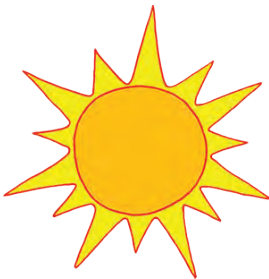
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NH Fire Dept. News

THE TOWN CRIER 27

NHFD News

Your New Hartford Volunteer Fire Department responded to 94 alarms during the month of June as indicated by the monthly call report listed below by category:

|                 |   |    |
|-----------------|---|----|
| Fires           | = | 1  |
| EMS             | = | 50 |
| Hazardous       | = | 2  |
| Service Type    | = | 14 |
| Good Intent     | = | 6  |
| Other Alarms    | = | 21 |
| Weather Related | = | 0  |
| Other           | = | 0  |



Total Calls for the Month of June 2019 = 94.  
Total calls year-to-date through June 30, 2019 to 515.

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

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

NHFD Welcomes  
New Members

Your New Hartford Volunteer Fire Department recently voted to increase its membership from 100 to 120. The reasons for the membership increase were first and foremost to better serve the community in which we protect and secondly to provide more opportunities for those individuals on the waiting list to move up quicker.

Being one of the busiest departments within Oneida County (averaging over 1,100 calls per year) it is important for us to be well staffed every time the alarm sounds.

Along with this increase, the department has welcomed five new members since January of this year. In doing so, the department now has an active membership of 107 with several individuals on a waiting list to be brought before the membership committee.

The new recruits have participated in various internal department training exercises and community events, but in state offered courses as well. The new members are: Timothy Barcomb, Justin Cushmann, Sean Mahony, Thomas Mariano, and Tim Woodard. Each new member has specific guidelines and bench marks that they must meet in order to remain active on the department's membership roster.

We welcome them to the department and wish them great success as they grow within the fire service.

For information on your New Hartford Volunteer Fire Department please visit- [www.nhfd.com](http://www.nhfd.com).

Good News Center News

Rosary Walk with Chicken Barbecue

Please join us between 4:00 pm and 5:30 pm on Wednesday, August 7<sup>th</sup> at 10475 Cosby Manor Road, Utica for a chicken barbecue. Cost is \$10. Reservations required for barbecue. Call 315-735-6210. Then at 6:00 pm pray the Rosary with us along our beautiful outdoor trail led by Mike Dziura. There will also be a Rosary prayed on the Center lawn for those unable to walk the trail. Seating will be provided. Free refreshments to follow. All are welcome.

**Retrouvaille-Stress in Your Marriage?**—Retrouvaille is a program for married couples that feel bored, disillusioned, frustrated, or angry in their marriage. Some experience coldness. Others experience conflict in their relationship. Most don't know how to change the situation or even communicate with their spouse about it. This program has helped tens of thousands of couples experiencing difficulties in their marriage. For confidential information about or to register for the upcoming weekend on August 9-11 at The Good News Center, 10475 Cosby Manor Road, Utica, call 315-735-6210, or email: [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org) or visit [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org).

“CHASE” Christian Happenings at Social Events-  
What are you Chasing?

Young adults 18+ live in a culture that is bombarding them with information 24/7. While it may feel good to get all this info and these “likes” from our “friends,” and all these e-invites, does it really matter in the greater scheme of things? Is it making you happy? Probably not.

The Good News Center is offering an afternoon of FREE “Utica” food and music on our grounds on September 15<sup>th</sup> from 1-4 PM. The afternoon is capped off with a presentation by Steve Nepil from “From Pothead to Preacher.” Steve will provide insights into how he was CHASE-ing something that didn't really amount to anything of value. For more information contact The Good News Center at 315-735-6210, [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org), or visit us online at [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org). Located at 10475 Cosby Manor Road, Utica, NY 13502.

MVCC to Host Aviation  
Career Day in Rome

Mohawk Valley Community College is hosting an Aviation Career Day from 2 to 4 p.m. Friday, Aug. 9, at the College's Aviation Training Center at Griffiss International Airport, 116 Langley Road, Rome. This event is open to those looking for careers in aviation maintenance and those interested in MVCC's aviation programs — an associate degree in Mechanical Technology: Aircraft Maintenance and an Airframe and Powerplant Technician certificate — and is free of charge.

