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Vol. 36 No. 8  
August 2022

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**2022 New Hartford Highest Honor Graduates - 96.0 and Higher** \* Indicates a weighted cumulative grade point average over 100



Arjun Aravind



Francesca Azzarito\*



Margaret Benson



Melania Bohach



Olivia D'Ambro



Cecelia Dillon\*



Brian Elkhoury\*



Kendall Evans



Sophia Farkouh\*



Julia Ficano



William Gall, IV\*



Ian Goodemote



Matthew Hart



Angelina Jones



Kara Kopyt



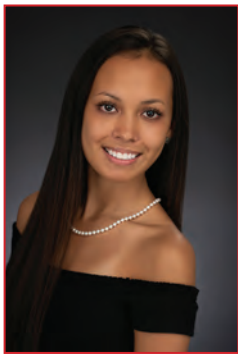
Taylor Krol



Caroline Lamb\*



Rosalind Lampert



Riley Love



Jack Lucas



Michael Matzek



Ilana McCarthy



Imam Mian\*



Carly Pimpinella



Katherine Pine\*



Grace Risucci\*



Priscilla Roy



Joshua Schiavi



Stephanie Skinner\*



Zachary Slade\*



Miranda Smith



Luke Strassberger



Samantha Testa



Jamie Tilbe



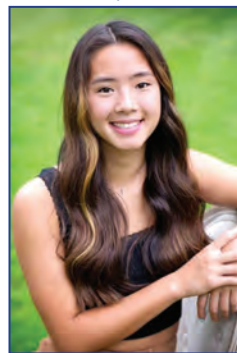
William Trela



Kyle Usyk



Madison Winfield



Carina Wu

**High Honors**  
**94.0 - 95.9**

Sophia DeRollo, Mia Eisenhut,  
Allison Falvo, Matthew Garrabrant,  
Gabriel Howe, Nezeeh Kaakour, Nay Kyaw,  
Grace LaFountain, Anastasia Mammone,  
Daniel Monahan, Kathryn Nerber,  
Valeria Nunez, Aiden O'Donnell,  
Luke Radel, Joseph Sekula, Natalie Smith,  
Kassia Thayer, Katelynn Truax,  
Maria Amelia Vale de Gato, Aiden West,  
Gavin Williams

**Honors 90.0 - 93.9**

Natalia Aragon, Alexander Bailey, Gregory Barmore, Rocco Barretta, Riley Brennen, Emma Burke, Grace Christopher, Olivia DeBella,  
Haley DeLaney, Danielle DeRocco, Evan Dziegiel, Grady English, Gaetano Fornino, Emma Friedel, Isabella Gelfuso, Dominick Greico, Kaia Henderson, Erin Julian,  
Connor Karwowski, Emma Kistner, Zachary Koscielniak, Caden Kramer, Carter LaFond, Nikolas Linder, Jacob Martyniuk, Giovanni Morbidini, Severine Russo,  
Mahmoud Sallam, Sarah Sanchez, Felice Sardina-Boisen, Lacey Somerville, Isabella Stephens, Madeline Surace, Peter Tolmei, Nathan Walsh, Gianna Yacobucci



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## Our Tools

submitted by Shelley of The Mum Farm

O.K. I have to admit it .... I'm not the best at maintaining my gardening tools. Sometimes when my pruners become dull, I just buy another pair. I know, you're already gasping! It's the truth, but I now vow to start maintaining my gardening equipment and not just replace.

I'm very good at maintaining my vehicles; washing, waxing, vacuuming, checking air pressure. I guess they're different because I get the satisfaction of shiny exteriors and cleanliness that makes me smile each time I get in to drive even if its only a few miles. Maybe it's the value of the vehicles that makes me take care of them, like if it's valued in the thousands of dollars, it needs to be taken care of.

Meanwhile top of the line pruners run just under \$100 and they should demand my attention just as much. My two pairs of pruners are just not what they used to be. I know they need sharpening because they just don't cut as well as they used to. So today I did it! Yup, I got out the sharpener. I have a hand sharpener that works wonders on my kitchen knives so I thought let's try that on my pruners. Wow! It worked, yes, it took me a few minutes to get them back to pretty darn sharp after I had cleaned up the blades under some hot sudsy water

with a scrubby. After I sharpened them I dried them off and left them out to dry in the sun. Later I'll put some WD-40 on the moving parts and I know I'll look forward to using them the next time something needs pruning.

How often do I use a shovel and then not clean it off? I'm going to start taking care of them too. Will I clean under the deck of my riding mower? I know I should, but I'll leave that for the guy who does my yearly maintenance!

All this maintenance stuff takes so little time, but it makes such a difference in the performance of our tools. I know I'm going to be smiling the next time I need to use my pruners, and if you drive by and see me out there pruning, you'll know I've got a big smile on my face! The otherwise dreadful chore has been made that much more enjoyable with quality, well-maintained tools.



## Ice Cream Social With Jazz Music

August 12th at 7pm

**Zion Lutheran Church**  
630 French Rd in Hartford  
(held in the church parking lot)

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## Ella Sosnowski Finds a Postive and Rewarding Volunteer Opportunity

Last summer, with enough time spent at home after pandemic, Ella Sosnowski, from New Hartford, was looking for something to do. She has severe food allergies, and was only 15, so her job opportunities were limited. She decided she was going to look into something to do as a volunteer. Ella started looking up ideas online, and found a Veteran who was cleaning headstones of military members. She watched and followed him on YouTube. So that she could learn the right way to clean and protect the headstones. She found the right solution to use, and then got in touch with a member of a local cemetery board. They gave her permission to clean a few old stones.

This year she has had family and friends ask if she would like to do their loved ones headstones, which she has been honored to take care of.



**Stars & Stripes 2022 Bike-A-Thon!**  
Three Bike Rides to Raise Funds to Treat Local Veterans\*  
Choose From 3 Fun Rides!  
30-Mile Road • 20-Mile Canal Tow Path • Mountain Bike  
Registration (Gathered Pledges can be used toward entry fees)  
Road & Mountain Bike \$25 min., Adult Tow Path \$25 min., Kids \$1 Per Mile  
Raise \$200 to receive an official Bike-A-Thon Jersey!  
**September 18, 2022**  
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For more information, contact Jackie Warmuth at 315-737-2435 • jwarmuth@sitrin.com

\*The Stars & Stripes Bike-A-Thon proudly supports Sitrin's Military Program.

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## NH Public Library 2 Library Lane 315-733-1535

Monday and Tuesday 10am-8pm

Closed on Wednesdays

Thursday and Friday 10am-6pm

Saturday 10am-2pm

Sunday 1-5pm

Computer Appointments Required  
Curbside Pickup Remains an Option

## Friends of The New Hartford Public Library September Meeting

You are invited to join the Friends of the New Hartford Public Library.

The Friends will meet Saturday, September 17, 2022 from 9:00- 11:30am. in the Sammon Room, located on the lower level.

## Stay Connected With Us!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages. Website: [www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org) Facebook: [www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

Instagram: [new\\_hartford\\_public\\_library](https://www.instagram.com/new_hartford_public_library)

NHPL Board of Trustees 2022 Meeting Schedule

## NH Public Board of Trustees Meetings

The New Hartford Public Board of Trustees meets the 3rd Wednesday of each month at 4:30 pm at the New Hartford Public Library.

August 17, 2022

September 21, 2022

October 19, 2022

November 16, 2022

December 21, 2022

## Outdoor Book Locker

Have You Seen our New Book Locker?

We have added another way for our patrons to pick up their materials! You may have noticed our outdoor book locker located at our level entrance. This book locker allows patrons to pick up their materials when we are closed. Patrons may choose to use this even when we are open as well! When placing your holds, simply enter NH Locker or let the staff know that you would like your hold to be placed in the locker.

This locker was funded by a grant through the Central Library Resources Council and the Mid York Library System.

## Text Alerts

Introducing Another Way to Get Notified By Us!

We are happy to announce that we can now text you when the items you have placed on hold have now arrived. In order to opt into this service please call the Library and or stop in and let the staff know that you would like to receive text alerts. 315-733-1535. Standard texting rates apply.



## Book Donations

Your book donations are greatly appreciated. As a reminder, we ask that you limit your donations to one box/bag at a time and that you deliver them to our Circulation Desk. Please do not leave donations in our hallway, drop boxes or outside our door when we are closed.

