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Remsen Barn Festival of the Arts to Host Virtual Experience Online

Join us for the 41st Annual Remsen Barn Festival of the Arts, which is going VIRTUAL for the first time ever! The Remsen Barn Festival of the Arts will host an online event during the 4th full weekend in September 2020. The Virtual Festival will have a digital street map that visitors can scroll through, as though they are walking along Main Street in Remsen. Booth icons for arts & crafts, food products, nonprofit organizations, and performers will link to the vendors' preferred websites. Visitors will be able to hover over the icon to read the brief description of the products.

The Virtual Barn Festival will begin the morning of Friday, September 25th and run through the evening of Monday, September 28th, at www.VirtualBarnFest.com, and will showcase many of the items normally available at the in-person event, allowing visitors to purchase unique items that have become an annual or family tradition. Remsen looks forward to welcoming visitors online, to enjoy this event for the 41st consecutive year.

The Remsen Barn Festival of the Arts is a juried arts and crafts festival with over 250 exhibitors and a variety of food and entertainment.

The festival is usually held each year in September in Remsen, NY. Additional information about the festival can be found at <https://www.remsenbarnfestival.org>

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Fair Trade Shop

For 17 years, BeadforLife has been a circle of inspiration and engagement between the impoverished women in Africa and supporters around the world. BeadforLife worked to eradicate poverty by employing artisans in Uganda, selling their beautiful handcrafted items, and creating a sister organization, the Street Business School, which allowed the women to start small local businesses that sustained their families and moved them out of poverty. Now that COVID-19 has caused a global collapse of retail sales, BeadforLife has ceased operations, but the Street Business School continues. It is already working in 21 countries globally and is on track to help 1 million women out of poverty by 2027. We still have a large selection of beautiful Bead for Life jewelry at our Fair Trade Shop at Stone Presbyterian Church, 8 So. Park Row, Clinton. We are open in the shop every Thursday from 10am to 4pm, at the Farmer's Market on the Village Green from 10am to 4pm and by appointment by calling 315-853-1070. All customers will be required to wear a face mask. Gloves and hand sanitizer will be available. Only one customer group at a time will be allowed inside the shop. Let us be your go-to gift shop! For more information, contact Lauralyn Kolb, lkolb@hamilton.edu, 315-725-1326, visit our website at <https://buildingstoneshoppe.square.site> or like us on Facebook at www.facebook.com/buildingstonesfairtradeshoppe.

For information on how to place an article for your community event, please contact the Town Crier at 315-794-0057, or email us at towncrier@pjgreen.com

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"Sediments" by Kathy Donovan

Virtual Exhibition Featuring Kathy Donovan

This virtual exhibition, "Asymptotes: Working Through the Pandemic", features local artist and educator Kathy Donovan. This exhibition is the culmination of work produced during the 2020 pandemic. The online exhibition can be viewed at www.4elementsstudio.org. Works can also be viewed in-person at 4 Elements Studio through September 8 by appointment only. To make an appointment, please contact holly@4elementsstudio.org.

About the Artist:

Kathy Donovan earned a BFA in Visual Arts with a concentration in Painting and Graphic Design from the University of Bridgeport in Bridgeport, CT. Over the past 20 years she has explored the human landscape through clay, paint, printmaking and other drawing mediums, while also working on abstract expressionist compositions with paint, mediums upon canvas.

Kathy works out of her studio space at 4 Elements Studio, where she exhibits her work and assists in the facilitation of weekly figure drawing sessions and other community workshops for adults and children. She has

exhibited her work in various locations throughout New York.

Kathy has previously worked in the graphic design industry and is currently employed as an elementary teacher as a STEM Enrichment Specialist for the New Hartford Central School District, where she uses her creativity to administer project-based learning to elementary students. She is certified as an Education Technology Specialist by the state of New York, acquired a Master's of Science degree in Educational Technology from the College of St Rose in Albany, NY and a certificate in engineering education from Tufts University.

About 4 Elements Studio:

4 Elements Studio is a community arts center in downtown Utica, located at 730 Broadway in Utica, offering artistic services and programming to artists, the community and individuals with special needs. 4 Elements Studio provides countless opportunities to create and enjoy the arts, including classes and workshops for all ages, individualized programming for people with disabilities, gallery space, exhibitions, workspaces and other artistic resources. For more information on 4 Elements Studio, please visit www.4elementsstudio.org.

Please note the gallery and exhibition spaces are currently closed, except by appointment, to the public due to COVID-19. All workshops and classes must be reserved online in advance.



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Yom Kippur - Sunday, September 27

Yom Kippur—the Day of Atonement—is considered the most important holiday in the Jewish faith. Falling in the month of Tishrei (September or October in the Gregorian calendar), it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year.

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Judge Joan Shkane

This is a continuing discussion of Legal Myths and Reality, because those informed are always the most successful.

MYTH: New York law is set in stone, and not easily changed.

REALITY: A MONUMENTAL CHANGE! The law is constantly changing as legislators struggle and strive to make the law reflect reality and the current state of life in New York. Like everything else in life, the law ebbs and flows. One of latest changes is the ever-evolving law about divorce and distribution of property in a divorce, and spousal support in a divorce. This change is monumental! It reflects the constant swinging of the pendulum in our lives, from right to left, and back.

In the 1970’s, when I first began to practice law, in a divorce in New York State, property was divided according to the name on the property. For example, if the house was in the husband’s name, he became the sole owner after a divorce. Clearly this could subject the less powerful partner to harassment and worse during a dysfunctional marriage. Spousal support during and after a divorce was based on gender, i.e., the wife received the support on the theory that most women worked in the home and not in the general workforce and needed financial support. Clearly, this did not reflect actual life of women as more and more came into the general workforce.

In 1980 divorce law underwent a massive change. Our state instituted “equitable distribution” of property, somewhat as a result of the women’s movement. (As it turned out, this change did not always deal well with women.) Property would now be divided, not according to the name on the property, but equitably. Equity would take into account ten items, now fifteen. Among those items was the age and health of both parties, and the number of years of marriage, among other factors. Not ONE of the factors had anything to do with “fault” in the marriage, with the possible exception of a “catch-all” factor. That catch-all factor meant anything that would make the distribution of certain and more property to one spouse over the other “just and proper”. That phrase was slippery to get hold of, and finally the courts decided that the “just and proper” factor must be something that would be so awful that it would “shock the conscious”. One example of this is the attempted murder of the other spouse. Surely that must shock the conscious. However, another court decided that threatening to shoot the spouse by placing a rifle to her head was not shocking enough to award her a larger share of the property!

One of the problems, other than the obvious one of possibly making an inappropriate division of property, is that if a spouse cannot show conduct shocking enough, then there can be no discussion of fault

in the marriage and in the lawsuit. There can be no investigation of the wrongdoing. It is just shut down. The property will be divided equitably, without taking fault into account.

A new law has now been passed. It is an amendment to the law setting out the factors to be considered in property division and support. The new law requires that domestic violence be considered as a factor that can make the property division not equal, but equitable. Essentially, the party against whom the violence was committed can get more of the property, including spousal support. This new law has now added the issue of fault back into the distribution of property, for the first time since 1980.

Those who like the new amendment to divorce law say that domestic violence can have physical, emotional and psychological effects on the victim, and so should be taken into account to shift the division of property and spousal support.

Those opposing the amendment say: 1. It will force the victim to relive the abuse if (s)he wants a more favorable decision; 2. If a claim is made in order to shift the property settlement, the accused spouse now has the right to explore the elements of the abuse claims. This can be done by extensive victim and witness questioning in writing and in person, under oath. To avoid this, an abused spouse might accept an unfair settlement to avoid the distressing process; 3. The abused party must prove the claims, which, if proven, can expose the abuser to being prosecuted for a crime. The accused party can then claim Fifth Amendment rights to avoid self-incrimination. This can limit the proof in the divorce. And then what? Creative lawyers can carry this result on and on.

Those opposed to the law also say that introducing fault for the first time since 1980 in a divorce case has just opened a huge can of worms, and may go against the exact spirit of the no-fault equitable distribution law. Clearly, the pendulum has swung back to consideration of fault in a divorce case.

MYTH: Newly enacted laws are exactly what they seem to be.

REALITY: New York police disciplinary records are now going to be open to the public just as records of other professions for which licensing is required. Some of these professions are doctors, attorneys, and teachers. Records of these groups can be accessed under the Freedom of Information law. However, in the short several weeks since the new police law was enacted, disputes have arisen. Some say the new law does not go far enough, some say it goes too far. Those opposed to the current formation of the law say that the only complaints that will be available to the public are those that are found to have merit and are true. Those that are not found to be meritorious may not be disclosed. Opponents say that as long as the police judge themselves, then it is too easy for those police judges to find no merit, sweep the whole thing under the rug, and people will never see the complaint. More importantly, people will never see the process by which the judgment was made. The message to police is just don’t issue discipline, and the whole matter remains secret.

Those in favor of the new law say that the new law is a significant step from where we were, and treats police just as othered licensed professions. For example, claims against teachers that are not substantiated may not be discovered by the public.

All sides agree that there is no perfect solution since the problem is so deep-rooted, and again, time will tell how well it works.

MYTH: In law, as in life, there is only one way of doing things.