All of MVCC's airline partners from New York will be present at the event to discuss career options and open positions, including CommutAir/United Express Airlines, JetBlue, Embraer, SkyWest Airlines, Bombardier Aerospace, Mercy Flight Central, and Piedmont Airlines/American Eagle Airlines. These employers cover aircraft manufacturers, airlines, and aftermarket aviation product manufacturing. Possible signing bonuses also will be available.

Airframe and Powerplant Program Director Walt Constantini, other instructors, and current students also

will be available to discuss MVCC's programs.

The FAA-authorized certificate program (Certificate #VXYT570K) is structured as a full-time, 40-hour-per-week training program that runs in three consecutive semesters. It is the only community college-based aviation maintenance program in New York State and one of only a few one-year programs in the country. Twenty-four-student cohort start dates include August 2019, January 2020, and April 2020. The program runs for 12 months and 2019 program cost for a New York State resident (without room and board costs) is \$17,300, which includes the required tool set.

Students gain hands-on experience with real equipment and four live jet aircraft. Based on MVCC's Rome, N.Y., campus, the majority of instruction takes place in the College's state-of-the-art aviation training center, located on the flight line of Griffiss International Airport. The center is about a half-mile from the full-service Rome Campus, which offers advising, financial aid, dining, and other student services.

For more information, contact Airframe and Powerplant Program Director Walt Constantini at 315-338-7826 or [wconstantini@mvcc.edu](mailto:wconstantini@mvcc.edu), or visit [mvcc.edu/aviation](http://mvcc.edu/aviation).

MVCC to Offer Enrollment  
Assistance Days

Mohawk Valley Community College will host Enrollment Assistance Days to provide the opportunity for students to begin and potentially finish the enrollment process in one day.

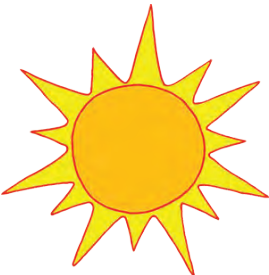
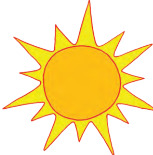
Enrollment Assistance Days will be held at 9 and 11 a.m. on Tuesday, July 30; Tuesday, Aug. 6; and Thursday, Aug. 8, in Payne Hall at the College's Utica Campus, 1101 Sherman Drive.

Students attending Enrollment Assistance Days will have the opportunity to start and potentially complete the following steps:

- \* Apply for admission
- \* Get accepted
- \* Take a placement test
- \* Meet with a student support advisor
- \* Register for classes
- \* Explore and secure payment options (FAFSA assistance, payment plans, etc.)

To help make the enrollment process smoother, please bring a government-issued photo ID, 2017 tax information (if you are filing a FAFSA), and your Social Security number (if applicable). If applying on the day of this event, please bring proof of high school graduation or equivalency (official sealed transcript preferred).

To register and for more information, visit [www.mvcc.edu/ead](http://www.mvcc.edu/ead). If you have any questions, please call the Admissions Office at 315-792-5354 or email [admissions@mvcc.edu](mailto:admissions@mvcc.edu).





Mondays & Fridays: Lo-Impact Aerobics at the Center 11:00. Senior Evaluations: 2nd and 4th Wednesday by appointment. Tuesdays & Thursdays: 10:00-12:00 Exercise at All-American Fitness Center.