## Community Outreach

We are hitting the road and would love to come to your organization! Are you involved with a preschool, daycare, summer program or assisted living center? We would love to come to your organization and share more about our upcoming programs, issue library cards and provide programming to your facility. For more information, please contact our Library Director, Anne 315-733-1535.

## Literacy CNY

We are thrilled to announce that every Tuesday from 5:00-8:00 we will have a Literacy CNY Volunteer available for one on one technology help. Need tech assistance? Literacy CNY volunteers are trained and are more than happy to assist you, free of charge!

## Rocking Chair Reader

Our Rocking Chair Reader Program is back! Every Friday, at 10:30 we will have volunteers sit and read stories to little ones in our Children's Area. This is a drop in program with no registration required.

Interested in volunteering to read? Please call or stop by the Library and ask to speak to Cheryl or Anne. 315-733-1535

## Interested In Using Our Window Display?

The display case at the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with the Library's mission to meet the educational, cultural and recreational needs of the community. Exhibits may not be for entrepreneurial or commercial purposes, for the solicitation of business for profit or for fundraising. Religious proselytizing and partisan political recruitment are similarly prohibited. Applications for the case are on a first come, first served basis and are limited to one month, with displays also limited to one per year per individual, group or organization. Exhibits will be reviewed in advance before being displayed. Applications for use of the case are available at the Library's front desk. If you have any questions or are interested in using the display, please call the Library and ask to speak to our Display Case Coordinator, John. 315-733-1535

## Utica Art Association Celebrating 175 Years

The Utica Art Association will observe its founding with a mini exhibit in the display case at the library's main entrance. The work will be on display throughout the month of August.

The association traces its history to an illustrious past. In 1827, the group's roots were planted in the founding of the Utica Mechanics Association as a benevolent organization interested in promoting the arts. Joining and supporting the busy social and artistic renaissance so prevalent and the diverse cultures of the city at that time was both profitable and exciting.

The association flourished with as many as six open exhibitions or competitions a month, bringing renowned artists from over the world to compete for prestigious awards. In 1930, it became the Utica Art Club, under the guidance of Arthur Derbyshire, who also was the director of the Munson-Williams-Proctor-Institute.

The association experienced many revivals and rebirths in the years before its current incorporation in 1980, when it was renamed the Utica Art Association

in support of artists and interested patrons in any art medium, including photography.

The exhibition will reflect the diversity of the association's members and expertise in their chosen medium. No works in the exhibit are for sale.

If the exhibit sparks your interest, a selection of art-related books on display in the book rack near the main entrance will be available for check out.

## Grab & Go Projects Adults Schedule

Adult Grab & Go Projects continue on the first Monday of each month.

August 1st – Bubble Painting Hydrangea Flowers

Call to reserve beginning at 10:00 on the day of that months' project, or come into the library to pick up.

## Grab & Go Project Bags for Kids Schedule

Kids Grab & Go Projects will be on pause during our Summer Reading Program. Be sure to check out all the fun things we have planned down below! Grab & Go Projects will resume September 1st.

## In Person Story Time

Regular Tuesday/Thursday Story Time will be on pause during our Summer Reading Program. Read below for all the fun to be had this summer including a weekly Story Time and Craft. Regular Story Time will resume Tuesday September 6th

## Summer Reading Program

Our summer Reading Program runs from July 1st to August 12! Be sure to stop in to pick up your reading log. This year there are many fun new ways to earn prizes to claim at our Summer Reading Finale Party on August 13th at 11am. Be sure to mark your calendars...

Monday Maker Cart Monday at 10:30am

Tuesday Storytime & Craft at 10:30am

Thursday Make a SPLASH at 2:00pm

Aug 4 -Full STEAM Ahead

Aug 11 -Utica Zoomobile (Registration Required)

Friday Freestyle Lego at 10:30am

Summer Reading Finale Party

Join us Saturday, August 13th at 11am outside (weather permitting) for our summer reading finale party. There will be food, games and prizes. Make sure to bring your reading log if you haven't turned it in yet. We hope to see you there!

## Park Passes Are Back!

Once again, the Friends of the New Hartford Public Library are supporting our Park Pass Program. Through their generosity, we will be allowing our patrons to check out the following park passes which will allow our patrons a discounted entry rate:

Fort Rickey Children's Discovery Zoo

Adirondack Experience

Empire Pass

The Wild Center

Onondaga County Parks

Passes must be placed on adult library cards. Please call 315-733-1535 for more information

## Check Out an American Doll!

The Heritage Doll Club has generously donated an American doll with her own travel case to go home with any borrower who would like to give her a two week vacation. She comes with accessories and a good book. She waits for you behind the Circulation Desk... just come in and ask to check her out!

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## New Hartford Rotary News

On August 23rd 2022, The Rotary Club of New Hartford, NY will celebrate its 61st anniversary. The club received its charter on August 23, 1961. A Charter Night celebration was held at Trinkaus Manor on Wednesday October 18, 1961, the first official meeting of the club. There were 23 original charter members present at that meeting. The first president was Herman (Hy) Abrams who was the proprietor of a clothing store in the New Hartford Shopping Center. Many outstanding individuals from a varied list of occupations have served the club well as president. The club has had a number of meeting places over the years including some notable ones such as the Ed-Rich Restaurant in the New Hartford Shopping Center. Later on, the name of this restaurant was changed to the Red Onion. In order to provide privacy, we moved to the Elks Club on French Road. This meeting place turned out to be an excellent choice and our home for a long period of time. Other meeting places have been Alfredo's Restaurant, The Hook, Line & Sink, Danielle's Restaurant and the Yahnundasis Golf Club, which is our current meeting place.

Our first attempt at fund raising was an auction which we held at the New Hartford Shopping Center in the fall of 1962. For many weeks in advance members were kept busy picking up items for the sale. We even auctioned off several boats and an automobile in the open area of the parking lot. Pancake Day was started in 1969 and continued to be one of our major fund-raising projects until the advent of COVID. In 1975 and 1976 the club

sponsored horse shows which were held at Tantivy Farms at Kirkland, NY. This project involved selling ads for a program and assisting in many ways at the show. Around this same time a tradition also developed of having an auction at a regular club meeting early in December each year. For several years this auction financed a Christmas party for the patients at the Children's hospital. The Rotary meeting was held with the children, and Santa Clause distributed many gifts purchased with the proceeds of the auction. An annual golf tournament was started in 1993 which benefited the New Hartford Public Library and the New Hartford school system, furthering our participation in Rotary International's literacy program.

The club established the Bob Houston Scholarship Fund in memory of Past President and Past District Governor Bob Houston. Annually, a two-year scholarship to attend MVCC is awarded to a New Hartford High School senior. We assisted with the opening of the New Hartford Town Park with the purchasing of materials and construction of the first picnic tables. In 1970 we participated in the centennial celebration of the founding of the Village of New Hartford by organizing and producing the New Hartford Queen Pageant. We also raffled off a scaled down model-T Ford to raise funds for the project. In conjunction with Rotary International's 75th Anniversary Fund for Health, Hunger and Humanity, the club pledged \$15.00 per member. The first project financed under this program was the administering of 700,000 tetanus toxoid shots to children all over the world. The second part of this program provided over one million

polio immunizations for children in underdeveloped countries. To this day, our club continues to participate in the Rotary International Polio Plus campaign, which, along with the United Nations and the Bill & Melinda Gates Foundation, is striving to wipe out the wild polio virus in the entire world.

Our club has been an active participant in the Rotary Youth Exchange (RYE) program, hosting students from other countries and sending local students abroad for a year. This program has been put on hold for several years due to COVID, but in the 2022-2023 year, we hope to be interviewing students to send abroad starting in the 2023-2024 Rotary year.

This year, the club has sponsored a satellite club entitled the Environmental Focus Group of CNY-District 7150. This new club is a caused-based club that concentrates on environmental issues that will help and protect our environment.

For 61 years, New Hartford Rotary has been working to make our community and the world a better place to live. We are always looking for new members and if you would like to work with like-minded members of your community to help us in our endeavors, we'd love to have you come and join us for lunch on Wednesday afternoon. New Hartford Rotary meets every Wednesday at 12:15 PM at the Yahnundasis Golf Club. For more information about The Rotary Club of New Hartford, NY you can check our website at [www.rotary7150.org/clubinfo](http://www.rotary7150.org/clubinfo) or follow us on Facebook at <https://www.facebook.com/NHRotary/>.