REALITY: There can be many ways to handle events and in governing. In New York City, as in many New York State cities, the power to appoint police commissioners and hire and fire police officers belongs to the mayor of the city. The New York State Attorney General believes that many New Yorkers have lost faith in law enforcement, and that the divide between officers and the public must be bridged. Some argue that when a mayor appoints the police commissioner, chief of police and officers, this links the political fortunes of the Mayor and City Hall to the Police Department. She believes that police departments in New York are wrongly treated differently from all other governmental agencies, are not subject to legislative oversight, and can make rule changes without a public hearing. She believes that police agencies should not police themselves. The Attorney General believes that an independent commission should be appointed to handle these acts, thereby taking them out of the hands of politicians. The commission could include appointees of each common council, mayor, county attorney or city attorney and city comptroller. She notes that Detroit and San Francisco have similar arrangements, and they successfully handle police issues. Many police agencies call this recommendation unnecessary and political.

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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Welcome Back!

We opened our doors to the public on Monday, August 10th. We have procedures in place to protect the staff, our patrons, and the community. Masks covering both your face and nose are required while in the building. We have limited the number of computers to accommodate social distancing. Computer use is limited to 45 min. and by appointment only so please call to reserve a computer prior to visiting (315-733-1535). We leave 15 min. between computer appointments to ensure the proper sanitization of each computer and computer station. We kindly ask that you limit the time spent in the Library while browsing. In order to protect our youngest patrons, our toys have been removed.

Curbside Pickup

For those that are still hesitant to enter the library we continue to offer Curbside Pickup. We invite you to place holds online or by contacting us by phone at 315-733-1535. A staff member will call you to schedule a pick up time, and you can drive up to a designated parking spot and your books will be brought out to you! Curbside pickup will be contactless. Updates or changes will be shared on our website (www.newhartfordpubliclibrary.org) and social media.

Stay Connected With Us!

Be sure to follow us and check out our website to stay connected and informed!

Facebook:

www.facebook.com/newhartfordpubliclibrary

Instagram: [new_hartford_public_library](https://www.instagram.com/new_hartford_public_library)

Website: www.newhartfordpubliclibrary.org

Children’s Story Time on IGTV

Every Thursday on Instagram. Miss Ashlyn will be reading books and posting them on Instagram and IGTV every Thursday on the [New_hartford_public_library](https://www.instagram.com/new_hartford_public_library) Instagram page!

Grab & Go Project Bags and Pickup Days

We plan to continue offering Grab & Go projects for preschool children each week. The new session of Grab & Go Projects will begin on September 8th and end on December 1st. Call to reserve beginning at 10:00 on the Tuesday of that week, or come into the library to pick up! While supplies last.

Women (and Men) of Mystery on Zoom!

Saturday, September 26 at 11:00-12:00; mystery writers discussion group. Participants will meet via Zoom. This class is led by Janet Hoover, and registration is required. Call the NHPL at 315-733-1535 to register, or go to our website and complete the registration form online. Participants will be emailed the meeting details.

Yoga for Seniors

Join Bill every Monday at 3:00pm for a virtual Yoga program geared towards seniors! Participants will meet via Zoom. Registration is required. Please register online at www.newhartfordpubliclibrary.org or call the library at 315-733-1535.

Virtual Financial Education Series

The New Hartford Public Library is pleased to announce that John Kalil will be offering a series of virtual weekly financial education programs starting on Wednesday, September 9th. Programs will be offered every Wednesday at 1:00 & 6:00 PM and cover a different financial topic each week. There is no cost to participate.

Programs Include:

- * Financial Planning Basics
- * Women & Money
- * Retirement Income Planning
- * Social Security & Your Retirement
- * Medicare Basics
- * Planning for Long Term Care
- * Estate Planning Basics
- * Investing Basics
- * Retirement Savings Challenges for Women

All programs are being presented as a community service by Retirement Solutions, LLC. Advance registration is required. To learn more, please call 315-735-5800.

Thank You!

We want to take a moment and thank the community and our patrons for their patience as we navigated and continue to navigate COVID-19. We appreciate you and look forward to serving you.

The Choice is Yours

by Kristy Lenuzza

Good news, if you're reading this, you're not dead. Congratulations. So instead of being afraid of death, let's shift our focus to living; being alive. Listen, we're all afraid of death. And uncertainty. And especially, the uncertainty of death. Thing is, the uncertainty of death isn't new. COVID just shined a bright light on what's been there all along. So, what do you do with that? Carry on as usual? Sure, that's your choice. It's both liberating and terrifying; the paradox of choice. With choice comes responsibility, which can quickly drop us into regret, fear, anxiety, and all of the overwhelm of not doing it right and letting people we love down. There's a different way to look at this. The responsibility lies in the response-ability—your ability to respond to what happens in your life. We can choose to react or respond. The former is knee-jerk, unconscious, no freedom there. Yes, the latter forces us to slow down and wade in the pool of discomfort and uncertainty, yet is also where the liberation lies. Because you're consciously choosing to respond. You quite literally boss up by becoming the boss of yourself. Pretty awesome trade-off. It takes a brave, confident human (which you and I both know you are) to slow down enough, check inside, and admit when you’re wrong. Seeking to understand with curiosity instead of closing one's self off from genuine connection by putting on the armor of self-righteous indignation is not for the faint of heart. Thing is, once you allow yourself to slow down to pay more attention to what's going on inside, it becomes less scary and more exciting. Yes, long-standing beliefs may be questioned, which can rock your foundation. Yes, you may feel like your world is turning upside down - temporarily. Find comfort in knowing that this is what allows compassion to yourself and others to expand. If you feel like you're standing in the middle of the street naked, oddly enough, you're headed in the right direction. Whether it's an idea that can benefit us, a long-overdue intimate conversation, a new way you can embody to live in our world, or a deep-seated desire or dream stirring from its state of dormancy ready to roar. Trust it and follow it. Chances are high that what also may rise to the surface are areas of your life that no longer serve you. So, rid yourself of them through sweat, tears, conversations with yourself, a trusted loved one, or professional, knowing that you're creating more space within yourself to breathe and see life through a clearer and sharper lens. Which, in the end, allows you to live fully and die empty and us to do the same. Go get 'em, tiger. "The graveyard is the richest place on earth because it is here that you will find all the hopes and dreams that were never fulfilled, the books that were never written, the songs that were never sung, the inventions that were never shared, the cures that were never discovered, all because someone was too afraid to take that first step, keep with the problem, or determined to carry out their dream." - Les Brown, author and motivational speaker

Kristy Lenuzza is a writer and founder of Sow to Speak, which offers private communication coaching and group workshops. The main focus of all Sow to Speak's services is to increase self-awareness and emotional intelligence so that we can all make the world a better place. Power in numbers, baby. Learn more at www.kristylenuzza.com.



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Community News

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5



It's in the Genes

submitted by James LaFountain, All American Fitness Center

What we can physically achieve is primarily determined by the genes passed down to us by our ancestors. The complete set of genes housed in twenty-three pairs of chromosomes, is responsible for about 50% of our physical destiny. Unless everyone of us understands this, we will continue to be frustrated by our physical progress. Heart Disease runs in my family. My grandparents and parents have exited this world between 54-71 years of age. I have exercised regularly and followed a Spartan-like diet for over 50 years and still must pharmacologically control my blood pressure and cholesterol.

Where and how much we store fat, the color of our eyes, hair and height are also predetermined up to 50%. Those are the cards we're dealt, regardless of our lifestyle. We can only play the cards we're dealt as best we can. One of my favorite college professors used the following to express this fact:

* one tenth of one percent of the female babies born this year will house the genetic potential to become Miss America.

* of that small percentage, about one tenth of one percent will actually aspire to become a candidate.

* of that small percentage, about one tenth of one percent will actually be discovered and have the mental capacity to compete.

* the last woman standing will be in phenomenal shape for about 7-10 days a year.

* photographs of her wearing a variety of outfits, with varied hairstyles will be taken at that time and used to market products.

Yet, women across America will aspire to look like her, at all costs. It's important that we identify our somatotype when we set fitness goals. We fall into one of three categories:

Ectomorph-lean, long physique, that's lightly muscled
Mesomorph-well developed musculature and an ability to gain muscle more easily than other somatotypes.

Endomorph-a heavy, rounded build, with a tendency to become fat.

An understanding of your somatotype will allow you to set reasonable goals, be satisfied with your results and engage in a healthy lifestyle, without expecting the impossible. I'm often asked by two endomorphic (round) parents to "make their daughter/son lean and fast" in order for them to excel in their chosen sport. My answer usually goes like this: "I can certainly make them leaner and faster than what they are now." They will never be a competitive Olympic sprinter. There's no dodging our genes.



Nominations Now Being Accepted for The Rotary Club of Utica – 2020 Pride of Workmanship Awards

Nomination Deadline ~ September 17, 2020

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 Friday, October 16, 2020 at 12:00 PM

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"

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.

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The Story of Amish in Our Area

The Clinton Historical Society announces the first presentation of it’s 2020-2021 monthly program series. On September 13, 2020, at 2:00pm, David Garrett will present “*The Story of Amish in Our Area*”. Garrett’s talk will touch on a variety of topics including: origin, Orders, the Church, education, dress, marriage, transportation, and community ties. The stories he will share are of his experiences with Amish friends and neighbors over the past 25 years.

