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Vol. 36 No. 9
 September 2022

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Brooks House of BBQ

New Hartford First United Methodist Church
Brooks House of BBQ
Chicken BBQ

Sept. 3rd. 11am-2pm or until sold out

Dinner includes: 1/2 Chicken, baked potato, coleslaw, and roll with butter
 Cost: \$12/Dinner
 Drive thru Event Only
 Presales are encouraged!

For presale tickets call church office 315-733-4227– Mon-Fri 9am-1pm

NHFD Holds American Red Cross Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, September 1, from Noon to 5pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

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Re-Decor

It's been a crazy couple of years with Covid. Lots of changes. We all have had to adjust our lives in order to survive and protect ourselves and families. We are slowly coming out of hibernation. Cautious, of course, but eager for sure.

We have witnessed our favorite restaurants closing, our go-to shops shutting their doors, yet through it all, there is a boutique that is thriving right here in our village of New Hartford.

Doreen Castronovo opened her stylin' boutique in the fall of 2020. She was working as an interior designer and when Covid hit, she could no longer go into homes and businesses. She decided to open a boutique where she could do both.

She stayed open and did whatever she needed to welcome customers to her safe environment. Her shop is small but full of great design ideas for your home or office. She has new and unique items you can't find anywhere else. She offers personal shopping, and private shopping for those that need it.

Doreen and her Castronovo family once ran the successful Grimaldi's Restaurant so she isn't a stranger to great customer service. She brings the same expertise from the famous eatery to her 70 Genesee Street boutique. Born and raised in New Hartford, Doreen has a very special place for the village of New Hartford and feels so proud to be part of the community.

Offering an array of clothing for XS to 3X. Jeans that are exclusive to the area, and recently she brought in a new line of makeup, Ari and Savi.

Her gifts are affordable and charming. She even has a candy section for all ages.

Doreen continues to bring in what the customer wants. Day and evening bags, clay jewelry, dresses, hand-made greeting cards, novelty stuffed animals, candles and floral arrangements.

A little explanation about the name, Re-Décor. Re is



a nickname for Doreen, not for a secondhand store. Everything in the shop is new, updated and terrific. And don't forget her design business. Schedule Doreen if you need a new perspective in your home or business. It may be just rearranging furniture and artwork. She has the eye for dressing you, and redecorating your space. Doreen is already making appointments for the holidays. She will decorate, help you coordinate your home and enjoy your holidays stress free.

Don't miss out on her fall fashions coming in daily and better than ever! Let's get out there and continue to support our small local businesses and dress in style again!

SAVE THE DATE!

July 15, 2023

New Hartford Class of 1993 30th High School Reunion One Genny, New Hartford 6-10pm

For more information, please
email vcpoulos@yahoo.com



Pictured above is Samuel Oxenford, Samuel's mother Heather is on his left and Gail Lewis, a member of the Lioness club is to his right.

Lioness of Greater New Hartford

The Lioness Club of Greater New Hartford held their annual scholarship dinner on June 1st at the Grapevine Restaurant in New Hartford Shopping Center. This year's recipient was Samuel Oxenford of Rome, NY. Samuel excels in academics and has an outstanding extra-curricular activities resume. He has been taking college classes this summer and will continue his studies this fall. His primary area of interest is technology. Our sincere congratulations and best wishes for a successful college career and future.

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Participants of Sitrin's Stars & Stripes Run~Walk enjoy the scenic route at the SUNY Poly campus, while also raising funds for local veteran care.

Sitrin Stars & Stripes Run~Walk Returns

Event Marks 10th Anniversary

The Sitrin Health Care Center is pleased to announce the return of its Annual Stars & Stripes Run~Walk for our Nation's Heroes. This is an especially exciting year as it marks the 10th anniversary of this event, to be held on Sunday, October 2, 2022, at the SUNY Polytechnic Institute, Campus Center.

People of all ages and abilities are invited to participate, as the Run~Walk includes a 5K run, 5K wheelchair race, and 2-mile walk. In addition, both the 5K run and wheelchair race will be chip timed, providing runners and wheelchair racers with accurate times and instantaneous race results! Cash prizes will also be awarded to the top three female and male runners and wheelchair racers.

The event kicks off with registration at 7:30 a.m., which includes a continental breakfast. Following the National Anthem, 5K wheelchair racers will start at 9:05 a.m., 5K runners at 9:10 a.m., and 2-mile walkers at 9:15 a.m.

