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September 2019

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Sherrill Brook Park Pickleball Complex News

What is Pickleball? It's a game that combines the skills of tennis, badminton and ping pong. It's played on a small court with a net, paddle and whiffleball. It's easy to learn and has become the fastest growing sport in the country for people of all ages!

The 6 new pickleball courts at Sherrill Brook Town Park are now open for play! They have been professionally painted and lined and have permanent nets and posts. The courts are free and available from 7:00 am to dusk. Players of all levels are welcome to join in on the fun!

The current organized group play schedule is:

Tuesdays 5:30 pm; Thursdays 5:30 pm; Fridays 9:00 am; Saturdays 9:00 am

The following is court etiquette when using the courts:

- * Pickleball only, please.
- * No bikes, skateboards, rollerblades, dogs, etc. are allowed on the courts.
- * Please observe proper court etiquette and sportsmanship.
- * Use proper footwear. Sneakers, only.

For information about the courts and organized group play, contact Wendy at karwen@roadrunner.com. You can be added to an email list that will keep you posted on upcoming pickleball activities. For other pickleball info, go to the USA Pickleball Association site at usapa.org.

For more pickleball info, contact the Town Office at 315-733-7500.

Note: Tennis courts are available at the N.H. Rec Center, Chadwicks Town Park and the N.H. High School.

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PJ Green Announces Print Shop Expansion, Where Big Ideas Come to Life!

PJ Green celebrated 90 years in business this past September and nothing is slowing them down! This year, PJ Green invested over 2 million dollars back into their business to enhance the customer experience. Currently in the process of being built, PJ Green will have a brand new HP Indigo 12000 press. This press is so large, that a 1,600 square foot expansion had to be added to the current print shop floor to house the new press. It means quicker turnaround to the customers, plus it allows PJ Green to offer additional features to their portfolio like metallic inks and a new enhanced 'smart' digital cutting.

Media is invited to take a tour of the new print shop and experience the building of the HP Indigo 12000. It is an approximate six week build and PJ Green is currently in week 2. Progress will also be documented on social media with the sharing of fun facts about the HP Indigo 12000 and the expansion of the new print shop.

Contact Rick Green at 315.235.2624 for an interview and/or to schedule a tour of the print shop expansion. You'll be amazed!!!



Pictured is Presenting Sponsor Adirondack Bank's team at the Sitrin Stars & Stripes Run-Walk.

Sitrin Hosts 8th Annual Stars & Stripes Run-Walk

Fall is nearly here and the Sitrin Health Care Center is getting ready for the 8th Annual Star & Stripes Run-Walk! This patriotic, family-friendly event will be held on Saturday, October 5, 2019 on the SUNY Poly campus.

People of all ages and abilities are invited to attend, as the run-walk includes a 5K run, 5K wheelchair race, and 2-mile walk. A new feature this year is chip timing for the 5K portion of the event. Runners and wheelchair racers can come out and try to beat their best time, while being cheered on by local pop warner squads and members of the community.

Since its inception seven years ago, the run-walk has raised more than \$850,000 for Sitrin's Military Rehabilitation Program, which provides complimentary care to post-9/11 veterans and service members.

Event teams, businesses, and veteran organizations have been busy all year hosting third-party fundraising activities. Many have held golf tournaments, flag fundraisers, chicken barbecues, spaghetti dinners, and even their own run/walks to raise funds for the event.

"Thanks to the continued support and dedication of this community, Sitrin has been able to provide veterans with the treatment they deserve," said Cheryl Jassak, Sitrin's Special Events/Planning Associate. "Those affected by post-traumatic stress, depression, traumatic brain injury, spinal cord injuries, amputations, and other combat-related conditions truly benefit from Sitrin's innovative approach to care."

Sitrin's Military Rehabilitation Program is designed

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to treat post-9/11 veterans with physical, emotional, and cognitive issues by addressing their uniquely specific needs. Therapy and treatment options are personalized for each veteran based on military, combat, and reintegration experiences. With an emphasis on combining traditional and non-traditional therapy techniques, the program focuses on goal-setting and specialized treatment regimens. Treatment options range from individual psychology and family counseling to ecotherapy, aquatic therapy, planned helpfulness, Equine Assisted Therapy, and much more.

Run-walk registration is \$25, and the first 300 participants to register will receive a commemorative dog tag. Entry fees are counted toward fundraising incentive levels. The event kicks off with registration at 7:30 a.m., which includes a continental breakfast. Opening ceremony starts at 9:00 a.m., with the wheelchair racers starting at 9:30 a.m., followed by 5K runners at 9:35 a.m., and the 2-mile walk at 9:40 a.m.

"This event would not be possible without our generous sponsors, team members, participants and volunteers," said Rosemary Bonacci, Vice President, Sitrin Foundation & Communications. "Adirondack Bank has been Presenting Sponsor of Sitrin's Stars & Stripes Run-Walk for the past eight years, and many others have also been with us from the start."

In addition to Presenting Sponsor Adirondack Bank, Freedom Sponsors include American Legion Post 25, Post 1376, Post 229, Post 1448, VFW Post 5538, Ilion Elks Lodge #1444, The Good News Center, Mohawk Valley Association of Realtors, Bank of American Merrill Lynch, BAE Systems, Sodexo, and WKTV News Channel 2. Patriot Sponsors are Parkway Drugs, NYCM Insurance, American Legion Post 1360, BNY Mellon, Utica Boilers, and Hannaford.

For anyone is interested in participating, there is still plenty of time to register! Visit www.firstgiving.com/event/sitrin/starsstripes2019 to register or make a donation.

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), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), child care, adaptive sports (STARS Program), orthopedic injury program, concussion management, dental clinic, aquatic therapy, and wellness center.

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THE TOWN CRIER

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Recommended Fitness Books

submitted by Jim LaFountain,
All American Fitness Center

I seldom recommend fitness related books, but in the past few years, I’ve found two that mirror my philosophy, as it relates to physical fitness. Much of the material hitting the shelves is deficient in credible research and focused on selling a record number of copies. “Quick fix” is never to be associated with improving one’s level of physical efficiency. The two books I’m speaking of are The Low Glycemic Load Diet by Dr. Rob Thompson and The Exercise Cure by

Dr. Jordan D. Metzl. Some highlights of each should whet your appetite and encourage your reading of these two gems. By the way, I do not know either of these two authors, nor am I receiving monetary compensation from them.

The Low Glycemic Load Diet

Dr. Thompson disputes much of the “Low Fat Craze” that’s dominated our culture for nearly 40 years. Ingested fat is not nearly as villainous as once believed. He suggests we reduce our intake of sugar, bleached flour, high fructose corn syrup and almost anything white in color. Our body’s Pancreas handles the ingestion of these foods as well as it can, but the end result is a pouring of insulin into our system, in order to “bring down” elevated blood sugar. An aggressive production of insulin, actually takes our blood sugar levels below normal and puts us into “fat storage” mode. I, along with many of my clients have improved our lipid table, lost fat, reduced scale weight and improved our body composition by following this nutritional lifestyle. We are cognizant of the unhealthy fats and avoid them most of the time.

The Exercise Cure

Dr. Metzl explores all aspects of exercise, as it relates to preventing and treating disease. Although I think the word “Cure” is misleading and possibly too strong, the author does a wonderful job describing how regular exercise improves one’s quality of life, even when facing debilitating and chronic disease. A few of the common physical challenges facing us include:

*Cardiovascular Disease: Two quality studies were sited. One of the longest running studies is the Framingham Study. It began in 1948 and covers three generations of people. Regular exercise was found to not only help prevent heart disease, but treat it as well. Another study sited in the Asian Journal of Sports Medicine found that women who walked for 30 minutes on a treadmill at 70-80% of their maximum heart rate, three times a week, significantly lowered their 10-year risk for coronary heart disease.

*Low Back Pain: LBP affects 70-80% of people in the industrialized countries at some point. A balanced exercise routine and mild stretching, unless prohibited by your doctor is the best treatment for LBP.

*The Kinetic Chain: It’s often the most forgotten subject of the exercise protocol, yet best kept secret. Exercise must be balanced from head to toe to be effective.

Hopefully, readers take advantage of this information and/or purchase these books.

Judge Joan Shkane

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

MYTH: Crime victims are often the forgotten ones in the search for justice.

REALITY: If this were true in the past, it is no more. In 2018, the New York State Office of Victim Services launched a pilot program in three counties. Twenty more joined and by the end of this year all upstate counties will be covered, including ours. The website is geared towards rural areas, such as ours. One of the things the program established is a website that will connect crime victims with eight major categories of civil (not criminal) legal services. These categories address items such as custody after a domestic violence incident, helping immigrants who have been crime victims with visas, general rights of victims, victim safety issues, and victim housing issues, among others. Accessing the website is anonymous. It even has a button so that if a victim is on the website and suddenly cannot safely continue, a push of the button instantly redirects the victim to a general search engine. As a result, the victim cannot be seen accessing the website by someone who may be threatening. Last year the website listed thirty nonprofit legal aid providers and victims’ services organizations. More will be joining. The website can be found at <https://crimevictimshelpny.org>. This is an important step in reaching out to and providing for crime victims.

MYTH: A parent’s right to have custody of his/her child(ren) in foster care can be regulated by the state even when it causes delay, especially if that parent lives outside New York Sate and the child lives in New York State.

REALITY: Sometimes the first level of appellate courts, known in New York as the Appellate Divisions, do not agree with one another across the State. The Justices of our Appellate Division have their court in Rochester, although the Justices come from various parts of the district. Currently neither Oneida County nor Herkimer County have a resident Appellate Justice, although we have in the more distant past. When the various districts do not agree, the case may be heard in the New York State Court of Appeals in New York City if the Court of Appeals chooses. This court will try to reconcile the issues across the State so that everyone in New York knows what the law is for the entire State. One such issue comes up when a child is neglected by a New York resident custodian and the child is a New York resident. There may be an out of state parent who can take the child, but the process can be very long and tedious. In the meantime, the child is in foster or other care. Some say that even one day is too long. The downstate Appellate Division says this policy

that causes such delay flies “in the face of New York’s policy of keeping biological families together”, and would infringe on a parent’s constitutional rights. The Appellate Court from Albany and surrounding areas thinks that procedure must be followed, no matter how long that procedure takes. Part of that procedure is a thorough investigation of the out of state parent, which can take months. The purpose is to insure the safety and welfare of a New York State child wherever that child lives. We must wait to see if the final appellate court, the Court of Appeals, decides to look into this issue.

MYTH: Some ballots after an election are thrown away and not counted.

REALITY: One of several types of ballots are “affidavit” ballots. These are ballots that voters fill out at the polls on election day if a voter’s name could not be found on the voter rolls. These ballots can be set aside after investigation for several reasons, but are never thrown away. A ballot may be set aside unopened for reasons like the voter is not enrolled in a political party having a primary, is not a registered voter, has not signed the ballot, or the ballot may have insignificant information on the outer envelope. Most of these ballots will be determined to be invalid votes. However, to say that the ballot was “thrown out” gives the false impression that a ballot was discarded. In fact, no ballot of any kind is ever actually destroyed, but may be set aside as invalid for a technical reason.

A citizen who wishes to have a voice in an election should immediately call the Board of Elections to make sure that the voter is properly registered so there will be no questions on primary or general election day and offering the voter an affidavit ballot will not be necessary.

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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THE TOWN CRIER

Library News

SEPT. 2019

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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

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

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.

Bedtime Story Time

This program is scheduled for the 3rd Monday of each month through December (September 16, October 21, November 18, and December 16) at 6:30. Enjoy stories and crafts with Miss Ashlyn in time to wind down for bed. Aimed toward preschoolers, but all are welcome.