David Garrett, resides on his farm in South Trenton. He retired after 34 years at SUNYIT, (now SUNY Polytechnic Institute). Before that he worked for ten years at different universities around the United States.

This program is free and open to the public, and all persons interested in the history of the area are invited to attend this presentation on Sunday, September 13, 2020, 2:00pm at the Clinton Historical Society, 1 Fountain St., Clinton NY.

Please Note New Pandemic in person attendance guidelines

Due to New York State and Oneida County Pandemic attendance restrictions, in person attendance is limited to 12 visitors for the day of the presentation. Attendance is by reservation only and on a first come basis. Reservations accepted by phone: 315-859-1392 and through our email address: clintonhistoricalsociety1@gmail.com. Callers must provide call back contact number and e-mailers their e-mail addresses for those reserving on the g-mail address. Reservations will be acknowledged by phone reply or e-mail reply. Reservations past 12 will be notified of wait listing status.

Preference will be given to others who have not attended recent previous sessions. All programs will be recorded and posted on the Clinton Historical Society You Tube Channel <https://www.youtube.com/channel/UCy53gia0M7xN00s76j4FZMA> & Facebook Page

Broadway Theatre League of Utica, Spring Season Open

Broadway Theatre League of Utica announces that those interested in supporting live theatre, the arts and our community can now join our league! Become a 2021 subscriber for our upcoming spring season. We can all use something new, give yourself something to look forward to. Broadway Utica’s Box Office is now open Monday - Friday from 9:00am-4:00pm. Call today or stop down to pick available seats. We make it affordable with payment plan options available, now everyone can enjoy the excitement of live theatre.

Here are many perks to becoming a Broadway Theatre League of Utica subscriber: Your option of being a Night 1 or Night 2 Season Ticket Holder. Guaranteed the same seat for each show performance. Purchase additional tickets to any show at a discounted rate for friends and family. Interchange your nights if you have a scheduling conflict for a \$5 change fee per ticket. Get early access to purchase non-season bonus shows before the general public.

View the 2021 line-up, spring season pricing and all shows at BroadwayUtica.org, scroll show images and bios on all performances. Call 315-624-9444, our team at Broadway Utica are here to answer any concerns or questions you may have.

Broadway Theatre League of Utica’s mission is to present, produce and promote the highest standards of excellence in a variety of family-orientated, multi-generational and sophisticated theatrical productions; to expose the community to the many benefits of live theatre and the performing arts; to provide opportunities for the youth of the community to experience these benefits as well.

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2020

What A Summer!

THE TOWN CRIER

7



2020 What A Summer!

submitted by Shelley Corey, The Mum Farm

Weather-wise...what a summer! No complaints here. Luckily we live in a beautiful state that affords us many natural outdoor wonders to enjoy in our own backyard, all within easy driving distance. Even if you didn't venture beyond your backyard...it was still a summer we all will remember! I for one, stopped listening for the weather report....we were spoiled with sunny warm days, day after day!

I sure hope your spring annuals brought you as much joy as mine did. A few takeaways from my experience the bigger the container, the less watering you need to do! I was able to get away with every other day watering on the big pots! I planted 3 or 4 annuals in 20" diameter pots and what displays I'm having! The more room you give the roots, the more flowers you are rewarded with and the easier to keep them watered! As soon as I slacked off on the fertilizer, the plants let me know with fewer flowers. The hanging baskets filled with trailing begonias....spectacular! I simply took the wires off the baskets and placed the baskets into a tall container. They were nonstop bloomers in partial sun and conversation starters for all that saw them! It will

be hard, even for me, to make the switch to my fall display, but the cooler night temps will quickly make the annuals naturally go down hill.

Let's talk about switching to our fall displays. I try to keep some of the trailing accents or height elements from my summer pots and add mums to them. I know right now that I have beautiful swedish ivy and cannas in my pots. Even if the cannas are no longer blooming those big beautiful leaves will look spectacular with the compact growth habit of the mums. The trailing habit of the swedish ivy compliments the mums also.

Purchasing your mums can be tricky. Many people are disappointed when they purchase mums and they last only a few weeks. Its important to purchase them either for longevity or a particular event. For longevity, I suggest purchasing your mums the second or third week in September, once it starts to cool down. Hot weather is no friend to mums as it rushes their blooming season along too quickly.

If you have a special date that you need your mums to be spectacular for...ask your grower, they will be able to suggest what stage you should buy them in to hit that desired date.

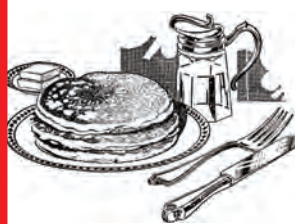
Mums bloom for 6-8 weeks. They are not re-bloomers like annuals. Cooler weather prolongs their colorful display, whereby unseasonably warm weather hastens their demise! Plants prefer to be evenly watered, meaning that each time they wilt, you shorten the plants life span. Sometimes they never recover from a wilt! Fertilizer is rarely necessary as the plants have been heavily fertilized throughout their vegetative state to form blossoms. So keep them evenly moist and they will reward you with color right through the fall.

Here comes our fall season, it's what makes the northeast special. Smile and enjoy all our beautiful autumn colors!



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National Grandparents Day falls on Sunday, September 13, 2020. Forget-me-not flowers symbolize National Grandparents Day in the United States



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Dear Residents,

My thoughts and gratitude go out to all our local first responders that are continuing to keep us safe through these tough times and we support them 100%. Furthermore, to all those who continue to donate masks and PPE's, it is great to see everyone working together in our Town.

I want to once again thank our community, residents and staff as we continue to take steps to protect the health and safety of our loved ones, friends, neighbors, and caregivers. Your support and willingness to help are an inspiration to us all—remember if we band together, we can overcome any challenge.

The Town of New Hartford Farmers Market at Sherrill Brook Park is happening every Tuesday from 3-7 pm.

Be sure to stop by and show your support for our local vendors.

The opening of local business has been successful and we thank our residents for shopping locally this summer. This will not only help our local businesses, it will also help our Town as a whole.

We are continuing the operations of the Town to ensure essential services for our residents are maintained.

Storm water update - just because it hasn't been storming out lately we continue working behind the scenes to make sure we can address any existing issues. We are currently working on finishing up our comprehensive studies in Wards 1 and 2. Once these studies are complete, Rick Sherman and I are continuing to apply for available grants at the county and state level to aid in implementing storm water projects that are identified in our comprehensive studies.

We are finishing up our summer parks projects. We have made many updates to our Recreation Center which will soon be completed. We will begin working on new projects for the fall. I will keep you updated on the projects as they begin.

We have started our 2021 Budget. We are trying to keep the taxes low while still being able to maintain the

level of services for our residents. We are also looking to add new services and programs.

The LED Street Light upgrading is expected to be completed in 2021. The upgrade of street lights will help reduce energy consumption and provides cost savings. The Town is currently working on the concept of Solar Farms. More information will follow.

Our administrative offices are fully functional. We are still open by appointment only to protect the health and welfare of the public and employees. We thank you for your continued cooperation.

With the 2020-21 school year approaching, I encourage you to check with the schools for their reopening plans.

We are a strong community and will get through this together. Thank you for all that you are doing—and for being a part of our extraordinary town.

With gratitude,

Paul Miscione, New Hartford Town Supervisor

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10 THE TOWN CRIER

Senior Center News

SEPT.
2020

NH Senior Center News

Submitted by the staff at New Hartford Senior Center

We are writing this in mid August anticipating the re-opening of our schools in September. This has been very good news to all, since it means that we are going forward, and hopefully we will soon hear that all Senior Centers can be opened. We should all be proud to be following the rules of social distancing, mask wearing and hand washing that has helped us reach this milestone. Lets all keep this up to stay safe and keep us moving forward. We do try to keep in touch with our seniors to be sure they are staying healthy and do not need anything. Please call our number if you do need help 315 724-8966. Thankfully our staff and seniors have all been well and anxious to get back together. Stay safe and healthy and enjoy the pictures of our past gatherings.



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Town of New Hartford News



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. Since so many people have been home, they have brought brush out from their back yards have made our schedule overwhelming. The LAST brush pickup will be in Ward 1 September 21st, Ward 2 pickup will be September 23rd, Ward 3 will be September 28th and Ward 4th pick up will be September 30th. Please plan to get your brush to the curb for the set dates. We need to be finished on these dates for the 2020 season. We will not pick up any brush after these dates unless we have storm damage that brings tree limbs etc. down. The brush crew will be working on other projects this fall.

Leaf removal will begin as warranted in the month of September and October. So please, don't wait to get your leaves to the curb early. Please do not place leaves in plastic bags or containers such as plastic garbage cans. Our four new leaf trucks will be out working to pick up the leaves. There will be 1 truck in each ward picking up leaves. PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLE'S, NO STICKS, STONES, PUMPKINS OR GREEN WASTE. JUST LEAVES. MIXED 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. Oneida Street from Kellogg Rd to the City of Utica Line will be paved next year as two projects will be under way this fall. National Grid is locating a new large gas line underneath the road way by Clifford's fuel station. The second project will be at the City of Utica Line with New Hartford. A new storm water large diameter pipe will be installed as well as two new pipes on Bradley Rd. This project will be going out to bid shortly. This storm water project is being constructed by a matching grant from the Oneida County Soil and Water and the Town of New Hartford.