Run~Walk registration is \$30 and free for children 12 and under. Everyone who preregisters by September 10th will receive a free commemorative t-shirt! (Only applies to paid registrants.) Incentives are also available for individuals who raise \$125, \$250, \$500, \$1,000 or more.

Individuals can register now at: <https://runsignup.com/Race/NY/Utica/SitrinStarsStripesRunWalk>.

The Sitrin Military Program provides comprehensive, complimentary care to post-9/11 veterans and service members who have post-traumatic stress, suicidal ideations, depression, amputations, spinal cord injuries and other combat-related conditions. The program primarily treats younger veterans, the most at risk for suicide.



Clinton Arts & Crafts Festival
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Adults - \$3 | Children under 12-free | 55+ \$2
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The 2022 Clinton Arts and Crafts Festival provides a two-day showcase of talented artists and craftspeople as well as opportunities for visitors to experience the historic town of Clinton.

"Sitrin's program is unique in that it combines both traditional (physical and occupational therapies and one-on-one therapy) with Equine-Assisted Therapy, Ecotherapy, aquatic therapy, nature outings, and more," Jackie Warmuth, vice president of clinical rehabilitation and director of the Sitrin Military Program, said. "Therapy and treatment options are personalized for each veteran based on military, combat, and reintegration experiences."

In addition to innovative care, Sitrin offers the Military-Civilian Coalition (MCC), enabling veterans and civilians to join forces through social and athletic endeavors. Community building activities include fly fishing, biking, hiking, archery, target shooting, yoga, TRX training, snowshoeing, sculling, therapeutic hand drumming, gardening, specialized seminars, and the annual Warrior Retreat at Camp Sitrin.

"The Stars & Stripes Run~Walk is the major fundraiser for Sitrin's Military Program, and we are very grateful to our sponsors, event teams, businesses, and veteran organizations for their support," Rosemary Bonacci, vice president, Sitrin Foundation & Communications, said.

Presenting Sponsor for the 10th consecutive year is Adirondack Bank. Additional sponsors (to date) at the Freedom level are The Good News Center, Mohawk Valley Association of Realtors, The Bank of America Charitable Foundation, Harland J. Hennessey VFW Post 5538, BAE Systems, Sodexo, and WKTV News Channel 2. Patriot Sponsors are ECR International, Baird Private Wealth Management The Earl Savery Group, and CSX. Liberty Sponsors are Bond, Schoneck & King, PLLC, New York Central Mutual Fire Insurance Company, and Walmart. Valor Sponsors are Utica National Insurance Group and U.S. Army New Hartford Recruiting Station.

ABOUT SITRIN: 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 program, adaptive sports (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.



NEW HARTFORD MARCHING SPARTANS
Spartan Spectacular

The Annual Spartan Spectacular will be held on Saturday, September 24th. Taking place on the Don Edick Field. Doors will be opening at 6pm, and the show will begin at 7pm.

This years show will include Oswego, Mohonasen, Westmoreland, Rome Free Academy and New Hartford. It will be a chance to see three local Marching Bands perform.

Tickets are \$7 in advance and \$9 at the door.



Brisk Fall Air

by Shelley Corey of The Mum Farm

As each month passes, I usually wait until close to the deadline to write the next months' article that you now are reading. Yes, you could say that I am a procrastinator, or as I like to think of myself as just being timely. I like to keep the articles fresh, relevant, along with informative! If I was really good, I could probably just write them all during the dead of winter and get them all done in one fell swoop. But that's not me, and I do so hope you enjoy reading them and getting a peek into my life.

This morning seems the perfect morning to write this September article. The days are noticeably shorter and there's a beautiful chill in the evening air which makes sleeping with the windows open so much more enjoyable! The grass glistens with dew each morning. All these things signal the mums to begin producing flower buds. I find that so very fascinating, but then again a lot in nature delights me. Seeing the deer and turkeys in the field. Watching the barn swallows follow me on the mower as I kick up insects for them to swoop down and eat. Watching the pond water give off its heat to the cool morning air. We all need to slow down and notice the miracles that are around us every single day!