Save the Date for Kid’s Programs

Kids Yoga Adventures

Join instructor Dawn Wheeler for a fun class of Yoga Adventures on Friday, October 4, 4:30-5:15. Kids ages 3-6, limited to 15. Please bring a yoga mat. Registration is required. Call the library at 315-733-1535 to register.

(No school) – Mystery Bag Challenge – Monday, October 14, 11:00-12:00

Take part in a super fun activity using recyclables and other basic materials in this mystery bag building challenge. Kids will receive a bag of mystery items and then use those materials to complete a design challenge. All ages welcome.

Family Halloween Extravaganza

Sunday, October 13th from 2:00-3:30. Pumpkin carving, crafts, and snacks!! Registration for pumpkin carving begins September 20. Supplies limited, one pumpkin per family. Please call the library at 315-733-1535 to register!

AARP Defensive Driving Course (two day course)

The AARP will be hosting another AARP Smart Driver Course on Thursday, September 5 & Friday, September

6th from 10:00-2:00pm. \$20 for AARP members (bring your card), \$25 for non-members. Bring a bag lunch and your NYS driver’s license. Participants must attend both days. Please park in the lower parking lot (class is in the Sammon Room). Registration is required - please call 315-733-1535 to register.

Understanding Alzheimer's and Dementia

Tuesday, September 10, 5:00-6:00pm. This program is intended for anyone interested in learning more about Alzheimer's disease and covers the basics of Alzheimer's and dementia, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. To register call the Alzheimer's Association at 315-472-4201 x227

Introducing a Brand New Book Club...Lit & Fit!

Join us each week as we walk indoors at Sangertown Square (rain or shine!) and discuss a book. This book club will meet weekly so we will discuss a section each week, completing a book within a month. An informational meeting will be held on Friday, September 13th at 10:00am in the Corasanti Room. The book club will start on Friday, October 4th at 9:00am. If you can’t attend the meeting but would like more information, please call 315-733-1535 and ask for Anne.

Monthly Bullet Journal Workshops

Starting Tuesday, September 17 and continuing on the third Tuesday of each month in the Large Study Room from 7:00-8:00. What is a Bullet Journal? It's a fun and creative way to stay organized and to set goals. It's a way to keep track of lists, ideas, plans, goals, and anything else you would like. There's no right or wrong way to bullet journal...the goal is to design something that works for you and your lifestyle. Join a group of fellow bullet journal users as they prepare for the following month. Come and get creative and be prepared to inspire and get inspired. We will provide the space and some supplies (markers, stencils, colored pencils, washi tape). You supply the ideas and your own journal. Brand new to bullet journaling? No worries! We can provide some resources and ideas to get you started.

Interfaith Book Discussion

Monday, September 16, 6:30-7:30pm. Conversation Topic: Readings from Agape and Ahimsa: twin roots of nonviolence by Ira Zepp and Charles Collyer (we will discuss pgs. 15-90, the Epilogue is optional). Facilitator: Ven. Myohye Do'an, Zen Master, Guiding Teacher of Lotus Heart Zen and Board Member, Interfaith Coalition of Greater Utica. We hope to have an open dialogue about the commonalities and differences in various faith traditions in an effort to understand one another and build a stronger, more cohesive community! Respectfully, we request that attendees not proselytize or seek to convert others; the intent is to share and learn from one another.

Women (and Men) of Mystery

If you enjoy mysteries, join us at the New Hartford Public Library on Saturday, September 28 at 11:00 as we learn more about those writers who have mystified and puzzled readers with their stories of murder and mayhem – and sometimes a bit of wacky humor. We will explore authors from Sir Arthur Conan Doyle to Stieg Larsson,

Rex Stout to Walter Mosley, Tony Hillerman to Charles Todd. Our topic for this session is Partners in Crime and, led by Janet Hoover, we will explore the writings of Ellery Queen, Charles Todd, and Maj Sjowall/Per Wahloo. If you enjoy their books, come to learn more about them, if you have never heard of them come to discover new ideas for your reading list.

Social Artworking Adult Painting Party

Monday, September 30, 6-8:30pm: A fun night for adults to paint a Modern Bouquet or to just relax and enjoy some free painting. We will have a registration form at the circulation desk. The session is free and all materials are provided!

Social Security Workshop

Monday, September 39, 6:00-8:00pm. The New Hartford Public Library is offering a free Social Security retirement information program on Monday, September 30th at 6:00 PM for future retirees (Age 55+) who are wanting to make a more informed claiming decision. Important topics covered:

- When is the best time to collect benefits
- How the new Social Security rules could impact your retirement lifestyle
- Calculating spousal survivor benefit
- The retirement earnings test and how your benefits can be reduced
- Critical filing mistakes that should be avoided

Since 2014, the one-hour program entitled, “Social Security Made Easy,” has gained wide spread attention across the Upstate New York region in an effort to help attendees better prepare for a smooth retirement transition. The program is being presented as a community service by Retirement Solutions, LLC. Seating is limited and advance registration is required. To RSVP, please call the library at 315-733-1535.

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 to register.

Mystery Book Club

Saturday, September 14th, 11:00am-12:30pm; this month’s title is Total Control by David Baldacci. Copies are available to be checked out at the circulation desk. Stop by to get yours today!

Wanderlust Book Club

Tuesday, September 17th, 5:30; September’s selection is The Professor and the Madman by Simon Winchester.

September Artist on Display Elizabeth Herr

Elizabeth Herr graduated from Bethel College in St. Paul, Minnesota, with a Bachelor’s degree in Studio art and she has studied at the Museum School and the Massachusetts College of Art, both in Boston. She served on the board of directors of Cambridge Art Association. She has exhibited her work in shows in Boston and Duxbury, Massachusetts, in Rhode Island at the New York State Fair and at the Munson Williams Proctor Art Institute’s Sidewalk Festival in Utica. Elizabeth

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also founded the Expressions Through Art Program at the Masonic Care Community in Utica, which has been very popular with residents. Elizabeth has sold her miniature paintings on wood at the MWPAI's Gift Shop and is offering her work for sale at a local Spa.

Nature is Elizabeth Herr's inspiration for her acrylic paintings. A great respect for the unspoiled beauty in nature and many memories of times spent in the great outdoors has led her to move from NYC to the Mohawk Valley. Now current experiences combine with cherished memories to provide a rich tapestry of ideas for her artwork.

Display Case September

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.

Tai Chi Classes at the library

Classes resume on September 12-November 21. The Beginner Class meets from 10:00-11:00, and the Advanced Class meets from 11:15-12:15. No registration required

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, or a face, arm, leg painted with lizards, flowers or with sparkles by Smiley the Clown!- 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. Over \$1,100 was raised. Thank you to YOU, our wonderful community.

We greatly appreciate the support and assistance of John Randall and staff, donations of sundae kits from Stewarts, ice cream from Nicky Doodles, water from Jay-K Independent Lumber, donations from Hannaford, posters from Trainor and a huge thank you to our wonderful volunteers: those that scoop and bake, 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

The Bill Bonsted Indoor Miniature

Golf Tournament

18 Holes of Indoor Miniature Golf

Saturday, November 2, 2019

All Ages Welcome

10-4 p.m.

\$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 TOPHY for the 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.

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.

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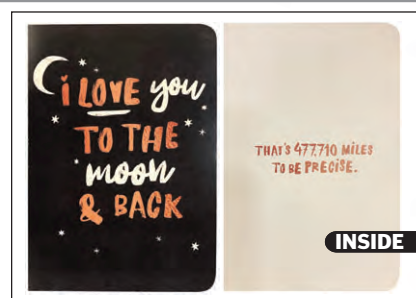


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Fall in Love with Mums!

by Shelley Corey Owner of the Mum Farm

Another mum season is here! We certainly have enjoyed a beautiful, warm and sun-filled summer! A great summer for the annuals, with just enough rain per week to keep them looking their best. Cooler night temperatures and shortening days have us anticipating the spectacular displays of mums that seem to pop up everywhere. 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! Smile, it's time to fall in love with mums!





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Utica's Finest Food Tour

When thinking about the question, "What are some of your favorite things Utica?"

I am guessing one of the top answers would be...The food.

The food in Utica is unlike any other. Whether its tradition Italian, Mediterranean, Asian inspired, farm to table-you name it, Utica can do it and do it better than anyone else.

The Deck family decided to take a small weekend vacation to Boston where they came across a "walking food tour," which is pretty much exactly what it sounds like-a walking food tour where you stop at specific establishments to taste the popular delicacies that have become something the locals living in Boston have become very proud of. There is also a bit of history covered during the tour to keep things interesting as you make your way from place to place.

The Decks tasted some delicious subs, pasta dishes and desserts. At the end of the tour they were discussing their favorite parts when they came to a unanimous agreement. The food was good, but not "Utica Good." That's when they had an epiphany, why not bring this idea of the walking food tour to the city with the best food and a lot of great history! They got to work and a year later Utica's Finest Food tour was launched with their oldest daughter Olivia- heading up the business and their youngest, Mikelle (working on her masters at Utica College) filling in as a tour guide when needed.

The downtown tour is approximately a mile long with resting in between at the 6 establishments visited, It runs every Saturday from 1:45 to 5. Many of the stops include interaction with the owners as well. It is a great way to experience all the terrific history from our area while trying different restaurants. This is a wonderful way to entertain your visitors while appreciating what we offer in our 'handshake city'.

So far, the tour has been a huge success in its first couple of months. "We started slow giving tours to family and friends to get all the kinks worked out." said Olivia. "It's a terrific feeling to bring someone who has lived in our area their whole life into an establishment for the first time. Some of the replies have been, "I can't believe I have never been here!" or "I can't believe this is in Utica!"

They have also added a Varick Street tour incorporating many of the local establishments and ending at the anxiously awaited opening of the Irish Cultural Center.

To sign up for a tour, visit their website at www.uticasfinestfoodtour.com. Tour prices include tastings at all of the establishments and a sit-down meal as well, all taxes, tips and gratuities.

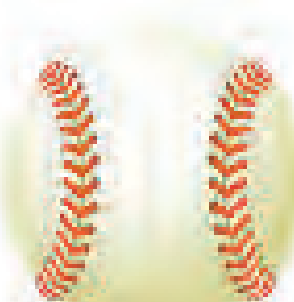
Trust us, you will not leave hungry or thirsty!! Make sure to like them on Facebook for photos and information updates or call 315-271-1901 to book your next tour. Who's hungry Utica?