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### Free Educational Workshops Offered to the Public

The DiGiorgio Law Firm, PLLC will be offering the following free educational workshops to the public:

- Estate Planning & Probate Avoidance on August 11, 2022
- Long Term Care and Medicaid Planning on August 25, 2022
- Estate Planning for Business Owners on August 4, 2022 & August 18, 2022

All workshops will be conducted at the offices of The DiGiorgio Law Firm, PLLC located at 258 Genesee Street, Utica, NY 13502 from 5:30pm to 6:30pm.

RSVP required: Phone 315 732-3155 or email: pdigiorgio@digiorgiolaw.com.



### The Fountainhead Group is Proud to Present our "FGI Shining Stars: New American Advancement Opportunities" Compendium!

Throughout our 134 year history in Central New York, our "FGI Family" of employees continue to drive our success and innovation as a multi-national leader in manufacturing. Beginning in the 1990s, our hiring strategy shifted focus to include the growing number of refugees in Utica, culminating today in an inclusive workplace where more than 12 languages are spoken in our 4 manufacturing centers. We at The Fountainhead Group understand that it is not just hiring that will support our New American neighbors, but providing education, programming, and opportunities for advancement that uplift new employees seeking to build a life-long career. In our "FGI Shining Stars" compendium, you will find several stories of some of our best and brightest employees, all of whom started in entry-level positions on the manufacturing floor and, through hard work and dedication, have built fulfilling careers in almost all levels of management at our company.

### P.E.O. Chapter BG of Clinton NY Celebrates 60th Anniversary

P.E.O. (Philanthropic Educational Organization) is a diverse community based organization with nearly 6,000 chapters and some 230,000 members throughout all 50 states and Canada. We have three Chapters in Oneida County. The Clinton Chapter BG was founded in 1962. This year Chapter BG of Clinton, NY celebrates it's 60th Anniversary. The P.E.O. organization was founded in 1869 by 7 women and now has almost a quarter of a million members. We are passionate about our mission of promoting educational opportunities for the advancement of women.

P.E.O. is headquartered in Des Moines, Iowa and owns a two year women's college, Cottey College, in Nevada, MO. For more information contact Chapter BG president, Alma Ingalls, at almadi29@yahoo.com or Kathy Giffune at kehgiffune@hotmail.com.



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1950-1955



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1955-1960



Kenneth Fryer  
1960-1972



Raymond Durkee  
1973-1975



Michael DiMeo  
1976-present

## New Hartford Citizens' Band

Through the years, the success and longevity of the New Hartford Citizens' Band has been due to the dedication of the various band directors that have guided and nurtured the various musicians who have played in the band.

The first director, who could be considered as the "father of the New Hartford Citizens' Band", was Professor Francis A. Myers who first started the band in the spring of 1913 with 30 musicians. The 38-year-old Professor Myers' love of music is what eventually caused him to leave John Hopkins University Medical School and join the famed John Phillip Sousa Marching Band, where he played clarinet for four years. He later

played for the official band at the St. Louis World's Fair and then joined an orchestra that performed on the S.S. Potsdam, an ocean liner that sailed the Atlantic Ocean between NYC and Antwerp. It was in 1912 that he decided to settle in Utica, NY to pursue a musical career, teaching in area high schools and directing numerous bands. Professor Myers was credited in getting John Phillip Sousa to direct the New Hartford Citizens' Band during one of their summer performances when the famed conductor was visiting the area.

In 1950, Mr. Ernest Ortone, a music teacher at New Hartford High School, was appointed as the band's director. He continued the tradition started by Professor Myers as it was reported that more than 1,500 people attended the last concert in 1950.

Stephen Phillips took over as the band's director in 1955 and he held that position until 1960, when Kenneth Fryer, the head of the music department at New Hartford High School assumed the helm. During that time, the concerts were moved from the village park to the front steps of the high school. This writer remembers performing with the band during this time, where many of the patrons would sit in their cars in the high school parking lot and honk their horns as approval after every piece.

Ken Fryer retired in 1972 and from then until 1975, the band had several directors, including music teachers Paul Clark and Ray Durkee.

Finally, in 1976, the baton was handed over to Michael DiMeo, who was the head of the NHHS music department and 46 years later, Mr. DiMeo continues to direct the band and get the most out of the 50 – 60 musicians who make up the band every summer. The band continues to perform at the New Hartford Village Park, with occasional performances at the New Hartford Rec Center when it rains.

The band will have two more performances this year. On Wednesday, August 3rd, the band will be taking their act on the road, playing a concert at the gazebo at the Main St. park in Sylvan Beach, NY. This concert will also start at 7:30 PM.

The last performance for the 2022 season will be on Saturday, August 6, 2022, when the New Hartford Citizens' Band will host their 3rd Annual Band Festival from 11:00 AM to 5:00 PM at the New Hartford Village Park. This year, the festival will feature five bands from around the central New York area to include The Floyd

Community Instrumental Ensemble, La Banda Rossa (Red Band), Phoenix Community Band, Ilion Civic Band and the New Hartford Citizens' Band. There will be extra entertainment between the performances as well as food and drink provided by the New Hartford Rotary Club and several food trucks. There will also be prizes and a 50/50 raffle to win. This event will take place rain or shine. In case of rainy weather, the event will be held in the New Hartford Recreation Center. This will be an event for the entire family so you will want to be sure to plan to attend and join in the fun.

The New Hartford Citizens' Band and its talented musicians do their share to make New Hartford a wonderful place to live and are able to do so because of the hundreds of people who support them. If you or your company would like to support the band this year, more information can be obtained on Facebook at New Hartford Citizens' Band.

**For information on how to place a free article for your community event or local news, please call 315-723-4827 or email [towncrier@pjgreen.com](mailto:towncrier@pjgreen.com)**

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*Pictured are veterans and community members from last year's Stars & Stripes Bike-A-Thon enjoying Boonville's scenic landscape.*

## Stars & Stripes Bike-A-Thon Returns to Boonville *Event Supports Local Veterans*

The sixth annual Stars & Stripes Bike-A-Thon, a fundraiser for Sitrin's Military Program, will take place on Sunday, September 18, 2022. Hosted by the Boonville VFW Post 5538, this event is open to riding enthusiasts of all ages.

New this year is a mountain bike ride for those who prefer a more dynamic, rugged terrain. Individuals can bike anywhere from 10 to 15 miles. Participants can also choose a 30-mile round trip loop or a 20-mile tow path ride. The 30-mile round trip loop is a challenging road ride for bikers 13 years of age or older. Rest and refreshment stops are provided along the route. Participants can also bike up to 20 miles on a tow path ride, which is on a non-vehicular road made of hard-packed dirt, with a very slight grade. Mountain bikes or bikes with wider tires fare well on this path.

Whatever the choice, all are encouraged to bike at their own pace through the scenic North Country around Boonville, NY.

The Presenting Sponsor of this event is Eric Martin, president of the Lodging Kit Company, a veteran-owned enterprise. The Hanley Foundation is also a sponsor at the Golden Gear level.

Entry fees for any of the three rides are \$25.00. Participants who raise \$200 or more are eligible to receive an official Stars & Stripes bike jersey. They can contribute their own funds to cover the registration for either ride, or obtain pledges toward the entry fee and/or official bike jersey.

Pledge forms are available from Jackie Warmuth, vice president of clinical development and director of Sitrin's Military Program. She can be reached at (315) 737-2435 or [jwarmuth@sitrin.com](mailto:jwarmuth@sitrin.com). Individuals can also pick up pledge forms at the VFW Post 5538 in Boonville.

Vietnam Veteran Paul Fortin, member of the Boonville VFW Post 5538, has been coordinating the Bike-A-Thon since its inception six years ago.

“The Boonville VFW is pleased to offer three different activities for veterans and community members to enjoy the outdoors and changing scenery, while also raising funds for local veteran care,” Fortin said. “We are proud to support such a necessary cause.”

Sitrin's Military Program provides comprehensive, complimentary care to post-9/11 veterans and service members and is funded, in great part, by events such as the Stars & Stripes Bike-A-Thon.

“We are deeply grateful to Paul Fortin, members of the Boonville VFW Post 5538, and our generous sponsors for supporting local veterans being treated through the Sitrin Military Program,” Warmuth said.

Sitrin's Military program, implemented more than a decade ago, is unique in that therapy and treatment options are personalized for each veteran based on military, combat, and reintegration experiences. Specific diagnoses include post-traumatic stress, traumatic brain injury, sleep disturbances, anxiety, and suicidal ideations, among others. Trauma-based healing is used to soothe a hypervigilant nervous system, relieve pain, increase social interactions, and engage veterans in activities they enjoy.