We are still placing storm water pipe 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 on Oneida Street, Elm St and Arlington Terrace by the Utica City Line. We have cleaned all our retention ponds on Grange Hill Rd, 3 ponds on Will's Drive, and White Tail. Later this fall the Town will be working on the new retention pond behind Hubbarton Rd and Foxcroft Rd.

The month of September will be our last month for trash drop off at the highway garage. The Monday drop off will be Sept 8th because of the holiday and the 14th, 21st, and the 28th. The 28th will be our last day for this year. Any tag items, please purchase your tags by Aug 28th for a September 8th pickup. Any questions, please call me at 315 534-2998 or e-mail rsherman@townofnewhartfordny.gov.



Covid-19 Medical Update August Town Report

Submitted by Dr. Juleen Qandah, Medical Director Town of New Hartford

As of today August 14, 2020, Oneida County, NY has seen a total of 2183 Covid-19 cases, with 116 deaths. Yesterday we only had six new positive cases in our county. This is great news. Thankfully, we never saw a surge like New York City, because we shut down before the virus had a chance to proliferate throughout our community. Additionally, the CDC is pretty certain the virus is much more pervasive than we are even tracking (due to asymptomatic cases). Therefore our overall fatality rate is probably lower, which is fairly reassuring, although the losses thus far are tragic of course.

I understand this is a nervous time for everyone, especially with schools opening back up for fall. To put numbers in perspective, 380,000 children tested positive for Covid-19 in the United States. And that's only the children we have tested. This virus has probably already infected double that number, given many children do not develop any symptoms (due to their other coronavirus immunity already present in their bodies). There have only been 90 pediatric deaths in the U.S. - this translates to a death rate of ~0.0002% for children.

Our country has not seen a pandemic this bad in the last 100 years. However, I am confident we will stay smart and strong, while figuring this out together. Let me be frank. Covid-19 will never go away completely. It is too widespread and easily transmissible. We will continue to see this virus increase over the next few months, and outbreaks will wax and wane all over the country. Even after a vaccine, we may be able to suppress it, but never eradicate it completely. The silver lining from an immunology stand point, is that typically the longer a virus spreads around the world, the weaker it becomes, because the less deadly strains survive and are passed from person to person, like a cold. Currently, there are more than 170 vaccines being tested in animals and labs, and 25 companies are already partaking in late phase clinical trials to prove their vaccine's efficacy and safety. This is the fastest development of a vaccine in the history of humankind! Immunity will probably not be long lasting due to natural virus mutations, but with an annual vaccine like the influenza (flu) one, we should be at least partially protected. Did you know that 85% of people who die from the flu every year did not receive the flu vaccine?

Here in central NY, we have done a good job of social distancing and following scientific protocols to prevent a dangerous wave, unlike other states. Please trust in the national disease guidelines of hand hygiene, distancing, and mask wearing, so we can continue to remain open. We need everyone doing their own part, in order to keep our community healthy, our medical services functioning, and our businesses and schools open. Eventually, enough people will either have been exposed, infected or vaccinated. This pandemic will end someday, I promise you. Keep calm, and mask on.



A Message from Councilman James Messa

Dear First Ward Residents,

I truly hope this message finds you all doing well and I hope everyone enjoyed the fantastic weather that we had this summer. I look forward to an equally fantastic fall season.

During my time in office I have concentrated my efforts on a variety of issues and one thing I am particularly passionate about is public safety. I was instrumental with the creation of the local law for unsafe building structures within our town. I worked closely with Chief Michael Inserra on reducing the speed limit on Snowden Hill Rd and the installation of the flashing lights on the stop signs at the intersection of Tibbitts and Oxford Rd to ensure safety.

In 2019 the New Hartford Police Department moved into their new location on Clinton Street in the former Gander Mountain building. Since the First Ward is geographically the largest ward in the town and quite a distance from the new police station, I felt there was a need to have a police substation in the First Ward. Several locations came to mind and the one that made the most sense from a logistical standpoint as well as from a functionality aspect was the building located on Elm Street in Chadwicks. I had several conversations with Chief Inserra to determine if a substation was warranted. We had decided to conduct a walk-through of the building on Elm Street to make sure it was conducive for their needs. After careful consideration Chief Inserra and I felt that the location on Elm Street would be beneficial for his officers and for the community. I had asked Chief Michael Inserra if he would provide me with a brief statement relating to the substation and it is as follows:

"For over thirty years the New Hartford Police Department was located on Kellogg Road in the eastern part of the Town. To keep police patrols in their zones in the western part of the Town a substation was opened up in Sangertown Square Mall so that the Officers could have a location to complete paperwork, make phone calls and do other tasks. Now that the police department is located on Clinton Street in the western part of Town it makes sense to open up a substation located in the eastern part of Town to keep police patrols in their zones on that end of the Town for the same reasons. A Town owned building located on Elm Street that was last used by the Oneida County Drug Task Force and will meet the needs for a substation. This building was updated with a new heating and central air system a few years ago and has been empty for the last three years. The Officers assigned to patrol the eastern part of the Town have expressed the need to open up a substation so they could remain in their zones when the need arises to complete routine office tasks".

I'm very excited to see this idea come to fruition. It was a pleasure working with Chief Inserra on this project and we both feel that the substation will be useful for the residents and police officers.

A few friendly reminders: Schools will be opening shortly, please look out for children and school buses. Also remember to lock your house and vehicle doors at night.

Enjoy the upcoming fall season and continue to stay healthy and safe!

Sincerely,

James J. Messa – First Ward Councilman



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NHFD News

Your New Hartford Volunteer Fire Department responded to 63 calls during the month of July as indicated by the monthly call report listed below by category:

Fires	=	5
EMS	=	20
Hazardous	=	9
Service Type	=	8
Good Intent	=	6
Other Alarms	=	13
Weather Related	=	2
Other	=	0

Total Calls for the Month of July 2020 = 63.
Total calls year-to-date through July 31, 2020 = 527.



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.

Fire Police Serve a Valuable Function to the Department and Our Community

Fire Police units exist in fourteen states including Connecticut, Delaware, Florida, Maryland, New Jersey, New York, North Carolina, Maine, Ohio, Pennsylvania, and West Virginia. In fact, some texts dating back to the 1850’s, list Burlington County, New Jersey, as forming the first Fire Police unit.

The New Hartford Volunteer Fire Department, since the 1950’s, is proud to have a contingent of Fire Police members who answer the call of duty when the need arises. These individuals attend and have completed a specialized training course. Today’s course is 21-hours and involves classroom training, hands on experience in traffic safety, and the laws under which they operate.

Upon completion, they must meet all the requirements under the New York State General Municipal Law, Section 209 (C) and Article 41 of the New York State CPL, Section 2.1.0 after which they take an oath and become sworn officers of the law – known as Peace Officers. As a Peace Officer, they are empowered with full police powers, including that of arrest if need be, but just as important, these individuals are responsible for protecting fellow firefighters and their equipment while keeping the public from the dangers in and around a fire emergency incident scene. These individuals are also listed with the Central Registry of Police and Peace Officers at the New York State,

Division of Criminal Justice Services - Office of Public Safety in Albany.

Many years ago the Fire Police members were looked upon as the “senior members” of the department. However, this is not the case today as the age to become a Fire Police member is now 18.

Currently, nine individuals serve as active Fire Police members although additional department members have completed the course but remain as tactical firefighters today. The public will recognize these individuals by their bright “safety” yellow outerwear which may be, depending upon the time of the year, either a jacket, vest, or raincoat. They have Strobe hand lights and other traffic safety equipment issued to them to carry out their responsibilities.

Their duties are as follows:

To regulate traffic at emergency scenes. In order to protect firefighters from potentially dangerous outside interference, our Fire Police detachment regulates traffic at the scene of any emergency to which the department has been called.

To protect the general public at the scene of a fire. Residents, owners, occupants, relatives, transients, spectators, and even the news media might inadvertently hamper firefighting operations; therefore, Fire Police use tact and courtesy to prevent them from being harmed or obstructing those operations.

To keep fire areas clear for firefighting purpose. Fire Police provide room for apparatus, emergency vehicles, service vehicles, and firefighters' personal vehicles to, among other things, park, operate, turn around, perform tanker operations, and lay hose lines.

To protect the equipment of a fire company. Fire Police keep all non-firefighters away from department vehicles and equipment in order to prevent damage and possible injury.

To enforce the laws of New York State relating to firematic activities and firefighting techniques. The emphasis on safe driving within an emergency area, driving over fire hoses and non-emergency vehicles intrusions, comprise just the tip of the iceberg of undesirable situations that Fire Police must prevent.

Cooperation with the NHPD. Owing to their common causes of protection, safety, and order, our Fire Police cooperate and train regularly with the New Hartford Police Department.

To protect the property at the scene of a fire until the Chief releases the fire police from duty and turns the responsibility over to other police agencies or to the owner. Although, Fire Police prevent unauthorized entry into the scene, they remain alert to the fact that bystanders may possess critical information. In addition, they protect the scene's evidence and report unusual events or happenings.

To carry out the orders of the Incident Commander at all fires and emergencies.