New Hartford Home Games

**subject to change without notice*

- 9/3 - Soccer (Girls) JV - 4:30 PM @ Perry JH Soccer Field vs. West Genesee
- 9/3 - Soccer (Girls) Varsity 5:00 PM @ New Hartford H S vs. West Genesee
- 9/4 - Tennis (Girls) Varsity 3:30 PM @ HS Tennis Courts vs. Utica Proctor
- 9/4 - Field Hockey (Girls) Varsity 4:30 PM @ HS Turf Field vs. Whitesboro
- 9/4 - Field Hockey (Girls) JV 6:15 PM @ HS Turf Field vs. Whitesboro
- 9/5 - Soccer (Girls) Varsity 4:15 PM @ HS Turf Field vs. Oneida
- 9/5 - Soccer (Girls) JV 4:15 PM @ Perry JH Soccer Field vs. Oneida
- 9/6 - Tennis (Girls) Varsity 3:30 PM @ HS Tennis Courts vs. Whitesboro
- 9/6 - Football (Boys) Varsity 6:00 PM @ HS Turf Field vs. Cazenovia
- 9/7 - Swimming/Diving (Girls) Varsity 10:00 AM @ HS Pool vs. Burnt Hills-Ballston Lake HS
- 9/7 - Soccer (Boys) JV & Varsity - TBD (2019 Optimist Tournament)
- 9/8 - Soccer (Girls) Varsity 11:00 AM @ Shenendahowa HS vs. Kellenberg Memorial High School
- 9/9 - Gymnastics (Girls) Varsity 4:00 PM @ Valley Gymnastics vs. Rome Free Academy
- 9/9 - Field Hockey (Girls) Varsity 4:30 PM @ HS Turf Field vs. Central Valley Academy
- 9/9 - Field Hockey (Girls) 7th/8th 4:30 PM Scrimmage @ Myles Elementary FH/LAX Field vs. Whitesboro, Central Valley Academy
- 9/9 - Field Hockey (Girls) JV 6:15 PM @ HS Turf Field vs. Central Valley Academy
- 9/10 - Soccer (Boys) JV 4:15 PM @ Perry JH Soccer Field vs. Camden
- 9/10 - Soccer (Boys) Varsity 5:00 PM @ HS Turf Field vs. Camden
- 9/10 - Swimming/Diving (Girls) Varsity 5:30 PM @ New Hartford H S vs. Skaneateles
- 9/11 - Soccer (Boys) 7th/8th 4:15 PM Scrimmage @ Hughes Soccer Field vs. Oneida
- 9/12 - Soccer (Boys) JV 4:15 PM @ Perry JH Soccer Field vs. Rome Free Academy
- 9/12 - Soccer (Boys) Varsity 5:00 PM @ HS Turf Field vs. Rome Free Academy
- 9/12 - Gymnastics (Girls) Varsity 6:00 PM @ Valley Gymnastics vs. Jamesville-Dewitt
- 9/13 - Soccer (Boys) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Utica Proctor (JFK)
- 9/13 - Field Hockey (Girls) 7th/8th 4:30 PM @ Myles Elementary FH/LAX Field vs. RFA
- 9/14 - XC (Boys & Girls) 7th/8th 9:00 AM (invitational) @ XC Course (Perry JH) vs. Whitesboro
- 9/14 - XC (Boys & Girls) Varsity 11:00 AM (invitational) @ XC Course (Perry JH) vs. Oneonta, Whitesboro
- 9/14 - Football (Boys) JV 6:00 PM @ HS Turf Field vs. Central Valley Academy
- 9/16 - Gymnastics (Girls) Varsity 4:30 PM @ Valley Gymnastics vs. Baldwinsville
- 9/17 - Soccer (Boys) JV 4:15 PM @ Perry JH Soccer Field vs. Whitesboro
- 9/17 - Soccer (Boys) Varsity 5:00 PM @ HS Turf Field vs. Whitesboro
- 9/18 - Tennis (Girls) Varsity 3:30 PM@ HS Tennis Courts vs. Rome Free Academy
- 9/18 - Football (Boys) 7th/8th 4:00 PM @ Perry JH Football/Lacrosse Field vs Rome Free Academy
- 9/18 - Soccer (Girls) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Rome Free Academy (Orange)
- 9/18 - Field Hockey (Girls) Varsity 4:30 PM @ HS Turf Field vs.Vernon-Verona-Sherrill
- 9/18 - Field Hockey (Girls) JV 6:15 PM @ HS Turf Field vs. Vernon-Verona-Sherrill
- 9/19 - Soccer (Boys) JV 4:15 PM @ Perry JH Soccer Field vs. Vernon-Verona-Sherrill
- 9/19 - Soccer (Boys) Varsity 5:00 PM @ HS Turf Field vs. Vernon-Verona-Sherrill
- 9/19 - Swimming/Diving (Girls) Varsity 5:30 PM @ New Hartford H S vs. Mexico
- 9/20 - Soccer (Boys) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Whitesboro
- 9/20 - Field Hockey (Girls) 7th/8th 4:30 PM @ Myles Elementary FH/LAX Field vs. Oneida
- 9/20 - Football (Boys) Varsity 6:00 PM @ HS Turf Field vs. Mexico
- 9/21 - Swimming/Diving (Girls) Varsity 9:00 AM (NH Invitational) @ HS Pool
- 9/21 - Soccer (Boys) Varsity TBD (Tournament)
- 9/22 - Soccer (Boys) Varsity TBD (Tournament)
- 9/23 - Soccer (Boys) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Vernon-Verona-Sherrill
- 9/24 - Soccer (Girls) JV 4:15 PM @ Perry JH Soccer Field vs. Utica Proctor
- 9/24 - Soccer (Girls) Varsity 5:00 PM @ HS Turf Field vs. Utica Proctor
- 9/24 - Swimming/Diving (Girls) Varsity 5:30 PM @ HS Pool vs. Liverpool
- 9/24 - Gymnastics (Girls) Varsity 6:00 PM @ Valley Gymnastics vs. Utica Proctor
- 9/25 - Tennis (Girls) Varsity 3:30 PM @ HS Tennis Courts vs. Notre Dame, Utica
- 9/25 - XC (Boys & Girls) Varsity 4:00 PM @ XC Course (Perry JH) vs. Utica Proctor, VVS
- 9/25 - XC (Boys & Girls) 7th/8th 4:00 PM @ XC Course (Perry JH) vs. Utica Proctor (JFK/DMS), VVS
- 9/25 - Soccer (Girls) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Central Valley Academy
- 9/25 - Field Hockey (Girls) Varsity 4:30 PM @ HS Turf Field vs. Camden
- 9/25 - Swimming/Diving (Girls) 7th/8th 5:30 PM @ HS Pool vs. Liverpool
- 9/25 - Field Hockey (Girls) JV 6:15 PM @ HS Turf Field vs. Camden
- 9/26 - Soccer (Girls) JV 4:15 PM @ Perry JH Soccer Field vs. Clinton
- 9/27 - Soccer (Boys) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Camden
- 9/27 - Field Hockey (Girls) 7th/8th 4:30 PM @ Myles Elementary FH/LAX Field vs. Camden
- 9/27 - Football (Boys) Varsity 6:00 PM @ HS Turf Field vs. Camden
- 9/27 - Cheerleading (Girls) Varsity (Fall) 6:00 PM @ HS Turf Field vs. Camden
- 9/28 - Soccer (Boys) Varsity 4:00 PM @ HS Turf Field vs. Vestal
- 9/30 - Tennis (Girls) Varsity 3:30 PM @ HS Tennis Courts vs. Oneida
- 9/30 - Soccer (Girls) 7th/8th 4:15 PM @ Hughes Soccer Field vs. Utica Proctor (JFK)
- 9/30 - Field Hockey (Girls) 7th/8th 4:30 PM @ Myles Elementary FH/LAX Field vs. Whitesboro
- 9/30 - Soccer (Girls) JV 4:30 PM @ Perry JH Soccer Field vs. Holland Patent





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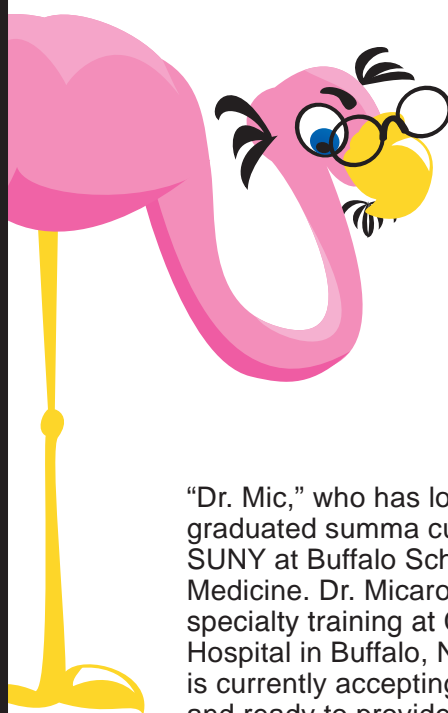
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"Dr. Mic," who has local roots, graduated summa cum laude from SUNY at Buffalo School of Dental Medicine. Dr. Micaroni obtained specialty training at Children's Hospital in Buffalo, N.Y. Dr. Micaroni is currently accepting new patients and ready to provide general and specialty care for infants, children and young adults.

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Mah Jongg A Game for the Brain

One bam, two crack. What's that? Those are tile names in Mah Jongg, an ancient Chinese game that came to the USA in the 1920's. At that time, it was primarily played by Jewish women in New York City. It remained that way for years. However, it is such a challenging, social and interesting game, as people were exposed to it, they wanted to learn and play. It has become popular everywhere, including several places in Utica. Many women (and even some men) have learned to play and do so at public venues and often at each other's homes. Maj is played with tiles etched with Chinese symbols. Each player has a Mah Jongg card with various configurations of the tiles. These are called hands. Tiles are picked and thrown with the goal of completing a hand from the card. Whichever player does this first calls Mah Jongg and is the winner!

Not only is Maj fun, it also brings new people into players lives and provides an acceptable reason to kvetch (complain) and have other players commiserate. As important and enjoyable as that is, Maj is also a great game for the brain. The cognitive skills used such

as concentration, memory, sequencing, calculating and planning result in a sharper brain and a way to hold off or improve dementia and other degenerative brain disorders in older adults. A small study of elderly people with dementia in Hong Kong concluded that playing Mah Jongg regularly cured dementia. Degenerative brain disease can begin as young as 30. The younger one begins to play Maj regularly, the better the benefit to the brain. This is true for the male brain as well.

If you can play cards or dominoes, you can learn to play Mah Jongg. Many at the Parkway Center in Utica, the North Utica Senior Center and MVLIR have done so and now play regularly. Once you learn, you will want to play frequently. You will enjoy it. You will feel challenged. Whether you know nothing about Mah Jongg, know just a little or played in the past, but haven't for years, please come and learn or refresh your skills. Bring your friends. You can play together as you learn. Bring your significant other. Learn to play as a couple. Encourage other couples to learn. It is a great way to spend a Saturday night. Bring your adult children. It is a great family game.

Here is where you can learn and also play:

Tuesday - JCC, Noon-4PM, Play only

Wednesday - North Utica Senior Center, 1-3:30 PM. Play and learn from Gwen Mancini

Thursday - New Hartford Library, 11:30-3:30. Play only

Thursday - MVLIR, Noon-3:00. Play and learn with Gloria Schaefer *You must be a member of MVLIR

Friday - Parkway Center of Utica, 1-4PM, Play and learn with Lynn Tomaino

For all the Maj players reading this, SAVE SUNDAY, OCTOBER, 27 from 9AM-2PM for our FOURTH ANNUAL TEMPLE EMANU-EL / TEMPLE BETH-EL MAH JONGG TOURNAMENT. TELL YOUR FRIENDS!

For all of you who will learn to play mah jongg this year, we look forward to you participating in the Fifth Annual tournament, next year.

May your hands be filled with Jokers!

~ Lynn Tomaino

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Thank You Nathalie Nerber, Farmers Market Director

Join us in thanking Chamber Board member and Farmers Market Director, **Nathalie Nerber** for all her work in building and managing the new Farmers Market in New Hartford. Despite starting last year in a different venue with a small group of vendors, 2019 has witnessed a complete rebirth of the **New Hartford Farmers Market**. With a whole new location in Sherrill Brook Park, along with triple the number of vendors, this year's Farmers Market has been a great success so far and shows potential for even further growth.

Nathalie Nerber lives in New Hartford and works for the **Ward Arcuri Law Firm** in the village. She joined our chamber in 2017 and formed the Farmers Market Committee to research the (re)start of the Farmers Market in New Hartford. (The chamber used to run a market years ago.)

Last summer, the New Hartford Farmers Market launched on Wednesdays in the upper parking lot at the New Hartford Shopping Center. With only a handful of initial vendors, Nathalie was successful in launching an exciting new community event in New Hartford. The market ran from June through September and closed for the season leaving a great sense of optimism for what would come the following year.