**ABOUT SITRIN:** In addition to veteran care, Sitrin provides 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), adaptive sports (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and a dental clinic. Sitrin is a not-for-profit corporation.

A close-up photograph of a woman with blonde hair and light-colored eyes, wearing clear-framed glasses. Her hands are gently touching her face, with one hand near her chin and the other near her temple. The background is softly blurred, showing hints of other people in a professional setting.

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**Misunderstandings**  
*Submitted by Jim LaFountain, All American Fitness Center*  
It has become my professional opinion, that there are three major misunderstood concepts that prevent fitness success.

**Fat Loss versus Weight Loss**  
Any “quick” weight loss is simply a loss in bodily fluids. Water is required to metabolize the food we eat. Severely restrictive diets do not require as much water, so the body empties what is not necessary, causing a reduction in “scale weight.” Well marketed “instant results” weight loss schemes encourage ridding the body of water. After “scale weight” goals are reached and a normal diet is adopted, the body slowly begins

to hold onto the water that’s required to metabolize the added calories.  
Patience is required if your goal is to drop stored body fat. A modest reduction in calories, combined with regular exercise are two critical requirements for reducing stored body fat.  
Although cardiovascular exercise gets a lot of attention, as it relates to calorie burning, it’s resistance exercise, in the form of weights, machines and bands that helps build muscle.  
Added muscle creates a larger fat burning machine. A goal of a one pound drop in weight per week, assures that fat is being burned and your body is simply not ridding itself of water.  
**Somatotyping**  
In order to set realistic goals, we must first, understand our limitations. That’s right-limitations, we all have them, time to get real. Three basic Somatotypes exist:  
\*Ectomorph-a long, thin build  
\*Mesomorph-muscular, lean, athletic  
\*Endomorph-round, heavy set  
When considering a mode of exercise, it’s important to self assess your Somatotype. There are orthopedic waiting rooms full of endomorphs, who attempt to regularly participate in long distance runs. Ectomorphs stand a very slim chance at becoming a successful

power lifter.  
Even mesomorphs face the major challenge of becoming a successful distance runner.  
Understanding somatotyping is, perhaps, the most important component of a successful exercise program.  
**Sticking With It**  
With an exercise compliance rate of under 30%, there’s a good chance, we will all face the possibility of dropping out of regular exercise. We should have a “failure plan.” I have occasionally dropped out for short periods of time and have developed my own plan to get back at it. In fact, I take 2-3 days off every 8-10 weeks. When I return, I start slowly, gradually building back my peak intensity and exercise volume. This practice is commonly called a mesocycle.  
Goals are useless if they’re not combined with a daily “action plan.” What are we willing to do each day in order to reach our goals? Goals make for a great conversation at a cocktail party, but where the rubber meets the road is in a realistic and well designed “action plan.”  
A better understanding of these key concepts will certainly position you for a successful fitness lifestyle.

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Richard Sherman

### NH Highway News

*submitted by Richard Sherman, Highway  
Superintendent*

The first day of August is here, which means summer is on its way out. Your Town Highway Crew has had a very busy summer to date. Starting with our month of June curbside pick-up and continuing on with many important construction projects. The compactors and brush trucks are out every day and for more information, our schedule is posted on the Town website.

Our Oneida Street (at the City Line) box culvert project was completed on time and within budget! A big thank you to the neighborhoods

that had to endure the detours because their streets were certainly not made for the high volume of traffic. We believe that this new culvert will ensure better drainage for those neighborhoods and we again thank County Executive Anthony Picente and former County Legislator Jim D'Onofrio for allocating the funding to this very important project.

The approximately \$2 million Mud Creek dam on Middle Settlement Road is moving forward with over several hundred yards of concrete poured into this structure. This stormwater project will be done late this fall. Our engineers anticipate that this project will significantly reduce stormwater impact that presently affects the Jay-K intersection. More about this next month.

Your Town Highway Crew has been busy out repairing sunken catch basins, as well as replacing the sidewalk on Bleachery Ave. The Town's next big stormwater projects will be in the Roman Rd and Oxford Rd vicinity with two more detention ponds presently being engineered to manage stormwater in that area. We have been working with the property owners to secure the property needed to build these ponds. The funding for this stormwater project has been secured through Oneida County and once again we want to thank County Executive Anthony Picente and County Legislator Mary Pratt for their funding assistance.

Though paving projects are completed, we will continue repairing portions of our Town roads that are in disrepair. We try to be good stewards of the funding and are not always able to get to every repair as timely as we would like. Please let me know if you think we have missed your neighborhood. Oil is a key component to making blacktop, and therefore due to the significant increase in oil prices this year, we were unable to cover as much footage as we have in the past with the Town budget. That increase has been \$50,000 from May to July due to oil prices.

The new Town salt shed will be going out to bid in August with a completion date by the end of the year. The Town secured a grant from New York State for \$400,000 for this project and this will allow all of our salt and winter materials to be under cover away from the elements.

As always, I welcome questions or comments and can be reached at (315) 733-7500, by cell at (315) 534-2998 or e-mail me at [rsherman@townofnewhartfordny.gov](mailto:rsherman@townofnewhartfordny.gov).



### Tykes Tuesday Returns to Sangertown Square

Sangertown Square is excited to announce the return of its annual summer program Tykes Tuesday! Select Tuesdays in July and August kids 1 – 12 years of age will be able to participate in various activities at Sangertown Square. Plus, on July 26th Sangertown Square has teamed up with Beyond Reality to host the first Teen Tuesday for kids 12- 17 years of age.

Schedule:

August 9th: Build Your Own Sundae at The Smoothie Bar

August 16th: Crafts on the Patio at PiNZ

August 23rd: Animal Presentation with the Utica Zoo

Tykes Tuesday and Teen Tuesday are free. Space is limited and registration is required for select dates. For more information for each event visit [sangertown.com/tykes-tuesday-2022](http://sangertown.com/tykes-tuesday-2022). Each registered kid will receive a goodie bag that will include special discounts from participating stores.

For the latest sales, news, and information on Sangertown Square please visit our website, [sangertown.com](http://sangertown.com) like us on Facebook, [facebook.com/SangertownSquare](https://facebook.com/SangertownSquare), follow us on Twitter, [twitter.com](https://twitter.com) and Instagram, [@sangertown\\_square](https://www.instagram.com/sangertown_square).



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A physical therapist, wearing a black hoodie and a face mask, is assisting a patient with a leg lift exercise. The patient, wearing a blue t-shirt and a face mask, is lying on their back on a dark mat. The therapist is kneeling on the floor, supporting the patient's legs as they lift them. The setting is a gym or studio with wooden floors, a large potted plant, and a Pilates reformer in the background. A Facebook logo is visible in the bottom left corner.

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A dark, heavily textured scarf, possibly made of wool or a similar material, displayed against a white background. The scarf is folded and draped, showing its intricate, knitted or woven pattern. The ends of the scarf are fringed.



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The image displays three distinct toys. On the left is a piggy bank shaped like a pig, holding a small cloth. In the center is a wooden toy car with a red body and a wooden structure on top. On the right is a dollhouse with a striped roof and floral patterns.

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## Did You Find Waldo in July?

The chamber wishes to thank the community and our members for participating in the Find Waldo / Shop Local event that took place throughout the month of July. (If you happen to be reading this at the end of July, you still have time to play!) A very special thank you also goes to our Buy Local Committee Chairperson, Joanna Robertson, owner of the Treehouse Reading and Art Center for her countless hours devoted to this event and also the Small Business Saturday event each year. **Thank you Joanna!**

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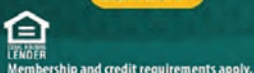


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**August 2022**

## A photograph showing a concrete foundation wall in a wooded area. The wall is covered in green mold or algae growth, particularly along the top edge. The ground in front of the wall is covered with green vegetation, including large-leafed plants in the foreground, and patches of bare soil. A large tree trunk is visible on the right side of the image.