The next time you pass an emergency scene and see the Fire Police directing traffic, please slow down and pay close attention to their directions. It will keep both you and the emergency personnel working the incident safe.

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

Thank You from the New Hartford Fire Department Benevolent Association

The New Hartford Fire Department Benevolent Association would like to thank all residents and businesses for their generous contributions to the 2020 annual fund drive. Your generosity during these uncertain times has truly been amazing and appreciated.

Each year, the Benevolent Association distributes a letter to the residences and businesses of the New Hartford Fire Department fire district, requesting a contribution to assist in our finances. This year has certainly been quite different! We have all had to adjust to a different way of life, both financially and personally.

You may or may not be aware that the New Hartford Fire Department is 100 % Volunteer. These proud, dedicated men and women volunteer thousands of hours to the community, not only responding to emergency calls, but also being committed to several community events.

COVID-19 has definitely altered our normal operation; however, our extremely dedicated personnel have continued to respond to alarms, calls for assistance and training. We continue to be “ever ready” to respond!

Unfortunately, we have had to cancel various community events due to COVID-19. It is our sincere hope that this pandemic is controlled and we can again sponsor the many events our community enjoys.

Again, we sincerely thank the many businesses and residents who have contributed to our 2020 Fund Drive.

If we somehow missed you during our annual fund drive and you would like to make a donation, you may drop off your contribution at any time at the fire station. Please utilize the mail slot on the front door of the Fire Station. Or, if you prefer you can always mail it to NHFD, PO Box 328, 4 Oxford Road, New Hartford, New York 13413.

We thank you for your continued support, and above all, Stay Safe!

Sincerely,

The members of the New Hartford Volunteer Fire Department



Happy Rosh Hashanah - Friday, September 18

Rosh Hashanah ushers in the beginning of the Jewish year and is a holiday that celebrates the creation of the world, something that's reflected in its name, which means “head of the year” in Hebrew.

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NEW HARTFORD PAST TIMES

SEPTEMBER 2020

NEW HARTFORD HISTORICAL SOCIETY



Casab’s: A piece of the Town’s Landscape for more than half a Century!

When Gary Casab announced the pending closure of *Fred’s Foodland* in December of 1987, it marked the closing of a chapter, but not the end of the story. Fred’s had been a staple of Chadwicks long before they affiliated themselves with the Foodland chain in 1966. In 1947, Gary’s father, Fred Casab, operated a store there with his brother Harris (Gary’s uncle). In 1953 Fred built a 8,100 square-foot store creating *Fred’s Supermarket*, a pre-cursor to today’s big “box” chains. Ironically, it was those stores that contributed to the stores closure in January of 1988. In the December 1987 Utica O-D article, Gary is quoted as saying “You can’t keep up with them unless you modernize your store, and we don’t have the square footage to expand.”

Casab’s finds their niche.

Gary’s love of his trade (many of his extended family were butcher’s by trade) would soon lead him to go smaller rather than larger. In 1989 he and his wife Patty would open *Casab’s Deli Cafe* at the corner of Genesee Street and Campion Road in the Village of New Hartford (Now Sammy’s). There, Gary would still dispense his high-quality meats as well as cater to a growing clientele that would come to know and love their breakfast and lunch specials.

As mentioned earlier, the extended Casab family were no strangers to the grocery industry. Fred’s brother, Albert, ran *Casab’s Supermarket* on Kossuth Avenue in Utica. Many brothers, nephews and cousins worked in several stores over the years. Even Fred’s sister, Margaret (Hiffa), would marry into the business. Her husband Anthony Hiffa ran the *Clinton Food Market* on North Park Row in Clinton for decades.



Casab’s: Truly a part of the “fabric” of Our Town.

It’s been 6 years since the Deli closed in 2014. After Gary’s untimely passing in April of 2004, his wife Patty and son Clifford, ran the Café for many years. Who doesn’t remember the beautiful mural that graced a front wall in Casab’s? It was a colorful depiction of the Village’s landscape encompassing not only the restaurant but Butler Hall, the Firehouse, Genesee Street Business District, etc. Bet you didn’t know it was painted on canvas?

Artfully created by Diane Rich, of Cooperstown, it adorned the Café’s wall for 2 decades. After the restaurant closed, it was carefully removed and placed in safe keeping until the day it could be displayed again. That day is Soon! The Historical Society is pleased to announce that it’s been given to the Society “on loan” and will be the centerpiece of our new display at the Town Offices at 8635 Clinton Street in the Orchard Plaza. A Grand Opening to be announced in the near future.

BECOME A MEMBER!

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

Planning a Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home! **Call 315-724-7258 to schedule your group.**

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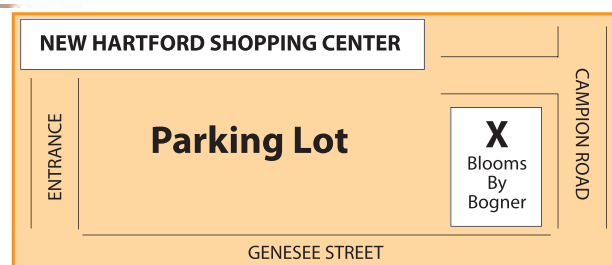
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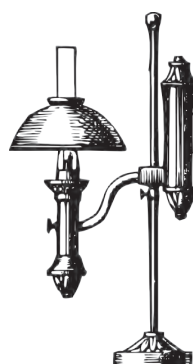
18 THE TOWN CRIER

Antique Talk

SEPT.
2020



Victor J. Fariello Jr.



Support Your Historical Society!

New Hartford Historical Society has an affordable membership that is worth your consideration. The cost is \$12 for an individual, \$17 for a family and \$2 for students. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. This is a community treasure that is preserving our rich history.

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.

ANTIQUE TALK

From The Mailbag

Q. I have an original Shirley Temple doll that belonged to a great aunt of mine who owned it as a child. Sadly it has some damage, a serious crack in one of her arms, but overall it's in pretty good shape considering its age. Can you tell me anything about its value?

A. Your great Shirley Temple doll is from the 1930's and made by the Ideal Co. The dress she is wearing is from the movie "Stand Up and Cheer", which was made in 1934. Shirley Temple was an endearing child star and a box office hit, so there is a lot of interest in the myriad of collectibles that were produced in her image, your doll being one of the most popular. However, as with all antiques, condition is of prime importance. In its present condition, your Shirley Temple doll would sell for around \$200.

Q. I have an antique clock that is oak wood and belonged to my grandmother. It is made by the Seth Thomas Company. Do you know what it is worth in today's antique market? We would never sell it but are just curious.

A. Your Seth Thomas clock is what is known as a gingerbread clock and it was found in the majority of American homes in the last quarter of the 19th century. I would approximate your clock as from around the 1880's. Although Seth Thomas was a maker of some of the best clocks in the world, the gingerbread clocks were cheaply made so as to be affordable to everyone. They were produced in great quantities and a large number remain intact and working to this day, which affects its value. That being said, I would value your grandmother's clock at \$150-200.



This Shirley Temple doll from the 1930's is a popular collectible.



This gingerbread clock from the late 1800's could be found in most homes back then thanks to its inexpensive design.

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Indoor Mold

Attics are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source with the wood framing and sheathing). Most homeowners may go up in their attic seldom if ever so the mold problem is allowed to grow undisturbed sometimes for years! Many homeowners first learn about their problem right before they sell their home. The buyer's home inspector notices the mold in the attic right before the closing date, which causes both buyer and seller to panic, often putting the whole deal in jeopardy. The good news is that this scenario can all be avoided by quickly checking your attic a few times a year for mold and dealing with it promptly if you do find a problem.

What are the signs of an attic mold problem?

Dark black staining on wood surfaces, both the underside of the roof sheathing and also the framing lumber itself. If the wood in your attic shows any black discoloration, a spotty or solid pattern the problem has moved beyond moisture and you may have mold that should be removed.

What causes attic mold?

Generally speaking, attic moisture problems that lead to mold growth are most often caused by:

Blocked or Insufficient Ventilation

Improper Exhausting of Bathroom Fans or Dryer Vents

Roof Issues/Leaks

Frost buildup on the underside of the roof sheathing in winter — When it's cold enough outside, water vapor in an attic with improper ventilation can freeze on the underside of your roof.

Heat escaping into the attic from an access panel or door.

Let's take a look at each one of these causes individually so you can make sure you or a professional fix the source of the mold problem.

Blocked or Insufficient Ventilation

The most common cause of attic mold, by far, is blocked or insufficient ventilation of the attic space. Attics usually have a passive ventilation system in which outside air comes in through the soffit/eave vents at the bottom, warms up in the attic, and escapes through any roof exhaust or ridge vents at the top (because hot air rises). That cycle creates a nice, breezy airflow and a well-ventilated attic. However, we often see the soffit/eave vents blocked with insulation thereby destroying the whole passive ventilation system. And when that system is destroyed, warm and humid air in the attic will stagnate, and often condense along the cold wood sheathing in the winter, causing wet wood and subsequent mold growth throughout much of the attic. In general, 1 square foot of venting is needed for every 100 square feet of attic space.