During the off-season, and thanks to grant monies secured by the town, our town parks began a period of renovation and revitalization. Part of the monies went towards building two brand new pavilions in Sherrill Brook Park specifically designed to house a farmers market. The Chamber was invited to move its Farmers Market to the new space for the 2019 season and Nathalie and her committee went to work on preparations.

This year's Farmers Market opened on June 4th in Sherrill Brook Park and has continued to run every Tuesday this season. With a brand new facility complete with shelter from the elements and electricity for our vendors, the Farmers Market has grown significantly this year to include nearly 30 vendors and has delighted the community with its many offerings.

The New Hartford Farmers Market continues on **Tuesdays through September from 3 til 7pm**. The market runs "rain or shine" and many vendors accept credit and debit cards as payment! There is usually live entertainment in the music gazebo sponsored by several generous chamber members. (see below)

The Chamber of Commerce would like to thank and congratulate Nathalie Nerber on a truly successful Farmers Market in New Hartford. Her hard work and dedication epitomizes our chamber mission of *fostering economic vitality and quality of life in New Hartford*.



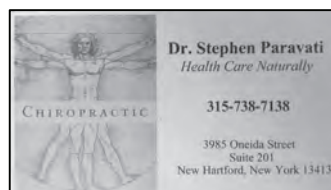
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Sherrill Brook Park

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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 and our brush piles have been overwhelming at times causing our schedule to be off by a week or so. Next season the Town will work on green waste decals for the containers so that small piles of green waste can be placed in containers for easier pick up.. The LAST brush pick will be Ward 1 September 3 rd, Ward 2 pickup will be September 9th, Ward 3 will be September 16th and Ward 4 pickup will be September 23rd. So please plan to get your brush to the curb for the set dates. We need to be finished on these dates for the 2019 season. We will not pick up any brush after these dates unless we have storm damage that brings tree limbs, etc. down.

Leaf removal will begin as warranted in the month 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 early evening shift as well to pick up the leaves in a timely manner. PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLES. NO STICKS,STONES, PUMPKINS, GREEN WASTE, JUST LEAVES. MIX DEBRIS WILL CAUSE DAMAGE TO THE MACHINES IMPELLAR FAN CAUSING DOWN TIME DURING OUR BUSIEST SEASON. MIXED LOADS WILL NOT BE PICKED UP.

Our paving is done for this year and I want to thank everyone for their patience, as our crews had roads closed or lanes closed during our paving operations.

We are still placing storm water pipes and catch basins this fall to catch up with our storm water work in various sections of Town. The Town is still cleaning creeks and small streams with our excavator and dozer.

The month of September will be our last month for trash drop off at the highway garage. The Monday drop off will be Sept 3 because of the holiday and the 9th, 16th, and the 23rd. The 23rd will be our last day for this year. The second Saturday will be September 14th with drop off between 8:00- 12:00 at highway garage, this will be our last trash day for this year. Any tag items purchase your tags by Aug 30 for a September 3rd pickup.

Nominations Now Being Accepted for The Rotary Club of Utica 2019 Pride of Workmanship Awards

The Rotary Club of Utica is soliciting nominations from the community for this year's Pride of Workmanship Awards Program. *The awards recognize outstanding contributions by employees in all businesses, industries and organizations.*

Since 1990 the Utica Rotary has recognized outstanding individuals and will do so again at the Pride of Workmanship Awards Program on Thursday, October 17, 2019 at 12:00 PM at the Yahnundasis Country Club, New Hartford, NY.

Pride of Workmanship Recipients exemplify an outstanding commitment to their job —their performance makes a positive difference to their employer. Award recipients will demonstrate:

Outstanding Competence *and* consistency of effort; Commitment to employer; Commitment to co-workers (team players); Professionalism and creativity; Enthusiasm and initiative; Willingness to go above and beyond the job description; An understanding of the award's motto: "Do it once, do it well. Build a Better America"

Deadline for nominations is September 19, 2019.

For a nomination form visit the Rotary Club of Utica website at www.uticarotary.org and click on the button for the Pride of Workmanship Awards; *or* for more information, email Roxanne Mutchler at rmutchler@mvcc.edu with *pride of workmanship* in the subject line.



Pickleball Courts

submitted by Richard Woodland

In this month's article I would like to talk about Pickleball. At the June town board meeting a group from the New Hartford Pickleball did a presentation regarding upgrades to the tennis courts at Sherrill Brook Park . These would be converted to Pickleball courts. Monies were secured by a grant and last month the courts were finished. What is pickleball, you might ask? It is played by three different age groups 18 and under, 18 and over and the senior age group. It is a cross between tennis and badminton and played with a larger paddle. The ball is similar to the size of a wiffle ball. I hope that many of you take advantage of this growing sport and the new courts at the park. As always you can contact me at 315 982-4936 or email me at rwoodland@townofnewhartfordny.gov with any questions or concerns.



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Date: Saturday, September 21
 Time: 9:00am – noon

Location: Grey Fox Mercantile – 70 Genesee Street, New Hartford, NY 13413
 Cost: \$45
 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.
 Tickets can be purchased online: <https://greyfoxfelting.com/product/beginnerneedle-felting-workshop-make-a-red-fox/>

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NH Historical Society News

**SEPT.
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New Hartford Firehouse Continues to be a Village Focal Point

The New Hartford Fire Department was organized in January of 1901. For over 118 years, the Fire Department has grown and evolved as an integral part of not only a Village Department, but a part of the Village landscape. Original equipment was first stored in a barn located behind Butler Hall. In 1905, the Village acquired a building on Park Street that was formerly a school, canning factory.

The old firehouse was razed in 1973 after their new and current building was erected at 4 Oxford Road. Beginning soon after, the members of the fire department began decorating the station for Christmas every year. And, the decorations have become more colorful and extensive. Many members over the years have contributed thousands of hours putting up decorations, usually after Thanksgiving, and taking them down after the New Year. Countless residents, families and visitors come to the village every year to enjoy the lights and the magic of the Holiday displays. Of the many committees the fire department has, the Christmas Decoration committee has been one of the busiest. For many years, under the guidance of Chairman Terry Martin, a lifelong village resident and a 46-year member, the decorations (and the station itself) grown bigger and better. After his untimely passing in February 2010, the committee has been headed by Dave Corr, who's continued the fine tradition.



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New Hartford Firehouse Now

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Through membership, the P.E.O. Sisterhood has brought together more than a half a million women in the United States and Canada who are passionate about helping women advance through education, while supporting and motivating them. In addition to the educational philanthropies, the P.E.O. Sisterhood provides a framework of support and community for all members.

What started with a bond of friendship among seven women in Mount Pleasant, Iowa, is one of the oldest women's organization in North America with close to 6,000 chapters.

Headquartered in Des Moines, Iowa, members are passionate about P.E.O.'s mission; to celebrate the advancement of women; educate women through scholarships, grants, awards, loans and stewardship of Cottey College; and motivate women to achieve their highest aspirations.

The P.E.O. Sisterhood is a nonprofit organization that has helped more than 109,000 women pursue educational goals by providing over \$344 million in educational assistance, making a difference in women's lives through six philanthropies and a foundation:

P.E.O. Educational Loan Fund (ELF)	A revolving loan fund established in 1907 to lend money to qualified women students to assist them in securing a higher education.	Has loaned \$208.2 million.
P.E.O. International Peace Scholarship (IPS)	A fund established in 1949 to provide scholarships for international women students to pursue graduate study in the U.S. and Canada.	Has provided \$40 million in scholarships.
P.E.O. Program for Continuing Education (PCE)	Established in 1973 to provide need-based grants to women in the U.S. and Canada whose education has been interrupted and who find it necessary to return to school to support themselves and/or their families.	Has given \$59.2 million in grants.
P.E.O. Scholar Awards (PSA)	Established in 1991 to provide substantial merit-based awards for women of the U.S. and Canada who are pursuing a doctoral-level degree at an accredited college or university.	Has awarded \$26.7 million in scholarships.
P.E.O. STAR Scholarship (STAR)	Established in 2009 to provide scholarships for exceptional high school senior women to attend an accredited postsecondary educational institution in the U.S. or Canada in the next academic year.	Has given \$10.7 million in scholarships.
Cottey College	A nationally ranked, fully accredited, independent, liberal arts/sciences college for women located in Nevada, Missouri, has been owned/supported by P.E.O. since 1927 and offers baccalaureate and associate degrees in a variety of majors. Cottey College, a debt-free institution, welcomes women from around the world.	
P.E.O. Foundation	A nonprofit corporation established in 1961 to encourage tax-deductible giving to the educational and charitable projects of the P.E.O. Sisterhood. It is a service to the Sisterhood.	

P.E.O. ORGANIZATIONAL STRUCTURE

International Chapter of the P.E.O. Sisterhood is governed by a five-member volunteer executive board, with Sue Baker, Ohio, currently serving as the President of International Chapter (through Convention of International Chapter in September 2019).

Local chapters report to state, provincial or district chapters that are governed by International Chapter.

*stats as of April 2018

P.E.O. Executive Office | 3700 Grand Avenue | Des Moines, IA 50312 | 515.255.3153 | peointernational.org
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The American Legion Act

President Donald J. Trump signed S. 504, the Let Everyone Get Involved in Opportunities for National Service (LEGION) Act Tuesday, July 30, 2019, in the Oval Office of the White House.

In a significant legislative victory for The American Legion, The President signed a bill that declares the United States has been in a state of war since December 7, 1941.

The American Legion sought the declaration as a way to honor approximately 1,600 US service members who were killed or wounded during previously undeclared periods of war.

The LEGION Act opens the door for approximately 6 million veterans to access American Legion programs and benefits for which they previously had not been eligible.

“Recognizing the service of these wartime veterans is the right thing to do and it is long overdue.”, National Commander Brett Reistad said. “The families of those who were killed or wounded during these wartime acts should take pride in knowing that we recognize their sacrifice and service. Moreover, we are proud to welcome any of the six million living veterans from the previously unrecognized periods into our organization and call them Legionnaires.”


Now that the legislation has been signed, The American Legion’s eligibility criteria immediately changes from seven war eras to two: April 6, 1917 to November 11, 1918, and December 7, 1941 to a time later determined by the federal government. No other restrictions to American Legion membership are changed.

This important legislation opens the door for our American Legion Post to significantly increase our membership strength. We can all be recruiters and do our part to help out.

Please talk to anyone you may know who is now eligible to join us.

Consider joining the New Hartford Legion Post 1376. We are happy to welcome all current members and new members.

For further details, please contact us at (315) 736-7041 or feel free to stop in and visit us at 8616 Clinton Street, New Hartford, 13413.



Teach Your Children Well

It’s back to school time and soon our children will be engaged in learning everything from the alphabet to AP Chemistry. But as we know, schooling doesn’t end after the bell rings and one subject for which there is no better classroom than the real world, is personal finance. So, put on your professor’s cap and break out your curriculum planner. Here are five ways you can help your children learn about money:

Earn vs. Allow: We all remember having an allowance, when we were kids. A little money we were “allowed” to spend, usually pending some work being done or for a given period. Instead of an allowance try setting up a menu of earnings or salary associated with chores. Three dollars for laundry, five dollars for taking out trash, or ten dollars for yardwork. With this simple adjustment, we can create an early understanding that money is earned, not “allowed”.

Budget: Another great building block of solid personal finance is budgeting. Set up a budget for basic items like school lunch, gas for the car or maybe even their wireless bill. Understanding the difference between fixed vs. variable and non-discretionary vs. discretionary expenses will go a long way.