**EVENT:** Kevin Flynn - Fear of Heights Comedy Show  
**WHEN:** Thursday September 15, 2022 - 7 PM  
**WHERE:** Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St, Utica, NY  
**DESCRIPTION:** A funny and moving one-man show about an Irish-American kid's phobias, family life, and the meaning of success.  
**HOW DO I ATTEND:** Admission is \$30. Tickets can be purchased through Eventbrite at <https://www.eventbrite.com/e/fear-of-heights-a-very-funny-phobia-tickets-385312589327>

### Fear of Heights - A Very Funny Phobia

Actor-Comedian Kevin Flynn will present his one man show, Fear of Heights - A Very Funny Phobia, Thursday September 15, 7 PM, at the Irish Cultural Center of the Mohawk Valley. Fear of Heights is the story of an Irish-American kid who took a different career path from that of his father and grandfather who were both New York City ironworkers. His grandfather, Paddy Flynn, was memorialized in the iconic Charles C. Ebbets photograph, “Lunch Atop a Skyscraper”; he is the gentleman sitting on the far right of a beam high above the Manhattan skyline. It was naturally expected that Kevin would be among the third generation of Flynn men to be a Brooklyn ironworker; Kevin, however, had a different plan.

Starting out as a professional soccer player, Kevin made the transition to stand up comedian by winning the prestigious Boston Comedy Riot. Since that time, Kevin has gone on to make numerous television and film appearances as a comedian and actor.

Kevin can be seen as The Wedding Coordinator in The Heartbreak Kid with Ben Stiller; in Me, Myself and Irene with Jim Carrey; in Osmosis Jones with Bill Murray; and as Charlotte’s Boyfriend in HBO’s Sex and the City. His character, Bram Walker, was voted one of the most popular boyfriends in the series. Kevin recently completed a role in the movie The World’s Greatest Beer Run with Russell Crowe and Zac Efron.

Kevin Flynn is a stand-up comedian, actor, television host, and Founder/Executive Director of the Nantucket Comedy Festival, which benefits Stand Up and Learn, a comedy education program that teaches kids confidence, creativity, and communication skills through the medium of stand-up comedy.

“Fear of Heights” is a bow to his grandfather and father who toiled in New York City as ironworkers. He talks about the iconic photo, “Lunch Atop a Skyscraper,” of ironworkers eating lunch on a steel beam high above New York City. It is a one hour and twenty minute one-man show with both pictures and some video. It is a dramedy with both funny and serious moments and it takes you on a journey of his father’s and grandfather’s lives as well as his own. It asks the questions “What is True Success?” “What is important in life?” Comedy or career success or more importantly love, family and giving back.

Along with continually performing his stand-up, Kevin is also the Founder and Executive Director of the Nantucket Comedy Festival. Each summer, the festival brings top comedic talent to Nantucket Island as the major fundraiser for Stand Up & Learn™, an island-based, year-round comedy education program serving Nantucket’s children. Kevin is in the process of launching the Stand Up & Learn program nationally.

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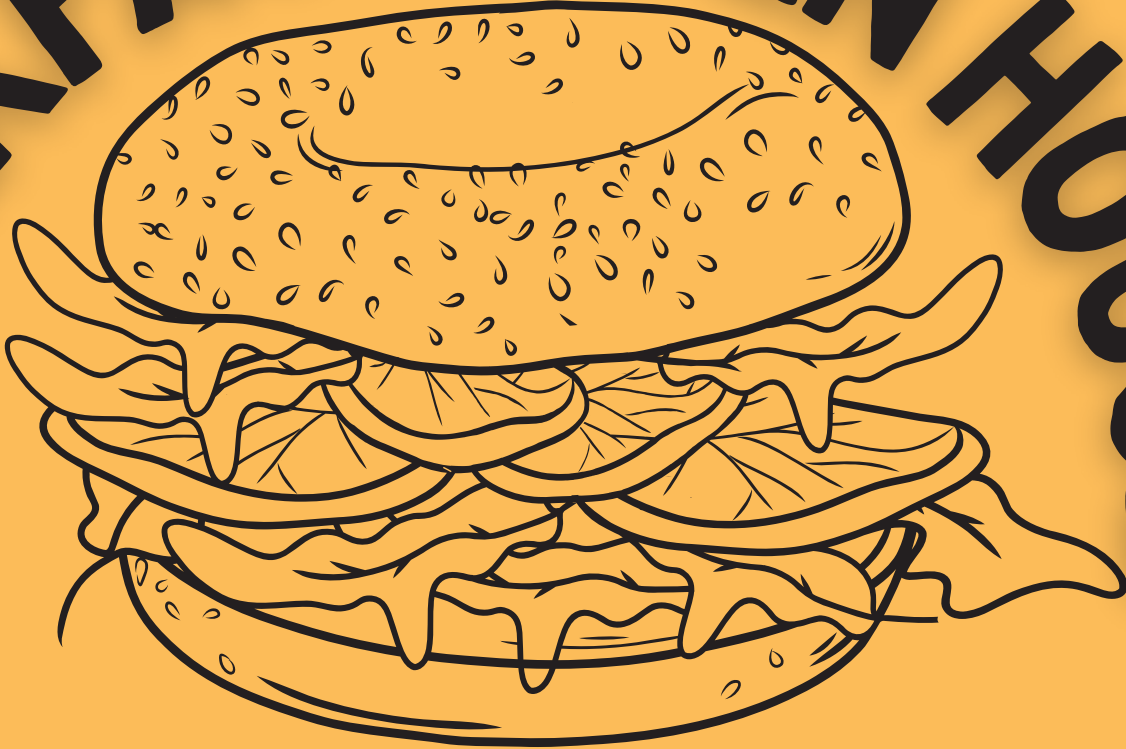
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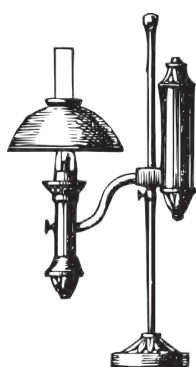


## **TRAIN WITH CHAMPIONS!**



*by Victor J. Fariello Jr.*

  
**ANTIQUE  
TALK**  
*by Victor J. Fariello Jr.*



Membership in the New Hartford Historical Society helps to preserve our local history. The cost is \$15 for an individual, \$20 for a family and \$5 for students. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. This organization deserves our support!

*Happy antiquing!*

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

## It's Almost Time! Bouckville Antique Week

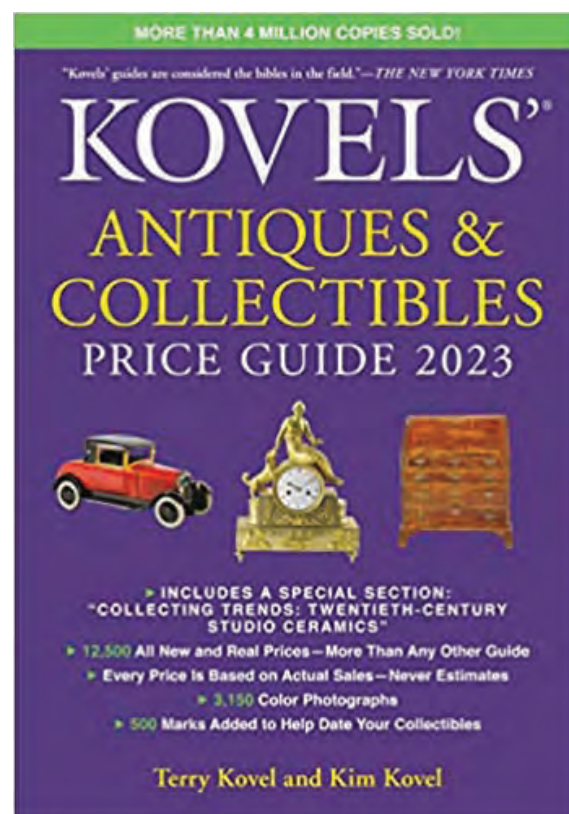
It's hard to believe that it's almost time for the big antique event of the year! This year is the 50th Anniversary of the iconic Madison Bouckville Antique Week, the premier antique event featuring over 2,000 vendors. The event is August 15-21, 2022. This is a "must attend" show for thousands of antiquers from our area and around the country. If you have never attended, you definitely should check it out. You will find dealers selling every kind of antique and collectible you can imagine. For additional information visit [www.madison-bouckville.com](http://www.madison-bouckville.com).

## Kovel's Price Guide 2023 - Coming Sept. 2022

The 2023 edition of the Kovel's Antiques and Collectibles Price Guide will be out on September 27 and is available by pre-order on Amazon. Kovel's is the last publication of its kind as it is the only price guide that is updated and revised annually. The new 2023 edition will consist of 640 pages with 12,500 listings and more than 2,500 color photos. At \$29.99 it is a great investment and a great resource for the latest values on the most popular antiques and collectibles.