Mums, the last hurrah of the growing season. Mums are photoperiodic. Shortening daylength is what changes their growth habit from vegetative to reproductive or bloom stage. Think of that every time you buy a mum out of season! The grower had to manipulate their access to daylength to force them into bloom. For the consumer, they are very easy, so very colorful, but only for a few short months! We all get tempted to buy our mums as soon as we see them in the big box stores. Please remember these might be what you need for a quick burst of color, but they will not be the long-lasting ones! Purchasing mums from a local garden center when they are budded and possibly still green, with nary a blossom or two open is the ideal way to guarantee a season full of color! You should expect about 8-10 weeks of color from mum plants bought in that stage.

Daily watering is all that they require and once you start wearing a coat, you may be able to cut back to every other day watering. Always try to water only the soil once the blossoms are open! That ensures that your flowers will last even longer. No fertilizer necessary, the growers have done all that for you. Mums...the star of the fall season. I hope everyone finds time to pick up a mum or two or three. They make great gifts for all and just think of all the smiles you will be sharing!



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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 News

The Friends of the New Hartford Public Library will be holding their Fall meeting on September 17, at: 9:30 -11:30, in the Sammon Room on the lower level of the library. All are welcome to attend.

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 Facebook: www.facebook.com/newhartfordpubliclibrary

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

NHPL Board of Trustees 2022 Meeting Schedule

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

September 21, 2022

October 19, 2022

November 16, 2022

December 21, 2022

Outdoor 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 Monday 11-2 and Monday and 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!

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

Ceramics on Display in September

New Hartford resident Patrick Thrailkill will feature some of his ceramic work in the library's display case at the main entrance for the month of September. His goal in ceramics is to create items that are, "one of a kind and dissimilar to mass produced pottery." His ceramic work, while mostly wheel thrown, experiments with additional processes for adding detail and making individualized pieces. The artist's most recent work has employed experimentation with glazes that move over the forms they are applied to, influencing their flow during the firing process to create unique patterns of colorization. Patrick is a practicing industrial designer and artist. He is the president of Blokx Design LLC and has a Bachelor of Industrial Design degree from Pratt Institute. He has attended community arts classes in ceramics at Munson-Williams-Proctor Arts Institute for the past four years. Books about ceramics will be featured in the rack near the entrance and will be available for check out.

September Art Association Schedules Meetings

Beginning in September, the New Hartford Public Library will become the venue for several meetings of the Utica Art Association (UAA) this year and next



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year. The meeting will be held on Saturday, Sept. 24 and Saturday, Oct. 22 this year. In 2023, the group will meet on Saturday, March 25 and Saturday, April 29. All sessions will begin at 10 a.m. and end by noon and be held in the Corasanti Room. The meetings consist of approximately one-half hour of business, to be followed by a presentation on some aspect of art. The sessions are open to the public and the UAA encourages all who are interested in art to become a member. For questions or further information please call 315-520-4506 (leave message) or email rogerc114@gmail.com.

Grab & Go Projects
Adults Schedule

Adult Grab & Go Projects continue on the first Monday of each month.
September 5th – Glittery Book Page Fall Leaves
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 continue on the first Thursday of each month.
September 1st – Popsicle Stick Scarecrow
Call to reserve beginning at 10:00 on the day of that months’ project, or come into the library to pick up one.

In Person Story Time

Tuesdays (group A) and Thursdays (group B) 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children’s Area/Corasanti room.
September 6 & 8 - Back to School Theme
September 13 & 15 - What's your Name Theme
September 20 & 22 - Fall Leaves Theme
September 27 & 29 - Apple Theme

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

Bedtime Story Time

This program is scheduled for the 2nd Monday of each month through December (September 12, October 10, November 14, and December 12) at 6:30. Enjoy stories and crafts with Story Captain Cheryl (and special guests) in time to wind down for bed. Aimed toward preschoolers, but all are welcome.
· Special Guest : Patti Demma : Sept 12th
About the Author: Patti Demma is a nationally certified NEAR (Neuroscience, Epigenetics, ACEs and Resilience) Science Trainer. Patti runs trainings on adverse childhood experiences (ACEs) and trauma-informed care practices. She is the co-chair of the New York State Community Action Trauma-Informed Care Community of Practice. Throughout her career, she has seen the effects of trauma on the mental and physical health of all generations. Patti has recognized the importance of teaching resiliency skills at an early age. Once these skills are learned, reinforcing these practices will help children become resilient adults!

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
Munson Williams Proctor Art Institute
Passes must be placed on adult library cards and must be returned to the New Hartford Public Library Circulation Desk. 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!