Start Saving: Whether it’s a shoe box, piggy bank or actual bank account, saving is great habit that kids can retain for the rest of their lives. One trick is to make sure they keep track of how much is saved (or potentially spent). Write it on the side of the shoe box, keep a log next to the piggy bank or get online access to your bank account. Visualizing the growth will keep them engaged and the momentum going.

Invest: It’s never too early for kids to learn about investing. Important topics like compound returns, market volatility, and interest/dividends can all be learned through the experience of investing. You can have them pick a few stocks in a play account online, set up a Roth IRA to invest summer job earnings or even have them participate in their own college 529 savings

plans.

Borrow: This lesson has two purposes, the first is loan basics and the second is to educate on the dangers of debt. You can provide funds for a purchase and have your child pay you back over time with a little extra “interest”. Helping them understand that borrowing isn’t free, and that debt can have long term impacts is a lesson better learned earlier than later.

Submit questions or topics of interest to ae Evans@investstrategic.com

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

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The Brothers Three

Jim Brule is an ordained spiritual storyteller, a teacher in the Jewish tradition and a prison chaplain.

Rev. Jim Kerr-Whitt is a retired American Baptist minister and a representative to Interfaith Works’ Round Table of Faith Leaders.

Mohamed Khater is a Past President of the Islamic Society of Central New York and a member of the Interfaith Works’ Round Table of Faith Leaders.

Everyone is invited to join in conversation with The Brothers Three. They present a story of interfaith friendship and respect from learning each other’s manner of worshiping God and through living their faith.

First Baptist Church of New Hartford
7 Oxford Road
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Sunday, Sept. 22, 2019
Starting at 3:00pm with refreshments to follow in the Fellowship Hall.

For more information please call David Kelsey at 315-790-8269.

RUMMAGE SALE

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Community News

SEPT.
2019



Connor Arthur Lynskey 1999-2018

Connor Arthur Lynskey
Memorial Scholarship
Committee Presents Award

The Connor Arthur Lynskey Scholarship Committee presented an award opportunity for graduating seniors from high schools in Oneida and Herkimer Counties, as well as awards at Holland Patent Central School.

The scholarship for Oneida and Herkimer Counties was based on academics and leadership qualities and

was awarded on June 25, 2019 to Benjamin Miller of Rome, a graduate of Rome Free Academy, who will be majoring in Biology at Houghton College in the fall.

Three awards were given to graduating seniors at Holland Patent Central School on June 20, 2019. The first was an Honorable Mention Scholarship, awarded to Olivia Smith, who plans to pursue a Nursing degree at SUNY Plattsburgh in the fall. The second scholarship was an Athletic/Character Award presented to a student who, like Connor, displays a love for athletics and, in particular, conveys strength in character. This award was presented to Mayle Lupia-Eannace, who will be attending Albany College of Pharmacy and Health Sciences, majoring in Pre-Med or Pre-Physician's Assistant studies. The third award was an Academic Scholarship awarded to a student who not only excelled academically but also desired to pursue an education in the medical field, as Connor was in the midst of pursuing. This award was given to Hannah Bochniak, who will be attending Hartwick College in the fall, majoring in Biology/Pre-Med.

The Connor Arthur Lynskey Memorial Scholarship was established in memory of Connor after he was tragically taken from his family by a drunk driver on August 11, 2018. Connor was pursuing his pre-med

education at Siena College and planned to become a rural doctor. Through the generous support of family, friends and the community, the 2018 Connor's Way 5-Mile Memorial Scenic Run/Walk was established in Hinckley, NY, on the route that Connor used to run, to raise funds for these scholarships. The 2019 Connor's Way event will be held on Sunday, September 8th. Information on sponsorships and registration for the run/walk is available at www.connorsway.com and on www.facebook.com/connorswaymemorial. Email don@connorsway.com for further information.



Hannah Bochniak, Olivia Smith, Donald Lynskey
(Connor's Uncle), Mayle Lupia-Eannace.

TRAMP AND TRAIL CLUB OF UTICA
SEPTEMBER, OCTOBER, NOVEMBER 2019 SCHEDULE
For more information visit our website at: trampntrail.org

SEPTEMBER 2019

1	Beaver River	Canoe/Kayak	315-736-2564
2	Valley Rd. to Bouckville	Bike	315-723-0085
7	Mohawk River Trail	Hike	315-723-6332
14	Great Camp Santanoni	Bike	315-794-6770
14	Open Hike	Hike	315-768-7374
15	Blue Ledges on the Hudson	Hike	518-582-5507
21	Fox's Falls	Hike	315-768-3145
22	Humphrey Mountain	Hike	315-525-0366
28	Robert Woodruff Learning Center	Hike	315-768-3145
29	Good Day Sunshine	Sunrise Hike	315-525-1858 (text only)

OCTOBER 2019

5	Bowman Lake	Hike	315-269-4099
6	Brewer Lake	Hike	315-338-1573
12	Woodhull State Forest	Hike	315-768-3145
13	Hadley Mountain	Hike	315-269-4099
14	Egypt Rd. BREIA Trails	Hike	315-768-7374
19	Popple Pond State Forest	Hike	315-768-3145
26	Middle Branch Lake	Hike	315-790-2060
27	Rock/Long Pond	Hike	315-525-0366

NOVEMBER 2019

2	Erie Canal	Hike	315-896-4746
3	Safford Pond	Hike	315-338-1573
9	Chub Pond	Hike	315-790-2060
10	Gilbert Lake	Hike	315-794-6770
11	Deansboro Trail	Hike	315-768-7374
16	Russell Park	Hike	315-768-3145
17	Owl's Head Mountain	Hike	315-525-0366
23	Cascade Lake	Hike	315-338-1573
24	Green Lakes State Park	Hike	315-942-5176
30	West River Falls	Hike	315-749-5380



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100% MONEY BACK GUARANTEE

17th Annual Parkinson Awareness Walk Saturday, September 28th

Community Wellness Partners invites the community to join together in solidarity as part of an event to raise awareness of those living with Parkinson's Disease.

The 17th Annual Parkinson Awareness Walk will begin at 10 a.m. on Saturday, September 28 at the Presbyterian Homes & Services Campus at 4290 Middle Settlement Road, New Hartford. Pre-registration will be held Friday, September 27 from 10 a.m. to 2 p.m. in the lobby of the Presbyterian Home. Pre-registration is not mandatory but greatly appreciated. All those who register for the one-mile walk are eligible for a free commemorative item.

While teams and team fundraising are encouraged, there is a \$25 donation for individual walkers. As in year's past there will be food, music, entertainment and fun giveaways.

"The 17th Annual Parkinson Awareness Walk is a wonderful opportunity for members of the community to work together to fight this disease, which affects about one million people in the United States," said

Lenora D'Apice, Vice President of Development for Community Wellness Partners. "We appreciate the work of all of our generous local businesses, community residents and volunteers who have joined us to make a difference."

This year's honoree is The Bluff Family/Site-Seeker. Margaret "Mickey" Bluff was a resident at the Presbyterian Home on the Parkinson's Unit until her passing a few years ago. Since then two of her boys, Eddie and Brian, have dedicated time, energy and resources to support the Parkinson disease initiatives on a local and national level. As co-founders of Site-Seeker, Inc. they have used their business as a platform to bring awareness to the disease.

Major sponsors of the event include Baird Financial, Bank of Utica, Bond, Schoeneck & King, Caruso McLean Investment Advisors, Charles A. Gaetano Construction, First Source Federal Credit Union and Sturges Manufacturing.

Combining 150 years of service, Community Wellness Partners is a faith-based, 501(c)(3) nonprofit affiliation of LutheranCare® and Presbyterian Homes & Services. This affiliation offers the most complete continuity of health and wellness services for older

adults in Oneida County New York. Community Wellness Partners employs 980 individuals and serves nearly 1,300 older adults each day throughout its continuum, which includes Home Care, Independent Living and Assisted Living, Rehabilitation, Skilled Nursing, and more.

For more information, call 315-235-7110 or visit www.communitywellnesspartners.org.

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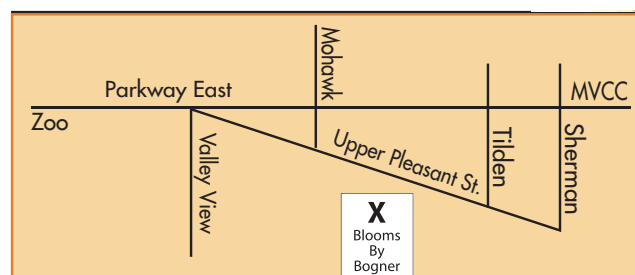


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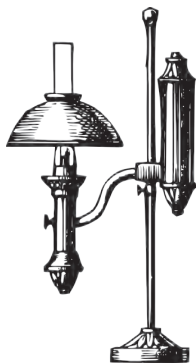
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Victor J. Fariello Jr.



No “Big Field Show” in Bouckville A Surprise To Many

I visited Bouckville for the annual Antique Week which was held August 12-18 on Rt. 20. Like many others, I presume, I spent considerable time looking for what is commonly referred to as the “Big Field,” the acreage where 3,000 dealers converge to make this the great antique show that it usually is. To be honest, it’s hard not to see 3,000 vendors in a field and the multitude of tents that they would occupy, so eventually I gave up and pulled into a driveway leading to a relatively small grouping of tents. I stopped to pay the \$5 parking fee and I asked the attendant “Where is the other area with all the dealers.” He replied, “Oh, if you’re talking about the ‘Big Field,’ they aren’t doing that this year. I don’t know why.”

While browsing through one of the dealer booths I overheard the owner talking to a customer and saying that people had been coming from New York City and Connecticut and all over the country and were disappointed to learn that the “Big Field” Show was not there. I think I would be pretty upset that it had been canceled. Apparently the land that the “Big Field” comprised was sold again for the second time in 9 years and the new owner did not want to have the antique show on his property. So back in May of this year, the promoters canceled the show. I assume they notified the 3,000 vendors, who by that time of the year would have had signed contracts to be there. Beyond that I don’t think the promoters did much to make the general public aware of this change.

So what ended up being there for Antique Week was a bunch of dealers who found alternate property on which to display their wares. And thankfully so. The trip was definitely not wasted. There were a multitude of dealers who displayed a wide variety of interesting antiques and collectibles. There was every category of antiques represented from furniture to glassware, toys, jewelry, china, pottery and much more. Overall I think that whoever was responsible for putting this mini-show together did an admirable job and a great service to those of us who would have been disappointed to find nothing where this once “show of shows” was held. Knowing what we know now, I will keep you informed as to the plans for next year’s Antique Week. My guess is that it will be pretty much the same as this year, but time will tell. Stay tuned!

Happy Collecting!

Still Time To View Tiffany Exhibition


The exhibit “Louis Comfort Tiffany: Treasures from the Driehaus Collection” is still at Munson Williams through Sunday, September 8, 2019. If you haven’t done so already, you really shouldn’t miss this literally once in a lifetime opportunity to see some stunning and significant Tiffany pieces all under one roof and in your own backyard to boot. If you are a lover of glass and Tiffany in particular, then you should really make the time to see this outstanding exhibition.

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. Any photos submitted will be returned upon request.

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NHFD News

Your New Hartford Volunteer Fire Department responded to record of 95 calls during the month of July as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	58
Hazardous	=	3
Service Type	=	16
Good Intent	=	7
Other Alarms	=	10
Weather Related	=	0
Other	=	0

Total Calls for the Month of July 2019 = 95.
Total calls year-to-date through July = 610.



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.