## Consider Joining the Questers!

The J. Schoolcraft Sherman #1519 Chapter of Questers is an organization dedicated to history, preservation and education and an interest in all things antique. Our local chapter is a small but enthusiastic group. New members are always welcome. Dues are \$28 per year. Meetings are held monthly except in July and August. If you would like more information email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com). You can check out our Facebook page by searching “lovoldstuff” or visit [www.questers1944.org](http://www.questers1944.org).



# CenterStage Dance Studio

**9225 River Rd, Marcy**  
**315-768-1020**

**www.centerstagedancer.com**

# FALL OPEN HOUSE

**THURSDAY, AUGUST 25  
& THURSDAY, SEPTEMBER 1  
4:30-6:30**

**ages 18 mos to adult, including dancers with disabilities**

**Train once a week or join our Elite Co. Team!**

## Acro, Jazz, Tap, Ballet, Hip-Hop, Modern & Musical Theater

# Two Week Ballet Intensive Aug 8-19

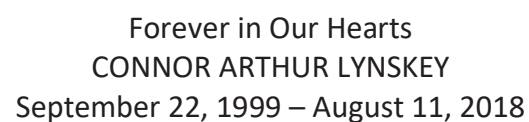
## Focus on Progressing Technique, Refining Ballet Skills

# Two Week Acro Intensive Aug 29-Sept 2

## Strength - Flexability

### Progression of Skills







You need to discuss the possible implications of federal estate taxes and how to plan for them with an estate planning attorney.

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**Joe Lopata - Owner/Fabricator**  
**New Hartford | 315-520-9997**

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**FIRST UNITED METHODIST CHURCH**

105 Genesee Street, New Hartford (315)733-4227  
office@firstumconline.org  
We are also the home of the Family Nursery School!  
Rev. David McKinney  
Worship Schedule  
10am Classic Worship  
Our Church Building is open for in-person worship services  
Or watch our livestream service online at  
www.firstumconlline.org  
Easily accessible building, sanctuary, and bathroom.  
All COVID guidelines are being followed for a safe and comfortable worship Service. Come Join us!!

**ST. JOHN THE EVANGELIST CHURCH**

66 Oxford Road - 732-8521  
Rev. Kevin Bunger, Pastor  
MaryJo Kelley, Director of Faith Formation  
Saturday: Vigil 5:15 p.m. Confessions 6:15pm  
Sunday Masses: 8am & 11am  
Mon-Fri Masses: 7am & 9:10am  
We are handicapped accessible!

**CROSSPOINT CHURCH**

317 Oriskany Blvd, Whitesboro - 797-4520  
Senior Pastor, Samuel Macri  
Assistant Pastor, Bobby Allen  
Sunday Services:  
8:00am – 9:00am Worship Service  
9:00am – 10:30am Study Groups  
10:30am – 12noon Worship ServiceWebsite:  
crosspointchurchonline.org  
Sunday Morning Services streamed live  
Pastor Sam’s message available at our website  
We are handicapped accessible!

**HOPE ALLIANCE CHURCH**

4291 Middle Settlement Road, P.O. Box 626, N.H.  
General Office: 315-732-1349  
hopealliance4291@gmail.com  
www.hopealliancecny.com  
Rev. Andy Ward, Pastor  
Morning Worship: 9:30am  
Communion First Sunday of the Month.  
Fridays: Christian Service Brigade - 7pm  
Sundays: Jr. & Sr. High Youth Fellowship - 6pm  
Hope Alliance Church is handicapped accessible.

**ST. THOMAS CHURCH**

150 Clinton Road - 735-8381  
stthomasnh@syrdio.org  
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)  
ststephensepiscopalnhny@gmail.com  
Sunday Service of Holy Communion at 10am followed by fellowship  
AI-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm  
AA Meetings: Sundays at 8pm  
Yoga by Kristy: Tues. at 5:30pm & Thurs. at 9:30am.  
Saturdays 9am - Chair Yoga and 10:15am All Levels Yoga  
EGA Meetings: 1st Mondays of the Month  
St. Stephen’s is handicapped accessible.

**FAITH IN CHRIST REFORM CHURCH**

A Reformed Southern Baptist Church  
3431 Oneida St., Chadwicks - 315-737-0753  
www.ficfellowship.com  
Pastor : Chad Morgan  
Sundays: Worship, 10 a.m.  
Children’s Church during the sermon.  
Bible Study and Prayer - Wed evening 6:30 p.m.

**IMMANUEL BAPTIST CHURCH**

Pastor Fletcher Matlack  
9501 Weston Rd., NH (Next to Perry Jr. High),  
(315) 737-5222  
www.ibcfamily.com E-mail: info@ibcfamily.com  
Sunday School for all ages: 9:00 am - 9:45 am  
Sunday Morning Worship Service 10:00 am  
Nursery, Preschool and Children’s Worship hour: 10:00 am  
Prayer meeting held every Wednesday at 6:30 pm  
Youth Group for ages 12 and up meets every other Saturday from 6-8 pm. See our website for schedule.  
Church is handicapped accessible.



**NEW HARTFORD PRESBYTERIAN CHURCH**

Rev. Dr. Sue A. Riggie, Pastor  
45 Genesee Street, NH 315-732-1139  
newhartfordpresbyterian.org  
office@newhartfordpresbyterian.org  
Sunday morning worship returns to the regular time of 10:30 in August, indoors in the sanctuary and livestreamed on NHPC’s Facebook page.  
On Saturday, August 6, from 9 a.m. until 6 p.m. the third annual Band Festival will take place in the gazebo on the Village Green adjoining NHPC’s grounds.  
On Saturday, August 20, from 9 a.m. until 5 p.m. the New Hartford Presbyterian Church family will hold a potluck picnic in the Birch Pavilion at Sherrill Brook Park.

**MARY, MOTHER OF OUR SAVIOR PARISH**

Business Office - 2 Barton Ave, Utica - 315-724-3155  
Pastor Rev. Joseph Salerno  
Our Lady of the Rosary Campus - 1736 Burrstone Rd. New Hartford  
Weekday Mass– M, Wed, Thurs, Fri 8:00 AM  
Novena to Miraculous Medal of Mary Tuesday 7:00 PM  
Our Lady of Lourdes Campus - 2222 Genesee St. – Utica  
Weekend Mass – Saturday 4:00 PM  
Sunday 8:30 & 10:30 AM

**SAUQUOIT VALLEY UNITED METHODIST CHURCH**

Cor. Pinnacle Rd. & Mohawk St., Sauquoit  
email: sauquoitvallyumc@aol.com  
Pastor: Robbin Harris  
Office: 315-737-7505  
Sunday Worship 11:30 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  
Virtual Service every Sunday at 9:30am  
on Facebook “First Baptist of New Hartford”  
Sunday Service - 9:30am  
Sunday School - 11:00am  
Handicapped Accessible. All are welcome.

**UNITARIAN UNIVERSALIST CHURCH of UTICA**

10 Higby Road, Utica, NY 13501  
315-724-3179 uuutica.org  
Minister: The Rev. Karen Brammer  
Sunday services at 10:30 AM  
The Neda Boin concert will take place inside the church on Thursday August 4th with the Ice Cream Social beginning at 6:00 p.m. (or a little earlier) and the concert beginning at 7 p.m. until approximately 8:30. Neda will be available to take pictures or sign CDs after the concert. Masks are optional for people who have been vaccinated.  
Where: The UU Church of Utica is located at 10 Highboy Road, Utica, NY  
Cost: This is a donation-based concert; please come prepared to make a donation although no one will be turned away if they are unable to pay. All donations for the concert and ice cream social will go to Neda.  
RSVP: Please RSVP to Jack Pendrak to let him know you will be there to make sure we have enough seats and ice cream available. Either reply to him via email at jackpendrak@gmail.com or call him at 315-527-9535. Find up-to-date info and learn more about us at our website, www.uuutica.com.  
The Unitarian Universalist Church of Utica is an open minded, open hearted spiritual community. Unitarian Universalists come from different faith backgrounds but our shared values bring us together. One of the principles that unite us is respect for the interdependent web of all existence of which we are a part. Newcomers are always welcome.