Improper Exhausting of Bathroom Fans or Dryer Vents

Dryer exhaust vents, kitchen exhaust fans and bathroom exhaust fans are designed to pump moisture OUT of your home. So, make absolutely sure that they terminate outside your home and NEVER in the attic. Some contractors prefer to end the exhaust in a soffit vent and not through the roof however we

have encountered problems associated with this type of venting. Also plumbing stacks in the attic can be a source of condensation, which can lead to attic mold growth.

Roof Leaks

Roof leaks will often lead to a small, localized area of attic mold near where the leak is occurring. However, mold can originate at this source area and begin to spread to adjacent areas seeking out a new food such as unaffected lumber.

Below are a few ways to check for possible roof leaks:

Check for areas of dark discoloration/staining of wood (e.g. rafters, sheathing, joists, attic side of fascia boards, etc.).

Check roof valleys and around chimneys (i.e. where two roofs join at an angle), which are highly susceptible to roof leaks.

Observe vents, plumbing stacks, chimneys, attic windows and any portion of the attic/roof where dissimilar materials join each other (including flashings). These places are known for potential moisture intrusion.

Heat escaping into the attic:

Access panels, pull down staircases or even plumbing vent pipes running into the attic can all be a source of heat escaping from the living area into the attic. This warm air mixing with the cooler air forms condensation on the wood surfaces. Coupled with inadequate ventilation this will eventually lead to a mold formation.

How to get rid of an attic mold problem

In addition to fixing the moisture problem or underlying cause of the mold formation, you also need to get rid of the mold properly. A NYS licensed mold contractor can evaluate and should be able to thoroughly explain the different removal options available to you. Disaster Services highly recommends a complete evaluation of the attic area if mold is discovered for the following reasons:

The number one reason is health concerns. Air can be depressurized and pulled down from the attic into the livable space. This means it is possible for spore transfer from the attic air to enter livable spaces from the attic and affect the health of the occupants.

Mold in the attic will likely present a problem during a real estate transaction and deter any potential buyers if it's not corrected. If you ignore a mold problem in your attic, do not expect the next buyer of your house to do the same when it will inevitably be discovered during the home inspection. Home sellers take a major risk of buyers walking away if mold is discovered. Better to be proactive and fix it before you are ready to sell then let it be discovered during a home inspection when a buyer may simply decide to walk. If the buyer decides not to walk, he or she is almost certainly going to want it fixed before closing (or receive a credit or price reduction at closing.) Also, it's pretty much a guarantee that the bank will require that the attic mold is remediated before giving a loan to the buyer.

Mold problems are indications of moisture problems. Water and mold problems in the attic can deteriorate wood in the roof sheathing, joists, etc. and eventually cause wood rot and reducing the life of your roof. From attic mold to basement mold and everything in between, Disaster Services has served the area for over 30 years in all phases of fire, water and mold damage to a property. We guarantee all of our work and are NYS licensed and properly insured for both mold removal and fire/water mitigation services. Give our office a call anytime at 315-797-1128.

COVID-19-Electrostatic Disinfection Technology

This process gives peace of mind, knowing that you've gone above and beyond routine cleaning, and you're using technology that has data to back up its kill claims.

What is electrostatic disinfection?

Electrostatic disinfecting is a way of quickly and evenly coating a surface with an EPA registered disinfecting solution to a targeted surface using electrostatic force of attraction. It works by using an electrode to introduce an attractive charge to the

disinfecting or sanitizing product and atomizes the solution, using an air compressor to generate a quiet, but powerful liquid flow. Because the solution's particles are electrostatically charged, they are attracted to surfaces with a force stronger than gravity, allowing the solution to reach and uniformly coat even hard-to-reach surfaces.

Does electrostatic disinfection work?

Yes it does. Electrostatic spray is electrically charged, allowing the appropriate sanitizers, and disinfectants to wrap around and evenly coat all types of surfaces for a more complete clean. Surfaces that are already covered will repel the spray, making the method extremely efficient.

The Benefits of Electrostatic Disinfecting

Electrostatic disinfection is an innovative method that saves time, energy and costs across the board because it presents a more efficient alternative to traditional cleaning techniques and cleaning solution applications. Below are some of the many benefits of using an electrostatic system. Reduces the time it takes to cover and disinfect all surfaces and hard-to-reach places by 50% compared to conventional methods. Improves infection control and the spread of viruses such as influenza, MRSA, HIV and many others.

Avoids cross contamination and the movement of bacteria from one surface to another by hand cleaning.

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- Schools

Disaster Services is OSHA certified as per regulation (29 CFR 1910.1030). We follow and exceed protocols made known by the Center for Disease Control however, there is no testing that exists to ensure total elimination of the coronavirus. Disaster Services guarantees that its cleaning protocol curbs the spread and threat of coronavirus. Disaster Services cannot guarantee with 100% certainty the total eradication of it.

HOW DO WE CLEAN CORONAVIRUS?

Electrostatic disinfection can offer you the best possible, complete coverage of your space which when complete will allow for routine maintenance in high touch areas. We use CDC approved and EPA registered industrial-strength disinfectants with a broad spectrum kill claim. All infected materials are cleaned, disinfected, and when necessary properly disposed of as biohazard waste. Fully encapsulated personal protective equipment (PPE) and full-face respirator masks are worn at all times by our certified cleanup technicians. We adhere to a stringent coronavirus demobilization process for our equipment, trucks and waste storage areas. Electrostatic disinfection technology is a great tool in supplementing the everyday cleaning techniques.

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Ride for Missing Children Reimagined into “Miles for Hope”

The National Center for Missing & Exploited Children (NCMEC) has adapted it’s 2020 Ride for Missing Children in order to continue their mission to raise funds and build awareness amidst restrictions placed on physical gatherings due to COVID-19. The organization’s traditional event, which consists of six bike rides that take place annually in the spring and fall, has been transformed into “Miles for Hope”, a month-long, nationwide awareness and fundraising mission to support NCMEC. This September, participants from across the United States can help raise awareness and funds while biking, running, walking, skating, swimming, kayaking, even skipping!

“The Ride for Missing Children has always been about more than a bicycle ride.” said Ed Suk, Executive Director, NCMEC-NY, “This event is about raising awareness and spreading a message of safety education and of hope to the families of missing and exploited children. This event is about raising critical funds to support our cause and with children spending more time online, away from schools and outside activities, the need is greater than ever.”

Whether you are participating as an individual or on a team, it’s easy to get involved with Miles for Hope, and a great time to focus on safety with your family, group or school. Participants are encouraged to take time throughout the month of September to reinforce safety with the children in their lives. NCMEC offers free resources for families and educators, including lessons, discussion guides, videos and more. Learn about the issues and get resources to help facilitate discussions and lessons around personal safety and internet safety.

According to Jody Wheet, NCMEC-NY/Mohawk Valley’s Program Director, the timing is right. “In light of COVID -19, children are spending more time with technology and with school starting up again, likely with a virtual component, safety conversations are as important as ever. The Miles for Hope daily tips and Real Tip videos will help families and schools to easily reinforce prevention messages.”

Registration is currently open there is no fee to join Miles for Hope.

Wheet also stressed that, “This year will be very different, but it will be meaningful and we’re so excited to get more people involved! Even though we’ll be participating separately everyone is bound together by a singular mission - to make our children safer, one child at a time.”

Those interested in participating can call 315-732-7233 or visit www.missingkids.org/milesforhope.

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Berkshire Bank Partners with United Way on Mural Project

Employee volunteers partner with artists of United Way of the Mohawk Valley to cover old Berkshire Bank logo with an all-inclusive X, as a permanent reminder to the community that everyone is welcome here at Berkshire Bank.

Our Central NY team was finally able to come together (while social-distancing!) for our first in-person company volunteer project since the onslaught of COVID-19. This was a very special event not only because it marked the return of XTEAM nation into the community, but it also serves as a perfect representation of our BE FIRST values in action. In partnership with the United Way of the Mohawk Valley, employee volunteers helped paint a new mural in Proctor Park. A volunteer project several years ago, the original mural needed a fresh update. The new design was commissioned by two young artists from the Young Entrepreneurs Academy (YEA). YEA transforms local middle and high school students into real, confident entrepreneurs. Through the year-long program, students in grades 6-12 generate business ideas, conduct market research, write business plans, pitch to a panel of investors, and launch their very own companies.

“This project as well as the Bank’s support of the YEA Program really

demonstrates our commitment to our communities,” said Matthew Nicholl, VP, Business Banking and Central NY Volunteer Council Co-Chair at Berkshire Bank. “The mural event with the branding and Be FIRST Values is a true work of art and very powerful in a busy park in Utica, NY. To watch these talented young artists and business owners has been nothing but impressive. Changes like these in our communities will help spark change and positivity. In addition, I appreciate the support of the YEA Program. This allows me to use my business banking experience to impact youthful hopeful business owners. I would like to thank Berkshire Bank, United Way of the Mohawk Valley, and YEA for coming together for this project.” YEA is now in 168 communities across America and has been in the Utica area with Mohawk Valley Community College for eight years. Berkshire Bank has been a longtime supporter of the program, helping dozens of local young high school students become business owners. Matthew Nicholl from our Business Banking Group has participated as a judge on the Investor Panel as well as assisting with mentoring when needed. The investor panel awards start-up money for the student businesses to launch.