The New Hartford Volunteer Fire Department’s 16th Annual Fire Truck Spectacular Results

The 16th annual New Hartford Volunteer Fire Department’s Fire Truck Spectacular proved to be another great success that featured 32 departments and over 50 pieces of both new and antique equipment.

The event, which is normally held on the third Thursday in July, was moved this year due to a scheduling conflict.

Although admission was free, individuals attending were asked to bring a non-perishable food item which was collected for the local Feed our Vets program. A total of ten bags of food items were collected.

The event continues to draw individuals and families from all over Central New York. Fire Departments from Oneida, Herkimer and Onondaga counties attended.

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: Cedarville FD;
- Best Appearing Ladder Truck/ Tower: Clinton FD;
- Best Appearing Tanker: West Winfield FD;
- Best Appearing Rescue: Clayville FD;
- Best Appearing Squad: Schuyler FD;
- Best Appearing Ambulance: Central Oneida County;
- Best Appearing Antique: New York Mills FD;

The department traveling the farthest distance: East Syracuse FD.

This event is made possible thanks to our sponsors that include: Tallman's Tire, Steet-Ponte Auto Group, Edwards Ambulance Service, Gates-Cole Insurance

Agency, Nicky Doodles, The Travelers, Dippin Donuts, A&P Master Images, JPJ Electronics, Churchville Fire Equipment, New Hartford Safe and Lock, The Medicine Shoppe, PJ Green, Mohawk LTD, JPB Fire Sales and Services, Amicable Lodge # 664 F. & A.M., Primary Urgent Care, The New Hartford Shopping Center and Big Frog 104.

The date for 2020 NHFD Fire Truck Spectacular has yet to be determined.

For additional information please visit www.nhfd.com.



Photos: Bernie Freytag; Book cover

Introducing: Find Wonder in the Ordinary, A Kid’s Book for Adults, by Bernie Freytag

Wondering what a kid’s book for adults could be?

It’s all about “wonder”. It’s a sense of wonder that keeps us young. It’s a sense of wonder that drives the creative process. More importantly though, it’s a sense of wonder that helps us each greet every day’s dawn as a chance to begin anew. As we get older, many of us lose that sense of wonder. Find Wonder in the Ordinary is an exploration of how we can regain that sense of wonder we had as children. Clouds, fireflies, and spider webs can again be a reason to pause, reflect, and smile. The ordinary can be extraordinary once again, if only we take the time to find the wonder in the world’s simplest grandeur. Find Wonder in the Ordinary gives us a chance to view the world through a child’s eyes once again.

Find Wonder in the Ordinary, the book.

This book is an eclectic collection of musings, life lessons, and silly drawings. Through the author’s writings and whimsical drawings, we are reminded to find wonder within ordinary things...and beyond. The book is a guide, or as the author likes to say, “It’s more like a drinking buddy.” Think of it as a companion who

helps provide perspective, and changes how you see the world.

Find Wonder in the Ordinary wasn’t written as a way to shine light on the creative process. However, through Bernie’s observations and illustrations, we see how the creative mind works, and how all inspiration is ultimately drawn from the wonder found in everyday life. It is by viewing the ordinary through the artist’s prism that we can all find the wisdom and wonder of a child.

About the author:

Bernie Freytag grew up in Schuyler, NY and has been creating art since a very young age, mostly through illustration and design. He currently is the Creative Director at Romanelli Communications in Clinton, NY. He has also conjured up many cartoons over the years, most of which have been respectfully rejected by The New Yorker magazine. Bernie lives simply, on a remote hill in Sangerfield, NY with his dog (not unlike the Grinch, but without all the animosity). This is Bernie’s first role as an author.

To book an interview, please contact Bernie at bernie@findwonderintheordinary.com You can also purchase the book on Amazon and at a few select spots around town. For more information, visit findwonderintheordinary.com.

Stories from the Road

Join us at the Clinton Methodist Church on Saturday, September 21, 2pm where Chuck D’Imperio, acclaimed radio host, newspaper columnist and author will share “Stories from the Road”. Chuck has traveled throughout NY to over one hundred towns and cities from the Finger Lakes region to the Adirondacks and the Hudson Valley. He will entertain you with information about historic sites, events and people from Upstate NY and share stories of fun and amazing places to discover.

Dessert Buffet will follow Chuck’s talk. Tickets are \$20. Proceeds will be used to support P.E.O. Scholarships, Grants, Awards, Loans and Stewardship of Cottey College.

For tickets or more information, contact: Mary Morrisroe - 315-292-0301

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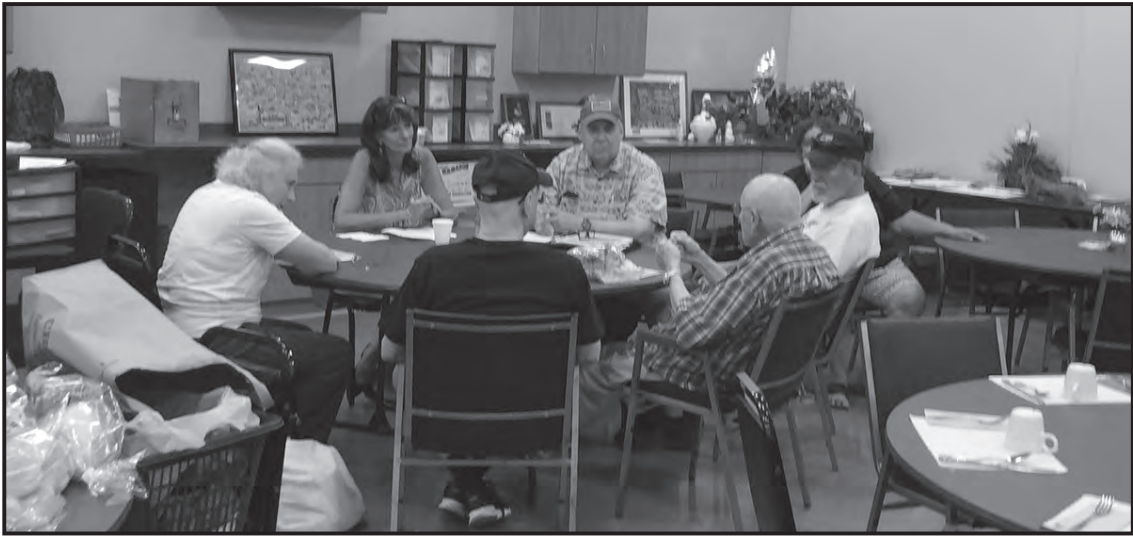


24 Hour Notice
Required for Reservations
12:00 Noon is the deadline
Therapeutic Diet Available
1. Diabetic— Low Calorie

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY CLOSED	3 Chicken Supreme 10:00 Bridge/Canasta 10:00 Computer Tutoring 11:00 Entertainment	4 Spanish Rice 11:00 Oneida CTY OFA Outreach Worker	5 Broccoli Cheese Quiche 10:00 Canasta 10:00 Chair Zumba Senior Fitness	6 Mushroom Stew 10:00 Bridge 10:30 Carol Nettleman
9 Macaroni/Cheese 10:30 Knitting/Crocheting 11:00 Aerobics low impact Fitness Dance	10 Beef Stroganoff 10:00 Bridge & Canasta 11:00 Entertainment 10:00-12:00 Computer tutoring	11 Baked Chicken	12 Roast Pork 10:00 Canasta 10:00 Chair Zumba Senior Fitness	13 Baked Fish 10:00 Bridge 10:30 Carol Nettleman
16 Oriental Chicken 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact Fitness Dance	17 Salisbury Steak 10:00 Bridge & Canasta 10:00-12:00 Computer tutoring 11;00 Entertainment	18 Sliced Turkey 11:15 Mark Wolber Senior Issues	19 Kielbasa 10:00 Canasta 10:00 Chair Zumba Senior Fitness	20 Spaghetti/Meatballs 10:00 Bridge 11:15 Flu Shot Clinic 10:30 Carol Nettleman
23 Fishwich 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact Fitness Dance	24 Italian Sausage 10:00 Bridge & Canasta 11:00 Entertainment 10:00-12:00 Computer tutoring AARP DRIVERS CLASS 8:30-3:30	25 Meatloaf / Gravy 11:00 JEFF GLATT BIRTHDAY PARTY	26 BBQ Chicken Thigh 10:00 Canasta 10:00 Chair Zumba Senior Fitness 11:00 Senior Band	27 Beef Barley Soup 10:00 Bridge 10:30 Carol Nettleman
30 Swedish Meatballs 10:30 Knitting/Crocheting 11:00 Aerobics Low Impact Fitness Dance	CHAIR Zumba On Thursday At 11:00 A M At The N H Senior Center	FLU SHOT CLINIC FRIDAY SEPT 20 STARTING AT 11:15 Done By Rite Aid		EVERY FRIDAY AT 10:30 Carol Nettleman will be here To talk on Health Education

Senior Center News

We have enjoyed some wonderful programs in July and August and are looking forward to those coming up in September. We thank Attorney Robert Hilton for his informative talk and for taking time to answer questions from our seniors. Karen Pohrecki presented an excellent program on healthy eating complete with sharing applesauce, zucchini, cukes and kiwis with the seniors. She was very vibrant and engaging and we would love her to come back anytime. Bonnie, a nutritionist from the county, also presented a talk on hydration and served our seniors healthy infused drinks. The senior band has been to our new site and has been very understanding and gracious as we try to accommodate all of them in the limited space we have. We all love the songs they play and know how hard they practice. We look forward to having them again on Thursday Sept 26. Please join us for some lively music. Attorney Mark Wolber will be here Wed Sept 18 at 11:15 to address the seniors and answer questions.All are welcome, but you will need to call and make a reservation if you plan on staying for lunch. Rite Aid is holding a Flu Shot Clinic here on Friday, Sept 20 starting at 11:15 -12:00 for the seniors in our dining room and after that for the town employees. You will need your Medicare card. Please call our number to sign up so they will have an idea of how many to expect. Just a reminder that Charlie Ernst plays the keyboard every Tuesday during our lunch and Jeff Glatt entertains us to celebrate our seniors birthdays on the last wednesday of the month, Carol Nettleman from the OFA holds a health education seminar every Friday at 10:30-11:30 and is very informative and knowledgeable.We have an AARP drivers class coming up Sept 24 if you need to update your driving knowledge. Please call to register for this class since it will fill up fast. We would love to have anyone join our aerobic class on Mondays at 11:00 and the chair Zumba Thursday's at 10:00 with a very energetic instructor, Noi. She would love to see some new faces. On Tuesdays 10:00 -12:00 we have computer instructors here to help you with any problems, but you must call to sign up for a half hour time period. We do serve a healthy nutritious lunch every day at 11:45 for \$2.25 for seniors. Please call for reservations by noon the day before. We hope to see you soon.our reservation clerks, Debbie and Bernie are always ready to take your reservations and also any phone calls for more info on what we do at the senior center.



Carol Nettleman talking with the seniors,the Senior Band,and Karen Pohrecki engaging our seniors

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A Basic Primer on Long-Term Care Insurance

By: John H. Hobika, Jr. CLTC

Planning for a possible Long-Term Care (LTC, or sometimes referred to as “Chronic” or “Extended” care) event isn’t something we like to think about. However, it is one of the most potentially devastating – from both a financial and emotional standpoint – threats to our retirement security. You may have questions about “how LTC Insurance works” and “what are my options?”

In this article, we will give you a quick, basic overview of Traditional LTC Insurance (LTCI), and the 4 key decisions we must make when designing a policy. In our next article, we will give an overview of the newer generation policies, which combine life insurance protection and LTC protection in one wrapper.