New Hartford Adult Dining & Activity Center  
48 Genesee St.  
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| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
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| CHAIR Zumba on Thursdays<br>At 11:00 A M<br>N H Senior Center                                       | Canasta is played every<br>Tuesday And Thursdays At<br>10:00 A M<br>NH SENIOR CENTER                  |  | <b>1 Hot Dog</b><br><br>10:00 Canasta/Chair Zumba                   | <b>2 Egg Salad</b><br>10:00 Bridge<br>11:00 Aerobics         |
| <b>5 Macaroni/Cheese</b><br><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact              | <b>6 Beef Stroganoff</b><br>10:00 Canasta/Bridge<br>10:00 Computer Help<br>11:00 Entertainment        | <b>7 Baked Chicken</b><br><b>11:15 Karen Pohorecki</b><br><b>Eating Healthy Presentation</b> | <b>8 Roast Pork</b><br><br>10:00 Canasta/Chair Zumba                | <b>9 Baked Fish</b><br>10:00 Bridge<br>11:00 Aerobics        |
| <b>12 Oriental Chicken</b><br><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact            | <b>13 Salisbury Steak/Gravy</b><br>10:00 Canasta/Bridge<br>10:00 Computer Help<br>11:00 Entertainment | <b>14 Sliced Turkey</b>  | <b>15 Kielbasa</b><br><br>10:00 Canasta/Chair Zumba                 | <b>16 Spaghetti</b><br>10:00 Bridge<br>11:00 Aerobics        |
| <b>19 Fish Sandwich</b><br><br>10:30 Knitting/Crocheting<br>11:00 Aerobics Low Impact               | <b>20 Italian Sausage</b><br>10:00 Canasta/Bridge<br>10:00 Computer Help<br>11:00 Entertainment       | <b>21 Meatloaf/Gravy</b>   | <b>22 BBQ Chicken Thigh</b><br><br><b>10:00 Canasta/Chair Zumba</b> | <b>23 Beef Barley Soup</b><br>10:00 Bridge<br>11:00 Aerobics |
| <b>26 Swedish Meatballs</b><br><b>10:30 Knitting/Crocheting</b><br><b>11:00 Aerobics Low Impact</b> | <b>27 Seafood Salad</b><br>10:00 Canasta/Bridge<br>11:00 Computer Help<br>11:00 Entertainment         | <b>28 Sliced Ham</b><br><b>BIRTHDAY PARTY</b><br><b>JEFF GLATT</b>                           | <b>29 Goulash</b><br><br>10:00 Canasta/Chair Zumba                  | <b>30 Rib B Que</b><br>10:00 Bridge<br>11:00 Aerobics        |

## New Hartford Adult Dining and Activity Center News

Submitted by Marge, kitchen manager

July was a very busy month for our seniors as we are still getting settled into our new site at 8635 Clinton St (the old Gander Mt). We want all seniors to come and visit us as we have many activities offered. Please check our calendar for the days and times, plus our menu is included for our daily lunch. You must call by noon the day before for reservations, 315-724-8966. Our seniors enjoyed a wonderful July 4th party complete with decorations of flag centerpieces, cake and a red and blue fruit bowl, plus Charlie Ernst on the keyboard. He also plays every Tuesday during our lunch. We hope all enjoyed a very warm holiday weekend with family and friends. Paul Lupia from Legal Aid answered many questions after his presentation to the seniors. We thank him for his time. We have several programs coming up in Aug. On Wed the 7th, Karen Pohorecki will give a health and wellness presentation at 11:15. Please come join in. Also that day Carol Nettleman, our Oneida County outreach worker, will be available for any concerns seniors may have. She is also coming in every Fri in Aug to hold workshops on living healthy and good nutrition at 10:30-11:30 before lunch. All are welcome to attend these informal gatherings. She is so knowledgable and has excellent advice for our seniors, answering all their questions. You must call for reservations only if you plan on staying for lunch after the programs. Our Aug birthday party will be held the last Wed. the 28th with Jeff Glatt playing and singing. We all love to have him come to entertain us. The seniors all miss Eileen and wish her well since she retired and we do hope to have a new director soon. Come and visit us. We hope to see new faces to enjoy our lunch, our programs and activities.



NH Sr center July 4th party and a July birthday party celebration





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- Cheesecakes
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# Save the Date!!

## Sunday, October 27<sup>th</sup>

### 4<sup>th</sup> Annual

## Mah Jongg Tournament

## Registration Begins at

## 9:00 AM

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Pick up your clue sheet at:  
**Oneida County History Center**  
1608 Genesee Street  
Utica, NY 13502  
[www.oneidacountyhistory.org](http://www.oneidacountyhistory.org)

Contact the Oneida County History Center for complete rules and details

315-735-3642 or [rmclain@oneidacountyhistory.org](mailto:rmclain@oneidacountyhistory.org)



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**32 THE TOWN CRIER**

## Community News

**AUG.  
2019**



### Save The Date!

*Submitted by MaryJo Timpano*

Lutheran Care, an affiliate of Community Wellness Partners is celebrating their 100<sup>th</sup> anniversary this year. Our theme, “celebrating 100 years & still growing strong” reflects our vision and ongoing commitment to lead the successful aging movement in our community. The year-long celebration will culminate in a public showing of the critically-acclaimed, award-winning documentary *Lives Well Lived*. “*Lives Well Lived* celebrates the incredible wit, wisdom and experiences of people aged 75-100 years old. Through their intimate memories and inspiring personal histories, forty people share their insights on living a meaningful life. These men and women walk us through their journey into old age through family histories, personal triumph and tragedies, love and losses--seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you” I invite you to view the *Lives Well Lived* trailer at [www.lives-well-lived.com](http://www.lives-well-lived.com) Enjoy!