“Berkshire Bank, their employees and the artists involved truly came together to take this mural from a vision to reality,” said Kristyn Bucciero Beckwith, Director of Marketing and Communications with United Way MV. “Connections and partnerships like these are what makes our work at United Way possible, from our Day of Action projects to the thousands of lives impacted through our programing and initiatives.”

ABOUT THE ARTISTS

Sophie Mandia: Sophie is a 15-year old student at New Hartford Senior High. In the fall of 2020 she will be a sophomore in high school. She is a member of several school clubs including, The Latin Club Masque and a Comic Book Club. She is a 2019 graduate of the Young Entrepreneurs Academy, where she created her business, Adventure Spirit Entertainment to become the author and illustrator of her comic book and novel. Sophie has also attended two terms at The Animation Course where she took online drawing classes from a former Disney Animator.

Deondre Linder: Deondre is a 19-year old Utica native and 2019 graduate of Notre Dame Jr./S. High School. In the fall, he will be a sophomore at Tyler School of Art and Architecture at Temple University in Philadelphia where he is studying graphic and interactive design with entrepreneur studies. He is a 2018 graduate of the Young Entrepreneurs Academy where he started his business, Deo Art & Design and launched his signature product – a custom Utica skyline. This is the second mural Deondre has worked on this summer in Utica. He recently worked with three other artists creating the Black Lives Matter mural in Kemble Park. Both students were chosen in their respective YEA classes by a panel of local judges to represent YEA Mohawk Valley Community College at the Saunders Scholars Competition at Rochester Institute of Technology, where they competed against dozens of other student businesses from around the country, India and China.




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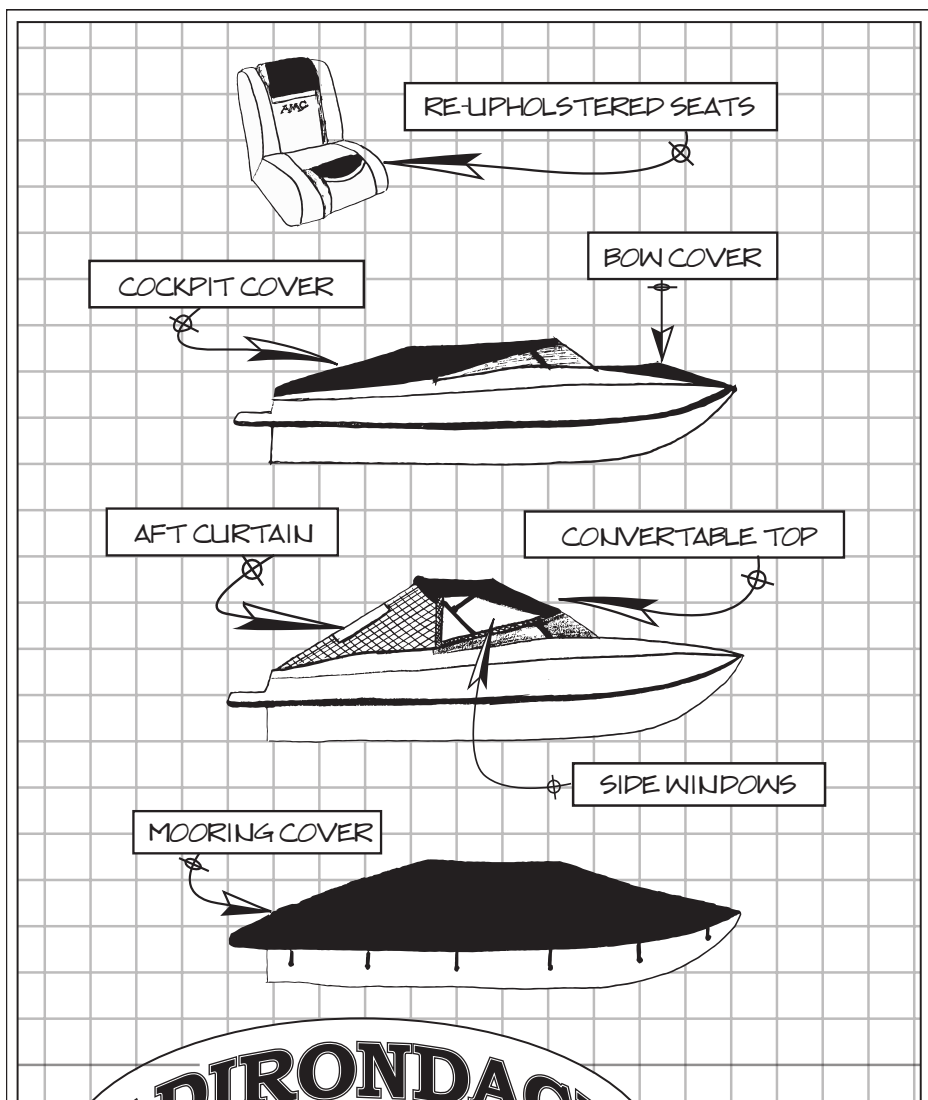
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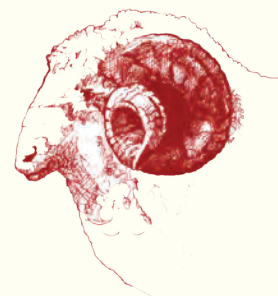


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What Can Market Volatility Teach Investors About the Fundamentals?

While market volatility can be painful, it can remind investors of the importance of sticking to the fundamentals.

Market volatility, painful as it can be, can actually provide an important lesson for investors about why it's important to stick to the fundamentals, such as having an asset allocation strategy and regularly reviewing your plan. With that in mind, here are suggestions for these turbulent times that may help you turn today's worries into tomorrow's good habits.

Remembering asset allocation

When market volatility occurs after an extended period when the economy and markets have been on the rise, as they were over the last 10 or so years, investors have the opportunity to get back to fundamentals they may have forgotten. This is especially true for asset allocation—the strategy financial professionals return to time and again when investors want help dealing with volatile markets.

At its most basic level, asset allocation is how you diversify your investments across different asset classes (stocks, bonds, cash alternatives, etc.). This varies based on a number of factors, primarily:

What you want your investments to help you achieve (objectives)

How comfortable you are with market volatility (risk tolerance)

How long it will be before you will need to access your investments (time horizon)

The asset allocation model that best suits any given investor depends on where they land in regard to the three factors above.

It's important to remember that asset allocation offers investors a trade-off. During good times, a diversified portfolio's return will lag the best performing asset class. On the other hand, during down periods, it will do better than the worst performing asset class. It's up to each investor to decide what's more important—participating more in the good times by holding more stock or avoiding the worst of the bad by holding less.

Reviewing your plan regularly

If you have an asset allocation plan and still find yourself lying awake at night, this is a chance to revisit your plan for possible adjustments.

It's possible you overestimated your risk tolerance when creating your plan. Due to their potential for providing growth and, sometimes, income, stocks have an important role to play in many plans. But with that potential comes the likelihood for greater price volatility than is typically seen with other investments, such as bonds. If concern about your investments is causing you stress, this may be your opportunity to see whether it's time to scale back on how much you have allocated to stocks.

It's also possible that market activity shifted your allocations away from your targeted amounts. Say you started with a hypothetical portfolio of 60% stocks/40% bonds. The rise in the stock market over the last several years may have shifted it to, for example, 75% stocks/25% bonds, which means you would experience more of the market's volatility than you intended.

You may also want to consider rebalancing your portfolio regularly. Rebalancing is simply checking your investments to see whether market activity has caused them to drift. If they have, you can decide if you want to sell investments that have increased in value and use the proceeds to buy others that may have decreased. Doing this at least once a year – or allowing your investment platform to do that for you -- can keep your allocations—and risk level—where you want them.

Asset allocation and diversification are investment methods used to help manage risk. They do not guarantee investment returns or eliminate risk of loss including in a declining market.

All investment involves risk, including the possible loss of principal.

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, Clinton, New York (315) 723-7386

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September 21 International Day of Peace

A day to support peace and non-violence throughout the world. Observed on the opening day of the annual regular session of the United Nations.

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First Vice President - Investment Officer
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Deacon Becky Guthrie, Congregational Care Coordinator
Worship Schedule
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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: crosspointchurchonline.org
Sunday Morning Services streamed live
Pastor Sam's messages available at our website
We are Handicapped Accessible
Handicapped accessible!

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521
Rev. Kevin Bunker, 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)
Sunday Service of Holy Communion at 10am followed by fellowship
AI-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
Rev. Heather Benson Officiating Service at 10am
Holy Eucharist Every 2nd and 4th Sunday

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
In-person worship services with limited capacity each Sunday morning at 10:30 a.m. Attendees are urged to wear masks and follow social distancing guidelines. Hand sanitizers are available. The service, led by the Rev. Dr. Sue A. Riggle, will also be livestreamed on the church's Facebook page. There will be no hymn singing, Sunday School or fellowship time. Deacons will meet at 7:00 p.m., Tuesday, September 1st. Church committees will meet at 7:00 p.m., Tuesday, September 8th. The Session will meet at 7:00 p.m. on Tuesday, September 22nd. A weekly prayer meeting, online via Zoom, is scheduled for each Wednesday morning at 11:00 a.m. More information is available online at www.newhartfordpresbyterian.org.
The church now offers access for those with physical disabilities via a recently installed electric lift located near the village park.