While nuances may vary from one policy to another, each traditional LTCI policy has 4 main components to consider; they are (and there are no “right” or “wrong” answers to each one):

The Daily or Monthly Benefit Amount – this is the amount a policy will pay once I have met the qualification “triggers” for care, and I have met my elimination period (see below). There is a range of amounts available, with some people choosing a smaller amount knowing they are able to “co-insure” some of the potential costs, while others prefer a more robust benefit to come closer to covering a majority of potential costs.

The Elimination Period – this is like a deductible with other insurances. It is the

amount, or number of days, that I must pay “out of pocket” for care once I’ve met the qualification triggers, before the policy starts paying. Common choices are 30 or 90 days.

The Benefit Period Factor – this is generally the length of time the policy will pay benefits. However, if, for example, I have a 3-year Benefit Period Factor, and the amount my policy pays each day or month is less than the cost per day or month, my policy could actually pay LONGER than the stated Benefit Period.

Inflation – this option addresses the desire to have my benefit amount increase over time. There are numerous choices. Some people prefer to purchase a larger up-front benefit with modest or no inflation; some would rather start smaller and include an inflation component, so benefits go up as time passes.

There are also additional benefits that many products and carriers offer, including shared care benefits (where each spouse or partner has a policy and one can “borrow” benefits from the other’s if one uses up his or her own benefits), partial cash benefits and more, but the 4 above are the main components that every LTCI policy will offer.

Once again, there are no “right” or “wrong” choices when designing a policy, and policies are customizable to each person’s wants or needs, and budget. Contact us today at 315-427-9165 for a complimentary consultation to determine what might be the best fit for you in addition to working very closely with your outside legal & other advisors if applicable.

John H. Hobika, Jr. is Senior Vice President/Regional Sales Director for Advisors Insurance Brokers that serves Upstate New York working with a variety of individuals, families & business owners through a variety of distribution channels. He can be reached @ 315-427-9165 or jhobika@advisorsib.com.

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4th Annual
Fall Fest
Vendor Fair

Tuesday, September 17, 2019


Schuyler Commons
Clubhouse


11:00 AM - 2:00 PM

Food, fun, friends, raffles and prizes! Enjoy handcrafted fall crafts and treats from multiple local vendors, as well as an opportunity to give back to your local community.



Schuyler Commons is committed to giving back to those who serve our country.

For our Fall Fest, we are joining efforts with **FEED OUR VETS®** a food pantry organization that provides nutritious food to U.S. Veterans in need.

You are invited to bring non-perishable food items to donate during the event.

Please call (888) 811-2409 for more info.

1776 Independence Square | Utica, NY | 13502 | (866) 471-0234 | www.schuylercommons.com

BEREAVEMENT SUPPORT GROUPS & WORKSHOPS
OPEN TO THE COMMUNITY Fall 2019

All groups and workshops meet at the Hospice & Palliative Care, Inc. office
at 4277 Middle Settlement Road, New Hartford, except when otherwise noted.

There is no charge for bereavement groups or workshops. Donations are always appreciated.

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.	Thursday, September 12, 2019 2:30-4:00 p.m. To register, call Linda Clark, LCSW, at 315-735-6487 ext. 1015 by Monday, September 9, 2019.	YOUNG WIDOWS AFTERNOON GROUP	For Young Widows 20's through 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.	Starts Thursday, September 19, 2019 for six consecutive weeks from 2:30-4:00 p.m. To register, call Linda Clark, LCSW 315-735-6487 ext. 1015 by September 12, 2019.
YOUNG WIDOWS EVENING GROUP	For Young Widows 20's through 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.	Starts Monday, September 16, 2019 for six consecutive weeks from 5:30-7:00 p.m. Pre-registration required by September 9, 2019. To register, contact Linda Clark, LCSW, at 315-735-6487 ext. 1015	SPOUSAL LOSS GRIEF GROUP - ONEIDA COUNTY	For anyone who has experienced the death of a spouse or partner. The length of a marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning. It is a safe place to share feelings and experiences, ask questions, and seek comfort. It is a place to receive and give support.	Starts Tuesday, September 24, 2019 for six consecutive weeks from 5:00-6:30 p.m. Pre-registration required by April 1. Contact Tracey Clark, MHC, NCC 315-735-6487 ext. 1007.
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 sense 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.	Meets Wednesdays starting September 25 th , 2019 for six consecutive weeks from 5:30-7:00 p.m. To register call Adrian Bartholomeo at 315-735-6487 ext. 1070 by September 18, 2019	SPOUSAL LOSS GRIEF GROUP -HERKIMER COUNTY	For anyone who has experienced the death of a spouse or partner. The length of a marriage or committed relationship does not determine the depth of grief. This group focuses on normal responses to grief and the tasks of mourning. It is a safe place to share feelings and experiences, ask questions, and seek comfort. It is a place to receive and give support.	Meets Wednesdays, 2:30-4:00 p.m., starting September 18, 2019 for six consecutive weeks. To register, Call Tracey Clark, MHC, NCC at 315-735-6487 ext. 1007 by September 11, 2019. Location: YMCA of Mohawk Valley 83 E. Main Street, Mohawk, NY 13407
BRAVE HEARTS CHILDREN'S PROGRAM - ONEIDA COUNTY	For children between the ages of 6-12 years old who have lost 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 to pick up their children for the first meeting in order to attend a 7:15 p.m. parent orientation session.	Meets Thursdays starting September 19, 2019 for eight consecutive weeks from 6:00 to 7:30 p.m. To register, call Adrian Bartholomeo, LMSW at 315-735-6487 ext. 1070 by September 12, 2019.			
BRAVE HEARTS CHILDREN'S PROGRAM - HERKIMER COUNTY	For children between the ages of 6-12 years old who have lost 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 to pick up their children for the first meeting in order to attend a 7:15 p.m. parent orientation session.	Meets Tuesdays starting September 17, 2019 for eight consecutive weeks from 6:00-7:30 p.m. To register, call Judy Tastor at 315-794-6833 by September 10, 2019. Location: Valley YMCA 83 E. Main Street Mohawk, NY 13407			
HOSPICE SANGERTOWN WALKERS	For any adult who has experienced a loss 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. Led by specially trained Hospice volunteers.	Inside Sangertown Mall in front of Macy's. Wednesdays 9:30 a.m. Contact Bertha Lawson 315-724-5026			
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, October 27, 2019 from 2:00-4:00 p.m. To register call Adrian Bartholomeo at 315-735-6487 ext. 1070 by October 20, 2019 Location: New Hartford First United Methodist Church 105 Genesee St New Hartford, NY 13413			

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Did you know that St. Margaret's Ecumenical & Retreat Center is open to the public? Come and visit us Mon-Fri 8am-4pm 47 Jordan Road, New Hartford



We can't wait to show you around! To find out what's happening at The House, please visit stmargaretshouseny.org or call 315.724.2324

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the TOWN Crier

For advertising rates, or information on how to place an article for your community event, please contact the Town Crier at 315-738-0795, or email us at towncrier@pjgreen.com

NEW Mailing Address:

PO Box 876, New Hartford NY 13413-0876

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Community News

SEPT.
2019



Community Wellness Partners Presents: A Film by Sky Bergman **LIVES WELL LIVED**

An Indian chief once said, "You'll be remembered by the tracks you leave behind, and I'm trying to leave good tracks." Santi Visalli

What does it mean to experience a life well lived? As we grow older and everything changes how do we live a life filled with meaning and purpose? With the help of filmmaker Sky Bergman and her critically-acclaimed, award-winning documentary, *Lives Well Lived* we can answer this question together. Community Wellness Partners is pleased to present a one-time local screening Thursday September 26 at 5:00 p.m. at the Clinton Central School Performing Arts Theater. This event is free and open to the public.

In *Lives Well Lived*, 40 older adults share their secrets and personal stories about what it means to live life with meaning and purpose. Sky noted several common threads: "the people I interviewed were interested in learning something new every day and giving back in some way". She also said the people she interviewed "had a close support system and saw life as 'the glass half full'." The filmmaker noted how everyone she spoke with had survived traumatic life experiences, but came out on the other side being positive and optimistic. We can't escape the challenges, heartbreaks and disappointments that life sometimes throws at us, but we can make a decision to flex our resiliency muscles and come away stronger, happier and more fulfilled. Here are Sky Bergman's top takeaways for living life with meaning and purpose:

- * Live in the moment
- * Be kind
- * Give back
- * Stay socially connected
- * Learn something new every day (stay mentally and physically engaged)
- * Be optimistic
- * Never let age define you

We hope to see you on September 26th for an evening of celebration and a chance to win a special wellness package!

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 © (3) nonprofit affiliation of LutheranCare and Presbyterian Homes and Services. Offering the most comprehensive post-acute continuum of services in Oneida County, NY, Community Wellness Partners has 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 and a state-of-the-art Wellness Center.



COMMUNITY WELLNESS PARTNERS
— Making life about you —
Affiliation of LutheranCare® and Presbyterian Homes & Services

Is Pleased to Present:

LIVES WELL LIVED

Celebrating the Secrets, Wit and Wisdom of Age



A film by Sky Bergman



CRITICALLY-ACCLAIMED, AWARD-WINNING DOCUMENTARY

One-Time Local Screening!!

Thursday, September 26, 2019

5 p.m.

**Performing Arts Theatre,
Clinton Central School**

Free & Open to the Public

"A warm, uplifting and enlightening feast for the heart, mind and soul."

— NYC MOVIE GURU

40 people. 3,000 years of collective life experience.

For more information, contact MaryJo Timpano at 315.264.2134



Save the Date:
YWCA Mohawk Valley's 11th Annual Gala

Reclaiming Freedom

eliminating racism
empowering women
ywca
Mohawk Valley
proud to honor
CSEA
Local 1000 AFSCME, AFL - CIO

Saturday, October 5

Valentino's Banquet Hall
3899 Oneida Street, New Hartford | 6 - 10 p.m.
Tickets Available Online
ywcamv.org/ReclaimingFreedom

"purple tie" affair to benefit YWCA Mohawk Valley's domestic violence crisis services



RUMMAGE SALE

Trinity Luthern Church

2620 Genesee St, Utica

Thursday, September 12 - Saturday, September 14

9 am to 3pm

cash only

Parkinson Support Group

Presbyterian Home

3rd Tuesday

of each month

at 12:30

797-7500

for more information

SEPT.
2019

Faith in New Hartford

THE TOWN CRIER

33



FIRST UNITED METHODIST CHURCH

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

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

9 am Classic Worship

10:00 am Coffee Hour

10 am Adult Sunday School

11 am Xalt Praise Service

11:15 am Children's Church

Noon Youth Group Meeting

Communion offered 1st Sunday of each month.

Child care provided for all Church activities

We are handicapped accessible!

Visit our website to view recent sermons.

www.firstumconline.org

CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

Senior Pastor, Samuel Macri

Youth Minister, Bobby Allen

140 Clinton Road, New Hartford

Sunday Morning Worship Service at 8:00

317 Oriskany Blvd, Whitesboro, 797-4520

Sunday Morning schedule:

Sunday School Small Groups, 9:00

Sunday Morning Worship, 10:30

Sunday Evening Youth, 5:00

Sunday Evening Discipleship, 5:30

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

New Hartford Campus

Wednesday Evening, 6:30, Praise Team Practice

Wednesday Evening, 7:00, Prayer Meeting

Thursday Evening, 6:30, College/Career Ministry

Website: crosspointchurconline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

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

Sunday Masses: 8am & 11am

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

We are handicapped accessible!

HOPE ALLIANCE CHURCH

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

General Office: 732-1349

Rev. Andy Ward, Pastor

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

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

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

Wednesdays: AWANA - 6pm

Fridays: Christian Service Brigade - 7pm

Sundays: Jr. & Sr. High Youth Fellowship.

Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381

Pastor: Rev. David Sears

Saturday Vigil: 4 p.m.

Sunday Mass: 9:00 a.m.

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

Holy Day Schedule:

Holy Day Masses 12 noon

Adult Religious Education, Open to the Public

We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

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

The Very Rev. Joell Szachara

Sunday Service of Holy Communion at 10am followed by fellowship

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 - 315-736-3572

Every 2nd and 4th Sunday - 8:30am Holy Eucharist

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

Communion is available on the first Sunday of each month.

Worship services will be moved to 10:30 a.m. each Sunday, beginning on September 8th. Worship will be preceded by Sunday School for children and adults at 9:30 a.m. Communion is offered

on the first Sunday of each month for all who wish to receive it. Children's church, and child care are available. Members of

the congregation prepare and serve the evening meal at Hope

House in Utica on the fourth Sunday of each month. The church office will be closed for Labor Day, September 2nd. On Sunday,

September 15th, 22nd and 29th, the Stewardship Committee will be Hosting "Creating Connections" sessions at 5:00 p.m.

Each Wednesday, the Sew'n Sews group will meet at 9:30 a.m.,

followed by a prayer group at 11:00 a.m. On September 11th, a yoga class will resume at 4:20 p.m.

Deacons will meet at 7:00 p.m. on Monday, September 9th.

Presbyterian Women will also meet that evening, at 7:15 p.m.

Church committees will meet at 7:00 p.m.

Members of the Session will meet at 7:00 p.m. on Tuesday,

September 17th.

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

Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

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

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

Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

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

firstbaptistnh@gmail.com

Rev. James Harriff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

Handicapped Accessible

All are welcome.

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica NY 13501

Services and Religious Education for Children 10:30 AM

315-724-3179 uuutica.org

Minister: The Rev. Erin Dajke Holley

September 1, 2019 - TBD

September 8, 2019 - "Lift Us Up" Ingathering Service

Rev. Erin Dajka Holley

Join us as we bring together water from our lives over the summer in a ritual of gathering for the new church year. We will also welcome the leadership of this year's Board of Trustees.

This service is for all ages.

September 15, 2019 - TBD

Religious Education programming will begin this Sunday.

September 22, 2019 - "Shifting Sands"

Rev. Erin Dajka Holley

Sometimes, it feels as though what we know of the world

and people exists as shifting sands, constantly changing and

transforming. How do we open our minds and hearts to keep

up with the change?

September 29, 2019 - "Open to the New"

Rev. Erin Dajka Holley

As our Jewish siblings welcome the new year this week, Rosh

Hashanah, we will explore the ways in which our expectations

can change when we open our minds.

FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753

www.faithnchristfellowship.com

Pastor : John Kelly

Sundays: Worship, 10 a.m.

Children's Church during the sermon.

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

ST. GEORGE ORTHODOX CHURCH

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

Reverend Fr. Nikolai Meyers

Sat - 5pm Vespers

Sun - 9am Matins

Sun - 10am Liturgy

Wed - 5:30pm Vespers

Bookstore hours: Open Sundays after Services.

LIVING FAITH BIBLE CHURCH

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

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica. 315-732-6518, www.wmoutica.

org. find us on Facebook & Twitter

Handicapped accessible

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm

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 Pastor, Peter Saie

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

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

Opening Doors, Hearts & Minds: Serving Christ & Community

Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship

10:45 - Sunday School for Elementary Ages

Faith Enrichment for all ages

Call or email for schedule.

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Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN CATHOLIC CHURCH

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

Very Rev. Michael Bundz, Pastor

Masses: Sunday 10:00 am

Saturday 5:00 pm, in English

Confessions before Mass

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LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

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

Pastors Peter & Addie Forrester

Adult Sunday school 8:45 AM

Sunday Service 10 AM

(Nursery & Sunday school provided)

Wednesday Prayer Mtg 7 PM

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

Operating in all of the gifts of the Holy

Spirit including 'healing'

Go on line and check out our school!

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY

Saturday Vigil Mass: 4:00 PM

Sundays: 8:15 AM & 11:15 AM

American Legion New Hartford Post 1376

8616 Clinton Street, New Hartford • 315-736-7041

Sunday Morning Breakfasts

Beginning 9/15. Serving 8-11:30am

Menu includes: Scrambled eggs, Bacon, Sausage, Hash, Sausage gravy, Home fries, Toast, Pancakes, French toast, tea, coffee, orange juice and fruit cocktail.

Donation \$10 Adults, \$5 Children 5-12, Under 5 Free

Friday Night

Fish Fry & Dinners

Beginning 9/20

Serving 4-7:30 or until sold out

All are welcome

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Faith in New Hartford

SEPT.
2019

Weekday 12:10 PM -Tuesday, Thursday, Friday
12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd. Rome, NY 13440
Website: www.christchurchreformed.com
Facebook:
<https://www.facebook.com/ChristChurchReformedPresbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

Father Canon John Mikalajunas
1206 Lincoln Ave Utica, Phone 315-724-7238
“The Big Church on the Arterial next to the Ped Bridge”
Only 5 minutes from New Hartford (per Mapquest)
Saturday 5pm/ Sunday 8AM + 10AM (English Masses)
Sunday 11:30AM only all Polish Mass in Central NY
Weekday 8AM Mass followed by Rosary 7 days a week
Confessions Daily 7:45am, Saturdays 4pm
Handicapped accessible - Air conditioned

ZION LUTHERAN CHURCH

630 French Road, New Hartford
Healing Service on March 31 at 10am.
Our ministry of healing emphasizes caring for the sick in the widest possible understanding of that term.

MOHAWK VALLEY CHURCH

9417 Maynard Drive Marcy, NY
Sunday Mornings at 10am
Come As You Are
www.mohawkvalley.church
Pastors Mike & Susie Melnick
Contemporary Worship led by Mark Bolos
Easterpalooza Egg Hunt featuring 20,000 eggs on Saturday,
April 13, 1-3pm, Kids Ages 0-12
Easter Sunday Services featuring drama and relevant messages
at 9:30am & 11:00am
Engaging Kids Programs for All Ages

TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org
Facebook: Tabernacle Baptist Church
www.tbcutica.org

We are together in our diversity! Come worship with us!
Saturday 6 p.m. Young Adult Worship & Study
Sunday 10 a.m. English Worship Service
Sunday 10:15 a.m. Sunday School for children in English and in Karen
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour Sunday School
Pastors Rev. Debbie Kelsey and Rev. Daniel San

BIBLE BAPTIST CHURCH

4431 Middle Settlement Rd., New Hartford, NY 13413
Brian Demers, Pastor
Sunday School for all ages: 9:30 a.m.
Sunday Morning Worship Service: 10:45 a.m.
Sunday Evening Bible Study: 5:00 p.m.
Wednesday Evening Prayer Meeting and Bible Study: 7:00 p.m.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

*New Life
Apostolic Church*



Service Times:
Sunday School
Sunday Adult Service: 10:00 a.m.
Wednesday Night Prayer: 7:00-8:00 p.m.
Thursday Evening Bible Study: 7:00 p.m.

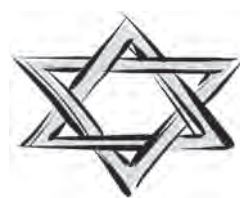
Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
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
teuticaooffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 6 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

TEMPLE BETH-EL

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

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Goal-based Insurance Strategies Can Help Strengthen Your Portfolio

Similar to your investments, your insurance needs and related strategies change over time. As part of a smart financial strategy, it’s critical to review and adjust coverage at different life stages to make sure that you’re protected.

“I refer to insurance as one of the cornerstones of an effective financial strategy,” says Peter Landry, Director of Wells Fargo Advisors Life Insurance. “You can have the best investment strategy, and you can have the best rate on your loans, but it’s also important to have the right type of protection in place. Insurance is an important asset protection tool for any good financial strategy.”

Landry outlines four basic life stages that should trigger a reassessment of your insurance strategies.

Life stage: Starting out

When you’re launching a career, your insurance needs tend to fall primarily into the category of income replacement: helping ensure that critical expenses like the mortgage and college tuition are paid if you pass away.

During this stage in life, as you’re dealing with multiple expenses and trying to build wealth, it’s important that your insurance strategies are properly aligned with your budget and timeline.

“You may want to consider term life insurance—a good, relatively affordable solution that covers you until you reach your peak earning years and when you might see an overall reduction in your expenses as well,” says Landry. He suggests a level premium term policy that’s maybe 20 or 30 years.

Life stage: Pre-retirement

At around 45 to 60 years old, it may be appropriate to think about leveraging life insurance to help with retirement planning. “Several individuals in this age range may have maxed out what they can contribute to a 401(k) on an annual basis,” Landry says. “They may not have options from an income perspective to contribute to an IRA either.”

Individuals in this situation who have a need for life insurance may want to consider insurance strategies such as an indexed universal life product or a variable universal life product. Several of these products are designed to accumulate cash value in the early years of the policy.

Landry says this approach is not necessarily geared toward funding a particular death benefit, but rather toward accumulating cash inside of the policy.

“The life insurance helps provide for your protection needs, but when properly structured, cash value may be assessed as part of a supplemental income strategy. In the right situation, these strategies can deliver a lot of value so as you get into retirement, you can seek to maximize things like Social Security and IRA withdrawals—and use that life insurance cash value as a bridge strategy.”

Note: Investments in variable universal life are subject to market risk, including loss of principal. Cash value will fluctuate in value based on market performance. Cash value is accessed through policy loans and withdrawals, which reduce death benefit.

Extended care planning

The third life stage involves insurance strategies based around extended care needs, an area where carriers have gotten creative with solutions, says Landry. Options include traditional long-term care insurance, a hybrid policy that combines life insurance and long-term care insurance, and a life insurance product with a long-term care rider.

Landry says that while some people are hesitant to use long-term care insurance strategies, if positioned properly they can be an effective estate-planning tool.

“The knock on long-term care coverage is, ‘If I never need it then I don’t really get any value from it.’ But in many cases, you can marry it with a life insurance product solution. You have a life insurance product, and if you need long-term care, you can draw upon that policy,” Landry says. “It reduces the face amount of the policy, but you are able to cover your costs related to long-term care services, and if you never need long-term care, well, you have a life insurance policy that

you can leverage for your estate planning purposes.”

Legacy planning

The last life stage is legacy planning: using life insurance strategies to create leverage—in a tax-efficient manner—so you can leave a gift to your recipient of choice, such as a family member or charitable organization. These solutions tend to be individually tailored.

“We have insurance specialists who work hand-in-glove with estate planning attorneys to put together life insurance solutions that can help meet legacy planning needs,” Landry says.

At every stage, Landry says, he and his team focus not on products, but on solutions and insurance strategies. “It’s not about, ‘You have to get an insurance product,’” Landry says. “It’s, ‘Let’s talk about the insurance that you have. Is it still meeting your needs as you move through life’s stages?’”

This information is for informational purposes only. It is not intended to represent any specific product recommendation. Speak with your financial professional regarding your specific situation.

Insurance products are offered through non-bank insurance agency affiliates of Wells Fargo & Company and are underwritten by unaffiliated insurance companies.

Variable insurance products are sold by prospectus. Please consider the investment objectives, risks, charges and expenses carefully before investing. The prospectus, which contains this and other information, can be obtained by calling your financial advisor. Read it carefully before you invest.

Unlike variable life insurance, indexed universal life (IUL) policies are typically structured so that they are not securities registered with the SEC. Nor are the sales in IULs regulated by the SEC or FINRA Regulation, Inc.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF®, First Vice President - Investment Officer, Financial Advisor. New Hartford, New York (315) 801-2546

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