Calling all Teens & Tweens!

Make a difference in your community by joining our Teen Advisory Board. Help us grow our YA collection and build programs that you would like to see come to our library. It meets once a month and looks great on applications. It's also a fun way to meet new friends!
Our next meeting is: Thursday, September 1st at 10:15am.

Book Clubs

Are you interested in joining a book club, currently in a book club, or looking to start one? If your club needs to order books or if you are interested in starting a book club, please call the Library and ask to speak to our Book Club Coordinator, Danielle. 315-733-1535
>Ruth Anne Mystery Book Club reads mystery novels. They meet on the second Saturday of the month at 11am. For more information please contact the library.
>Wanderlust Book Club reads fictional novels, ranging from current to historical. They meet in the third week of the month. For more information please contact the library.
>Women (and Men) of Mystery led by Janet Hoover will be taking a break until further notice. Feel free to browse the library mystery section until they meet again. Updates on starting back up will be posted here (in the crier) and on the library website. Thank you for understanding.

Community Rooms

Community Rooms will be available for groups and organizations to use. You can find more information on our website (https://www.newhartfordpubliclibrary.org/reserve-a-room/), by calling 315-733-1535, or by visiting our Circulation Desk at the Library.

Yoga for Seniors

Join Bill Skinner every Monday at 3:00pm for a Yoga program geared towards seniors! Please call the Library at 315-733-1535 to register for this in person class.



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Douglas H. Hurd, D.D.S.
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Believe 271/New York State Tool Gregory J. Wilsey Scholarship Winners

The Believe 271 Foundation Inc. is pleased to announce the winners of their Gregory J. Wilsey Scholarship recipients in conjunction with New York State Tool Company.

This year the Foundation received thirty-eight applications from graduating high school seniors and those in post-secondary education. The donation for the scholarships in the name of Gregory J. Wilsey, founder of New York State Tool, was made to the foundation by Matthew and Lisa Wilsey in honor of Mr. Gregory J. Wilsey who was an advocate for the youth of the area and was mentor to many through his founding of the New York State Tool Company in Chadwicks, New York.

The winners of the four \$500.00 scholarships this year are as follows:

1. Gabriel Howe – New Hartford Central School – son of Pamela and Duane Howe. Gabriel will be pursuing a degree in adolescent education and broadcast/digital Journalism from Syracuse University.
2. Alexandra Osilovski – Whitesboro Central School – daughter of Svetlana Baluk and Mark Osilovski.

Alexandra will be pursuing a degree in biochemistry from Utica University.

3. Lauren Stephens – Westmoreland Central School – daughter of Cheryl and Bernard Stephens. Lauren will be attending Mohawk Valley Community College and majoring in nursing.

4. Kate Stockwell – Clinton Central School – daughter of Emily and Adam Stockwell. Kayleigh will be attending The University of Vermont and majoring in math education.



Common Exercise Mistakes

Submitted by Jim LaFountain, All American Fitness Center

It seems last month's column, addressing common mistakes made by beginning exercisers got significantly more attention than past articles, so I'd like to address some that are most common.

DOMS is an acronym for Delayed Onset Muscle soreness, experienced 24-48 hours after performing "novel" exercise. "Novel" may be defined as a mode of exercise, done infrequently or a mode of exercise never attempted before. Several years ago, I chose to run just one day a week and I was constantly sore. Once I added another day of running, the soreness was minimal and eventually went away. Beginners, in particular, associate the production of lactic acid during exercise, that dissipates within 3-4 hours, as an injury. DOMS after that time is also mistakenly viewed as an injury. By repeating the mode of exercise that caused DOMS, 48 hours later, it will simply go away. I once had a client who decided to start running. The day after his initial, half mile jaunt, he complained of shin pain, that persisted for next three days. He mistakenly self

diagnosed his pain as shin splints and vowed to never run again. Although I encouraged him to run again soon, he gave up running for good.

Form is the most important factor in any type of exercise routine. In resistance training, it's a good idea to minimize dangerous momentum, and perform each repetition correctly. Every repetition should be performed as follows:

*Initiate the movement by taking two seconds to perform what is referred to as the "concentric contraction" of the muscle. For example, when performing a barbell curl, take two seconds to curl the weight from elbow extension to flexion. At that point, pause for a second to minimize momentum, then return the weight in four seconds to its starting position, referred to as the "eccentric contraction" of the muscle, when the muscle is actually lengthened. Advanced trainees, occasionally take more than two seconds to concentrically move a weight, but a 2:1:4 practice is most common, in order to produce maximum results.