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 Harrieff, Pastor
Sunday Service - 9:30am
Sunday School - 11:00am
Handicapped Accessible. All are welcome.

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica NY 13501
(315)381-8987 uuutica.org
Minister: The Rev. Erin Dajka Holley
Sunday services streaming 10:30 AM
Details available on website: uuutica.org
September 6, 2020
"Sowing Seeds of Belonging and Freedom" Reflections on why reconnection to the earth is essential to building a more harmonious existence for all.
Erin Corrigan grew up in Remsen, NY and graduated from Clarkson University in 2014 with a degree in Environmental Science. She spent the past several years traveling the world, learning and working on finding a deeper connection with nature and humanity, seeking a path to heal the relationship between these two. Her journey has brought her full circle back to Utica and Remsen where she is now working on multiple community initiatives such as the Utica and Remsen Community Gardens, the Remsen Farmers Market, her own market vegetable and medicinal herb garden, and the Remsen Diversity Initiative.
September 13, 2020
Sean Boutin
"Holding Center: The Practice of Tai Chi in a Pandemic"
Master Sean Boutin is a certified Tai Chi Master who provides instruction at North Country Tai Chi, the school he opened in St. Lawrence County in 2013. Tai Chi is a sort of peace in motion, a series of actions that calm the mind and heal the imbalances of our bodies. Sean earned his certification via intensive study with Grandmaster Aiping Cheng, one of the

world's foremost authorities in Chinese Martial Arts. Prior to this, Sean earned a B.S. at John Hopkins University and M.A. at Cornell University.

September 20, 2020 "Fill Your Soul"

Rev. Erin Dajka Holley

In normal times, we would welcome you back from summer through our water ritual. This year, we will use water imagery for online worship, inviting you to refill your soul with its healing powers. Like the rain, let the waters of this service bring you solace, refreshment, and the energy to begin again.
September 27, 2020 "Promise Again, and Again" Rev. Erin Dajka Holley

All of us have made promises and vows, to ourselves, to our families, our spouses, our friends, even our faith. Those promises sometimes lose their strength within us. This morning, let us remember our promises, and let us renew them.

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
Fr. George Goodge
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 - 8:30am
Sunday School - 9:30am
Sunday morning Worship Service - 10:30
Mid-Week Bible Study - Tuesdays 7pm
Summer Hours - Beginning 7/1/18:
Sunday Morning Prayer - 8:30am
Worship Service - 9:30am

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
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10:45 - Sunday School for Elementary Ages
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4 Cottage Place, Utica, NY (315)735-5138
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Saturday 5:00 pm, in English
Confessions before Mass
Handicapped accessible

Symbols of September: Birthstone: Sapphire • Flower: Aster • Zodiac signs: Virgo and Libra

History: September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.

When the British changed from the Julian calendar to the Gregorian calendar in 1752, they needed to adjust some days to get the seasons aligned with the months. They took 11 days from the month of September jumping directly from September 3rd to the 14th. Now it's as if the days between September 3 and 13 during 1752 never happened in British history.

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org
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Sunday Service 10 AM
(Nursery & Sunday school provided)
Thursday Night 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!
Palm Sunday April 5th, 10am
Good Friday April 10th, 7pm
Easter “Resurrection” Day April 12th ,10am

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

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton www.clintonmethodist.org
Rev. Michael H. Terrell
Sunday Worship Service 9:30 AM
Sunday school during worship following children’s time
Office Phone: 853-3358

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 www.cornerstoneutica.com
Sunday Mornings: 11:15am
Last Sunday of month 10:30am

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

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630 French Road, New Hartford 315-732-4110
Sunday Mornings 10 AM
Sunday Contemporary Service 12:15 PM
Email: office@zionluth.com
Website: www.zionlutheranNy.org
Facebook: Zion Lutheran Church, New Hartford NY
Handicapped accessible

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

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 Bible Study and Kids4Truth Children’s Program: 6:45 p.m.
Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

BEIT SHALOM

48 Franklin Square, Utica, NY 733-2867
Rabbi: Stephen Galiley
Friday Evening Shabbat Services: 7:00 pm
Oneg Shabbat
Beit Shalom is a Messianic Jewish Congregation.
All are welcome!



TEMPLE EMANU-EL

2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday 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

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

Notable Dates in September

September 7—the first Monday in September—is Labor Day. Canadians also observe Labour Day.

September 11 is Patriot Day, held in honor and remembrance of those who died in the September 11 attacks of 2001.

September 13 is Grandparents Day. Honor your grandparents today—and every day!

September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787 (just five years prior to the founding of The Old Farmer’s Almanac, believe it or not!).

September 18 brings the start of Rosh Hashanah, at sundown.

September 21 is recognized as the annual International Day of Peace. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

September 22 marks the start of fall! This year’s Autumnal Equinox falls on September 22 at 9:31 A.M. EDT. At this time, there are approximately equal hours of daylight and darkness.

September 27 is Yom Kippur, the holiest holiday in the Jewish calendar.

September 29 is Michaelmas. Michaelmas is an ancient Celtic “Quarter Day” which marked the end of the harvesting season and was steeped in folklore.

PRAYER TO THE BLESSED VIRGIN

(Never known to fail).

Oh Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me that herein You are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech You from the bottom of my heart to succor me in my necessity. (Make request). There are none that can withstand Your power. Oh Mary, conceived without sin, pray for us who have recourse to Thee (three times). Say this prayer for three consecutive days. You must publish it and it will be granted. VMD.

*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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Pictured are members of Team Adirondack Bank participating in the 2019 Stars & Stripes Run~Walk for our Nation's Heroes.

REGISTER NOW FOR SITRIN STARS & STRIPES VIRTUAL EVENT!
#VIRTUAL4VETS
September 26 to October 3, 2020

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Registration is now open for the Sitrin Health Care Center's 9th Annual Stars & Stripes Run~Walk for our Nation's Heroes. Due to the uncertainty of the COVID-19 pandemic, this event was changed to a virtual format, and will take place from September 26 to October 3, 2020.

"The Run~Walk is the primary fundraiser for Sitrin's Military Rehabilitation Program; therefore, we needed to continue to raise vital funds in ways that will keep people safe through social distancing," Cheryl Jassak-Huther, special events/planning associate at Sitrin, said. "This new format is flexible, family-friendly and fun, with more opportunities for people of all ages and abilities to get involved."

Sitrin's unique event takes place online and involves people interacting in a virtual environment, rather than in a physical location. Individuals can choose any form of activity, in addition to the standard two-mile walk, 5K run and 5K wheelchair race, and it can be completed within a week, to better fit people's busy schedules. For example, participants can finish their distances by bike riding, roller skating, skateboarding, swimming, hiking, and even kayaking or canoeing.

One of the many benefits of a virtual event is that it can be done at an individual's own pace, and there's never a worry about inclement weather getting in the way of a good time. The greatest benefit, however, is to post-9/11 veterans. Monies raised from this event support Sitrin's Military Rehabilitation Program, which provides comprehensive, complimentary care to post-9/11 veterans who have post-traumatic stress, depression, amputations, spinal cord injuries, suicidal ideations, and other combat-related conditions. Funds also support Sitrin's Military-Civilian Coalition (MCC), which offers a variety of indoor and outdoor activities for veterans and civilians including the annual Warrior Retreat at Camp Sitrin, TRX Suspension Training, wheelchair basketball, fly fishing, biking, yoga, target shooting, therapeutic hand drumming, gardening, and more.

Participants can track their activities using a GPS, Fitbit, pedometer, or other device.

Registration is easy. Go to sitrinstarsandstripes.com and click on the *Register Here* button.

Sitrin's Virtual Stars & Stripes Run~Walk for our Nation's Heroes is proudly presented by Adirondack Bank, the major sponsor of this event since its inception nine years ago.

Additional sponsors are The Good News Center, Mohawk Valley Association of Realtors, Bank of America, BAE Systems, Crowley-Barnum American Legion Post 25, Sons of the American Legion Post 229, Sons of the American Legion Post 1448, Iliion Elks Lodge No. 1444, Harland J. Hennessey VFW Post 5538, The Hartford, WKTV News Channel 2, Dominion Energy, ECR International/Utica Boilers, Sodexo, NYCM, Parkway Drugs, Hannaford, Walmart, and New Hartford American Legion Color Guard Post 1376.

Sitrin, a not-for-profit corporation, 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), military rehabilitation, adaptive sports (STARS Program), orthopedic injury program, concussion management, child care, dental clinic, and the newly renovated Wellness & Aquatic Center.

A Virtual Event for 2020

9th Annual Sitrin's STARS & STRIPES Run~Walk

#Virtual4Vets

Sept. 26 - Oct. 3 2020



Presenting Sponsor



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Supports Sitrin's Military Rehabilitation Program, providing complimentary care for post 9/11 veterans.

To register and for more info, visit:
SitrinStarsandStripes.com  315-737-2245

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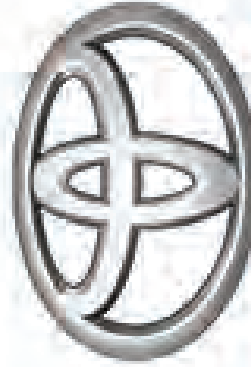


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