**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.

**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  
pastor@wmoutica.org  
find us on Facebook & Twitter  
Handicapped accessible

**NORWICH CORNERS CHRISTIAN CHURCH**

10233 Roberts Road, Sauquoit 315-737-0757  
WHERE JESUS IS LORD!  
Pastor Walter J. Wharram, Jr.

Sunday School - 9:00am  
Sunday Morning Worship Service - 10:00am  
Mid-Week Bible Study - Wednesdays 7pm  
\*Sunday Sermons posted to YouTube weekly  
- Search ‘Norwich Corners Christian Church’

**TRINITY LUTHERAN CHURCH**

2620 Genesee St., Utica. (315)732-7869  
churchoffice@trinitylutheranutica.com  
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 St, Utica, NY 13501 | fpcutica@gmail.com  
Opening Doors, Hearts & Minds: Serving Christ & Community  
Sundays - 10:30 Worship  
Faith Enrichment for all ages  
Coffee Hour following morning worship.  
Handicapped Accessible

**LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL**

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org  
Pastors Peter & Adeline Forrester  
Sunday Service 10 AM  
(Nursery & Sunday school provided)  
Thursday Night Prayer Mtg 7 PM  
Operating in all of the gifts of the Holy Spirit including ‘healing’  
Go on line and check out our school.  
Teaching people the word of God without compromise!

**ANNUNCIATION CHURCH**

7616 E. South Street, Clark Mills 315-853-6138  
rectory.denise@roadrunner.com  
Fr. Kevin J. Bunger. Deacon Gilbert Nadeau (Retired)  
Weekday Mass: Wednesdays 10am  
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am  
Confession: Sat 3:15pm-3:45pm  
Handicap accessible, air conditioned

**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

**CORNERSTONE COMMUNITY CHURCH**

500 Plant St. Utica (Oneida Sq. across from Dunkin)  
Mike Ballman, Pastor www.cornerstoneutica.com  
mike@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  
aarongoerner@gmail.com  
Pastor: Aaron Goerner  
Services:  
Sunday School: 10AM  
Sunday Worship: 11AM  
Thursday Bible Study 7PM

**ZION LUTHERAN CHURCH**  
630 French Road, New Hartford  
Interim Pastor Richard Klafehn  
Sunday Mornings at 10 AM  
AI-Anon Meetings, Wednesdays at 12:30 PM  
315-732-4110, office@zionluth.com  
www.zionlutheranNy.org  
Visit us on Facebook at:  
Zion Lutheran Church, New Hartford, NY  
All Are Welcome! This is God’s house and Christ’s church.  
There is a place for you here!  
August 12th at 7pm - Ice cream Social with Jazz Music

**MOHAWK VALLEY CHURCH**

9417 Maynard Drive Marcy, NY  
Sunday Mornings at 10am  
Come As You Are  
www.mohawkvalley.church  
info@mohawkvalley.church  
Pastors Mike & Susie Melnick  
Contemporary Worship led by Mark Bolos

# Healing Concert

August 4

## Neda Boin



Join international singer, Course in Miracles teacher and Voice Liberator Neda Boin for a healing music experience. Allow Neda's inspiring songs to open your heart and invite you to a direct experience of the Love you truly are.

**Date:** August 4

**Time:** Doors open: 6.30pm      Concert starts: 7pm

**Location:** Unitarian Universalist Church, 10 Higby Rd, Utica, NY

**Cost:** Donation based event

**Contact info:** Jack Pendrak | jackpendrak@gmail.com | 315-527-9535  
[www.nedaboin.com](http://www.nedaboin.com)

*"I know excellence when I hear it. This is Excellent" - Gary Renard*

*"Listening to Neda sing brings forth an experience of Divine Love within. She has a gift of expressing the sound of Heaven so we can all remember the Love that exists within each one of us. Neda's music makes me feel pure joy. She has the voice of an angel." - Corinne Zupko*

*"Neda's music is a way to merge with the Spirit and feel the absolute glory of Divine Love." - David Hoffmeister*

## The Tailor and the Cook Earns Wine Spectator Restaurant Award in 2022

The Tailor and the Cook has been honored for its outstanding wine program in Wine Spectator’s 2022 Restaurant Awards, which celebrate the world’s best restaurants for wine.

“I want to congratulate all 3,169 restaurants that earned one of Wine Spectator’s three awards for their devotion to all things wine,” said Marvin R. Shanken, Editor and Publisher, Wine Spectator. “These awards not only guide our readers to dining establishments with impressive wine lists and outstanding service, but also serve to honor restaurants for their achievements and commitment to maintaining pristine cellars. We are thrilled to reveal our 2022 Dining Guide, which points to places where wine drinkers are warmly welcomed.”

“We are thrilled to have been awarded this incredible honor and absolutely humbled to be included in a group of such stellar Restaurants!” Said Tim Hardiman, Owner and Executive Chef of The Tailor and the Cook. “Over the last decade we have worked hard to build our Wine program to where we are today, with a strong focus on the incredible wines of New York State. We think it is fantastic that Wine Spectator recognizes our Wine Program as one of the best!” said Hardiman. “We sure are in good company”

Wine Spectator began its program to recognize the world’s best wine lists in 1981. There are three levels: the Award of Excellence, the Best of Award of Excellence and the Grand Award—with 1,782; 1,290; and 97 winners this year in each respective category.

The Tailor and the Cook has won the AWARD OF EXCELLENCE: The Award of Excellence recognizes restaurants whose wine lists feature a well-chosen assortment of quality producers along with a thematic match to the menu in both price and style.

Wine Spectator’s special Restaurant Awards issue becomes available to readers July 12.

Follow the Restaurant Awards on Instagram (@wsrestaurantawards), with hashtag #WSRestaurantAward, and at Restaurants.WineSpectator.com, where all winners can be searched by location and sorted by attributes including name, proximity, award level, cuisine and pricing. Winners are also profiled in the free Restaurant Awards app, available for iPhone and iPad users.

About Wine Spectator

Wine Spectator is the world’s leading authority on wine. Anchored by Wine Spectator magazine, a print publication that reaches around 3 million readers worldwide, the brand also encompasses the Web’s most comprehensive wine site (WineSpectator.com), mobile platforms and a series of signature events. Wine Spectator examines the world of wine from the vineyard to the table, exploring wine’s role in contemporary culture and delivering expert reviews.



Parent company M. Shanken Communications, Inc., also publishes Cigar Aficionado, Whisky Advocate, Market Watch, Shanken News Daily and Shanken’s Impact Newsletter.

About The Tailor and the Cook

The Tailor and the Cook is a farm to table eatery located in Historic Bagg's Square, in the heart of Downtown Utica, NY. For over a decade, our mission has been to offer inspired and thoughtful cuisine and a path to the farmers we call our friends.

The Tailor and the Cook is one of the brightest spots in Utica's rich Culinary nightlife. Attentive service and a comfortable atmosphere support provocative cuisine and a trend-setting beverage program. The relationship between the food we eat and where it is produced is of growing concern to many. The Tailor and the Cook brings the many bounties of our rich agriculture and food scene to the forefront, giving our guests the opportunity to know where their food comes from and how it is produced. Featuring Local Products whenever possible, menus change based on seasonality, freshness, and availability. A thoughtfully curated selection of NYS Wines, Local Beers and Craft Spirits round out our Dining Experience.

The Tailor and the Cook is thrilled to announce an expansion in 2023 to 311 Main Street in the former Children’s Museum. We look forward to the next decade of serving Central New York the finest food and beverage!

## The Fountainhead Group is Proud to Present our “FGI Shining Stars: Women of FGI” Compendium!

A leader in global manufacturing for more than 134 years, The Fountainhead Group is committed to innovation, manufacturing excellence, and above all, the local community. Our FGI Family of employees are the driving force for our continued success, emboldening a rich tapestry of diversity in our office and manufacturing centers. With only 27% of the national manufacturing workforce being women, FGI strives to recognize the value of the women at our company for the integral role they play from the factory floor to the boardroom.



**Clinton Chamber of Commerce Events**  
**Clinton Farmers Market - 25 Years!**  
Thursdays from 10 am - 4 pm  
Clinton Village Green

**2022 Tuesday Concerts on the Green 7-9 Weather permitting**  
August 2: TBA  
August 9: Steppin Out  
August 16: Blarney Rebel Band  
August 23: Stage Road  
The 2022 Summer Concerts are Sponsored by:  
The Village of Clinton & Town of Kirkland

**Clinton Chamber Networking Breakfast**  
Join us on Wednesday, August 3rd for the monthly Clinton Chamber Networking Breakfast at Central Oneida County Volunteer Ambulance Corps (COCVAC) from 8 am - 9:30 am. 7489 E. South Street, Clinton. Complimentary breakfast treats and beverages are provided by COCVAC.  
This event is FREE and open to ALL Current and Prospective Members

**Upcoming Clinton Chamber Networking Events!**  
Tuesday, August 16th at Almost Local from 5 - 7 pm  
Wednesday, September 7th at Brookdale Clinton from 8 - 9:30 am  
Wednesday, October 5th at A Better Chance Clinton from 8:30 - 9 am.