Please save the date: Thursday September 26, 5:00 p.m. at the Clinton High School Performing Arts Complex located at 75 Chenango Rd, Clinton, NY. The event is free and open to the public.

“Everyone has a story to tell if you take the time to listen”

Sky Bergman

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, Assisted Living, Rehabilitation, Skilled Nursing, Wellness Center and more.



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### Clinton Historical Society Announces 2019 History Camp

The Clinton Historical Society is once again holding History Camp August 5-9, and is open to 3rd-6th graders from local grade schools. History Camp is a week of fun and educational activities related to the Clinton area and its history. The camp will run from 9:00am -12:00pm each day and the cost to attend is \$12.00 per camper.

Among the many activities planned for History Camp 2019 are: an archaeological dig, tours of the Clinton Fire Department, Root Glen, the Hamilton College Special Archives, the Kirkland Town Library, Clinton Pottery, and much more.

An application & permission slip can be obtained by stopping in at the Clinton Historical Society 1:00pm -4:00pm Thursdays & Saturdays, 1 Fountain St. Clinton, by e-mail, [clintonhistoricalsociety1@gmail.com](mailto:clintonhistoricalsociety1@gmail.com), or phone 315-859-1392. The application is also available for download on the website: [www.clintonhistory.org](http://www.clintonhistory.org) and can be mailed with payment directly to the Society, PO Box 42, Clinton, NY 13323.

### Upstate Family Health Center Celebrates National Health Center Week with “Community Day” Event

Upstate Family Health Center will hold a Community Day event on August 9<sup>th</sup> from noon until 5pm, at its Utica location, 1001 Noyes Street, to mark National Health Center Week 2019. This free event is part of a national campaign to increase awareness of the ways health centers are providing affordable health care in communities.

The Upstate Family Health Center Community Day will showcase the primary care services it provides as well as other community resources, including Utica Police, Oneida County Sheriff’s Dept., Upstate Caring Partner’s affiliates and ACR Health to name a few. Games/prizes, food and entertainment will be available at this family friendly event. Upstate Family Health Center invites all members of the community to attend to learn more about services it provides as well as about other community organizations.

Please call 315-927-3467 for more information or visit [upstatefamilyhealthcenter.org](http://upstatefamilyhealthcenter.org).



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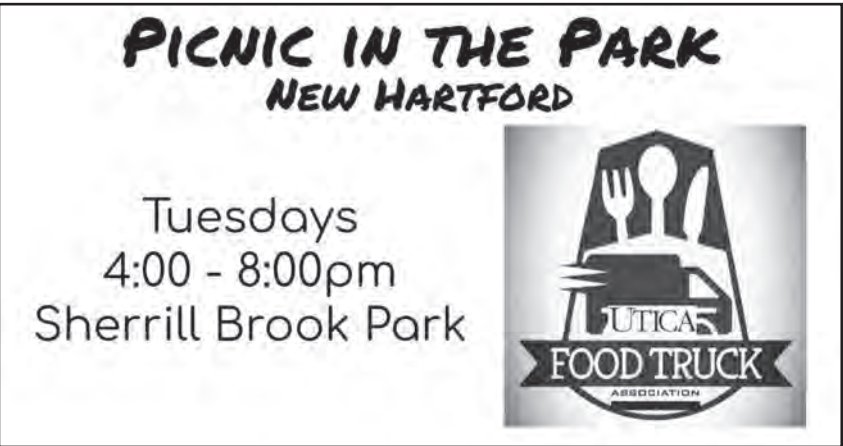
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**For more information, contact MaryJo Timpano at 315.264.2134**







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Sunday services 10:30 AM. Followed by coffee hour.  
August 4, 2019 - "A Thousand Times". Rev. Erin Dajka Holley  
Again, and again, we are called back to ourselves. And we  
wander, and we are called back. Our communities call us back.  
Church calls us back. "Though you've broken your vows a  
thousand times." - Rumi  
August 11, 2019 - "Centering" Rev. Erin Dajka Holley  
Somewhere, at the root of our selves, the very middle, we  
have a center from which our existence radiates. Our center.  
The center of each of us. The center of our congregation. The