**Clinton Art & Music Festival**  
**Saturday, August 27th**  
**Starting at 10 am**  
  
Please contact the Clinton Chamber of Commerce at info@clintonnychamber.org or 315-853-1735 with any questions.

**TURNBULL**  
INSURANCE SERVICE  
ESTABLISHED 1866

**Celebrating our 150th  
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**LANDMARKS**  
SOCIETY OF GREATER UTICA

*Monday Night Walks & Talks*

**All tours start at 6:00 p.m. Rain or Shine. Wear Walking Shoes. Bring a Friend!**

**AUGUST 1ST: UTICA PUBLIC LIBRARY (U.P.L.)**

**Guided by:** Chris Sagaas, Director

**Meet at:** The UPL parking lot on Park Avenue

**Park at:** The UPL parking lot and on-street parking

**AUGUST 8TH: ORISKANY FALLS HISTORIC DISTRICT**

**Guided by:** Limestone Ridge Historical Society

**Meet at:** Historical Society Building, 233 Main Street, Oriskany Falls

**Park at:** On-street parking

**AUGUST 15TH: THE STONE BARN AT BEARDSLEE FARM AND THE BEARDSLEE, CASTLE, LITTLE FALLS (TOWN OF MANHEIM)**

**Guided by:** Colleen Chlus and Jennifer Leskovar

**Meet and Park at:** The Stone Barn parking lot, 124 Snells Bush Road, Little Falls (Manheim)

**AUGUST 22ND: THE LIBRARY AIR BNB / THE LIGHTBOX EVENT CENTER (852 BLEECKER ST.) / SANTA ROSALIA CHAPEL (701 JAY ST., CORNER OF MOHAWK ST.)**

**Guided by:** Michael Gould, Art Lyubezhanin and Jim Delitto

**Meet at:** The Library Air BnB, corner of Lansing St. and Kossuth Avenue across from Ventura's

**Park at:** On-street parking

**AUGUST 29TH: THE 171 EVENTS CENTER, 171 GENESEE ST.**

**Guided by:** Tammy McIntyre

**Meet at:** in front of 171 Genesee Street, Utica

**Park:** On-street parking

**Walks and Talks will be partnered with the new UMN for the Arts**



315 | 724 | 7677 • [www.pjgreen.com](http://www.pjgreen.com)

DISASTER SERVICES LLC.



PEACE OF MIND...DURING UNCERTAIN TIMES

81 CLINTON RD. NEW HARTFORD N.Y.  
(315) 797-1128

WATER DAMAGE... STRUCTURE DRYOUTS  
NEW YORK STATE LICENSED MOLD CONTRACTOR.  
IF YOUR HOME IS DAMAGED BY WATER FROM ANY  
SOURCE YOU NEED DISASTER SERVICES.

- LOCALLY OWNED AND OPERATED
- IMMEDIATE RESPONSE TO YOUR EMERGENCIES
- DIRECT INSURANCE BILLING
- NYS LICENSED MOLD CONTRACTOR
- WORKING WITH BUSINESS AND HOMEOWNERS FOR OVER 38 YEARS
- EMERGENCY AND NON-EMERGENCY SERVICES AVAILABLE
- TEMPORARY HEATING, ELECTRICAL AND BOARD UP AVAILABLE
- LARGE COMMERCIAL DOWN TO SMALL RESIDENTIAL

Attic and Basement Mold:

Attics and basements 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 consisting of 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! Basement mold is a common problem in many homes due to ground water seepage mainly at the base of the walls around the perimeter of the basement. If mold is discovered, the best approach is to deal with it promptly Disaster Services is a NYS licensed mold contractor and can evaluate and thoroughly explain the different removal options available to you and also help guide you after the mold has been removed with suggestions to avoid another occurrence.

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 dark discoloration, a spotty or solid pattern the problem has moved beyond moisture and you may have mold that should be removed.

What are the signs of a basement mold problem?

Several factors can influence a mold growth in a basement area. Basements with finished walls are susceptible to moisture intrusion at the ground level. Trapped moisture due to lack of air flow between the finished wall and the exterior foundation wall is an ideal environment to facilitate mold growth. A dark appearance showing on the face of the finished wall should be investigated further. Unfinished basement will typically show signs of mold growth at the base of the foundation spreading upwards over time. Although there are a few different reasons this particular area of the structure is problematic, ground water seepage along with lack of air flow and improper dehumidification are generally the cause.



Sewer and Drain Back Up:

Sewer overflow or drain back-ups can present a more technical approach to the clean- up due to the contaminates involved. Porous, semi-porous building materials and contents will generally involve removal if affected by sewage, followed by proper remediation cleaning and disinfecting procedures. Hard surface areas when properly remediated will bring the space back to a pre loss condition and ready for new material replacement. Most homeowner’s policies do not cover sewer backup unless specific sewer backup insurance coverage is added. If your home falls victim to the damages of backups or overflows and you aren’t covered, you’ll be liable for home repairs and cleaning costs out of pocket. Sewer backup insurance coverage can be added to a homeowners insurance policy for as little as \$50 a year!

Water Damage:

Water damage caused by leaks, flooding or condensation can do more than cause unsightly stains in your home. It can cause permanent structural and mold damage. Disaster Services is a locally owned company with over 37 years of experience in all phases of water and mold damage. From burst pipes to toilet overflows we are equipped to handle any water damage occurrence and all of our work is 100% guaranteed. Disaster Services is a NYS licensed mold contractor and can accurately evaluate your homes damage and advise as to the most effective course of action to take. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage. We are not a franchise which means you will get the owner on site through-out the project to fully answers any concerns that you may have. We have proven to be the leading disaster mitigation company in the area with hundreds of satisfied clients both commercial, industrial and residential. We realize that in your time of need you should be speaking to a live voice, not a machine. When you call Disaster Services you will not reach an operator and have to wait for a call back during your stressful time, you will reach the owner and you will get immediate answers to your questions. When your emergency arises, call us at 315 797-1128 day or night. We do offer non-emergency services also so please visit our website @ disasterservices.us for a full list of services.

Open your camera over the SCAN ME below, as a handy way to quick access for our contact information. E-Mail: disasterservices@adelphia.net Web Site: www. disasterservices.us



We're here for you.

Having the talk about hospice and palliative care is difficult, but early planning is crucial to ensuring your loved one's comfort, support and care for a better quality of life and an eased burden on your family.

Let's start planning

**HOSPICE**  
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For information on how to place a free article for your community event or local news, please email [towncrier@pjgreen.com](mailto:towncrier@pjgreen.com) or call 315-723-4827

We currently mail our monthly paper to residents in the 13413 zip code.

If you know someone outside of that area who wishes to receive our publication, we ask that you please send a (yearly) \$20 check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

We will gladly add the address to our subscription list.

We would also like to mention that we are a privately owned business, and not part of the Town of New Hartford.

STEPHEN H. PASSALACQUA, D.D.S.

General Dentistry

3 1/2 Oxford Road (315) 724-1597  
New Hartford, NY 13413 By Appointment

Evening Hours Available

Clinton Tractor, the Leader in Service, has been family-owned and operated since 1953.

***Frankfort Hill Community Day***  
***SATURDAY AUGUST 6<sup>th</sup>***  
CORNER OF HIGBY AND ALBANY RDS, FRANKFORT NY



HOSTED BY:  
FRANKFORT HILL FIRE DEPT  
FRANKFORT HILL HISTORICAL SOCIETY  
TOWN OF FRANKFORT HIGHWAY DEPT

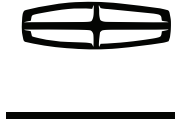
**EVENTS:**

**\$12 CHICKEN BBQ – 11 am ‘TIL SOLD**  
*9am TO 4 pm:*  
**BAKE SALE, BASKET RAFFLE,  
HISTORIC SCHOOL TOURS,  
& CRAFT FAIR**  
**FISHING DERBY (10am – 1pm @ Town Garage)**

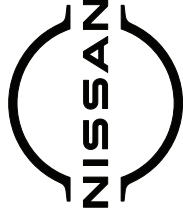
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