1605 Genesee Street, Utica 732-5111 - [fpcutica@verizon.net](mailto:fpcutica@verizon.net)  
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Confession: Sat 3:15pm-3:45pm

## STONE PRESBYTERIAN CHURCH

8 So. Park Row, Clinton

Scott Leonard, Commissioned Lay Pastor

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Website: [www.stonepres.org](http://www.stonepres.org)

E-mail: [stonepres@verizon.net](mailto: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](http://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](http://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](http://www.cornerstoneutica.com)

## CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440

Website: [www.christchurchreformed.com](http://www.christchurchreformed.com)

Facebook:

<https://www.facebook.com/ChristChurchReformedPresbyterian>

Pastor: Aaron Goerner

Services:

Sunday School: 10AM

Sunday Worship: 11AM

Thursday Bible Study 7PM

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[churchoffice@tbcutica.org](mailto:churchoffice@tbcutica.org)

Facebook: Tabernacle Baptist Church

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

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Sunday 10:15 a.m. Sunday School for children in English and in Karen

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Sunday School

Pastors Rev. Debbie Kelsey and Rev. Daniel San

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Brian Demers, Pastor

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Wednesday Evening Prayer Meeting and Bible Study: 7:00 p.m.

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

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Oneg Shabbat

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[teuticaoffice@gmail.com](mailto:teuticaoffice@gmail.com)

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## PRAYER TO BLESSED VIRGIN MARY

Never known to fail. Oh, most beautiful flower of Mt. Caramel, fruitful vine, splendor of heaven. Blessed Mother of the Son of God. Queen of Heaven & Earth. I humbly beseech you from the bottom of my heart to secure me and my necessities (Make Request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary I place this prayer in your hands (3 times). Say this prayer for 3 days and have published and it will be granted to you. ~ AMD





## Do You Plan to Downsize in Retirement?

You might have a dream of what your retirement will look like — more time to travel, some well-earned relaxation, maybe increased time for some of your main hobbies. And you may even know where you want to spend your retirement years — a small beachfront town, perhaps, or within the heart of your favorite city.

But one thing that tends to escape some soon-to-be retirees’ minds is what that living space will look like. Do you still need a 3,000-square-foot home with five bedrooms, or would an upscale townhome better suit your retirement lifestyle? Here are some important considerations for all empty nesters and retirees when determining whether to downsize in retirement.

Compare different scenarios — and set your priorities. You may feel ready to move into your retirement space tomorrow, but in reality, you’ll need to give yourself time to consider the logistics of downsizing before you actually do it. Start by comparing the scenarios that deliver on your downsizing goals. Evaluate the pros and cons of different home options, such as single-family, townhome, and condominium, based on your objectives for scaling back.

Here’s how it works. Pick out a smaller home in a location that you’d realistically consider buying as a way to estimate actual homeownership costs, such as property taxes, heating bills, maintenance, and any upgrades you may need to do later to accommodate you as you age. Then do the same research on other types of residences, such as condos or townhomes. Also consider what your life will be like in the future and how that will impact how you want to live. You may have no problem taking a flight of stairs every time you want to get something from your bedroom now, but will a single-level home be more suited to your physical abilities in the future?

Ultimately, the comparison will help you identify the downsizing option that delivers on your priorities. It may turn out that you value the maintenance-free amenities that a condo affords. Conversely, you might find that a smaller single-family home where you aren't in quite as close proximity to the neighbors is more your style.

Purge — and bring in help if you need it. Downsizing can bring new possibilities for the future, but it also quite likely requires parting ways with items you’ve accrued over the years. When those possessions are attached to important memories, purging can be difficult. But keep the process in perspective.

If you struggle to downsize, a professional concierge moving service can help. Niña Weireter-Liehr of My Divine Concierge\* helps clients with the entire downsizing process from start to finish, including guiding them on what items they should throw out, donate, sell (and how to determine whether an item has monetary value), or bring to the new smaller space. Her company also helps facilitate charitable donations and manage similar moving needs.

To keep yourself on task, Weireter-Liehr says to consider your downsized home to be very expensive square footage. “What things are so valuable that they’ve earned a spot in that high-demand space? Surround yourself with the items that bring you the most joy and that you want to see every day.”

\*<http://mydivineconcierge.com/>

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**Wednesday, August 7**  
**at 6:00 PM**  
Pray the Rosary with us along our beautiful  
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We will also have a Rosary prayed on the Center Lawn  
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