Too much too soon is possibly the most common mistake made by beginners. Even beginners tend to get caught up in the "comparison game." Listening and watching advanced exercisers, who, in many cases are friends, may be an inspiration, but certainly not a great model for beginners. It's essential that beginners pay close attention to "their" individual exercise plan, based on "their" current level of fitness and genetic predisposition. I have actually started many clients out with a mild five minute cardiovascular bout, followed by 2-3 resistance exercises and a post workout stretch. Adding a minute of cardio each workout and 1-2 resistance exercises each week, over 6-8 weeks will allow for a gradual adaptation, will be somewhat comfortable and much easier to stick with. My exercise prescription is actually less aggressive for clients who are over fat or obese. Carrying extra weight makes their progression much more gradual and makes jarring, cardiovascular exercise, like running, out of the question.



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Fair Trade Shop

Omavati found sustainability when she joined the talented team of Dadoo Ceramics in Khurja, India. Eighteen years later, Omavati has become an expert glazer of ceramics. Now a proud grandmother, this job has brought stability to her family and supported their education. We can’t guarantee that the Crouching Cat Planter will keep the mice at bay, but we can guarantee that it will look cute wherever you put it.

These and many, many more uniquely handcrafted gift items from 36 different countries can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton from 10am to 4pm every Thursday in the shop, at the Farmer’s Market on the Village Green in Clinton (during the summer months) and SECOND Saturdays in the shop. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope to marginalized people.

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Epicurean Delight
Online Auction

The Hospice & Palliative Care Events Committee is pleased to announce that they will be holding their Epicurean Delight Online Auction this year from September 19 – 25, 2022.

“Please join us and ‘Make a wish and bid on what your heart desires’. You will be supporting the valuable hospice, palliative and bereavement services that are provided to our community by participating in this event”, stated Doreen Nicholls, Epicurean Delight Co-Chair.

The Online Auction will include fabulous packages including, restaurant certificates, jewelry, family activities, items to spruce up your home and patio, and fun getaways. The Online Auction begins September 19th at Noon and will close on September 25th at 7 p.m. Each bid enters you into a drawing for a \$200 gift certificate to Feast & Festivities, good for takeout or catering. The more bids you enter, the better your chance to win.

You can text EPICAuction22 to 76278 or go to EPICAuction22.givesmart.com and follow the prompts to register for the auction, bid on items, buy raffle tickets or make a donation. The Raffle is \$5 per ticket and enters you into a drawing for a \$500 Visa Gift Card and other prizes valued over \$100. The Raffle Drawing will take place on Monday, September 26th at Noon and our winners will be posted to our Facebook page and our website at www.hospicecareinc.org.

There is still time to donate gift certificates, prizes or a raffle basket to the raffle or auction. Please call 735-6487 ext. 1004 if you would like to contribute.

Hospice provides quality, compassionate care to those suffering from a chronic or end stage illness and their families, serving residents of Oneida, Herkimer & Eastern Madison Counties regardless of their ability to pay.

New Hartford Class of 1973
is planning a 50th reunion.
Save the Date August 5th, 2023.
More details to be announced.
For more information email imoberstegbob@verizon.net

St. Margaret’s House
Summer Concert Series

St. Margaret’s House is hosting a summer concert series on the first Tuesday of the Month July- September from 7:00-8:30 PM plus a special end-of-season Concert on September 27th at 6:30.

Schedule:
• Sept. 6 | Kevin Bailey
• Sept. 27th at 6:30pm - Wildflower

Refreshments Provided. Please bring Lawn Chairs and Picnic Blankets. The event is Rain or Shine, in Case of Inclement Weather the event will be held inside.

Donations are Accepted to Support the Ministries of St. Margaret’s & Emmaus House. These events have been supported by a grant from Stewart’s Shops Foundation.



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NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME:

Jenny’s Meats (LLC)
19 W Park Row, Clinton, NY 13323

The registered agent is,
Jennifer Swizenski
19 W Park Row, Clinton, NY 13323
315-723-5216

The LLC was filed on August 10th, 2022 and is located in Clinton, NY.

Jenny’s Meats is a small business dedicated to hand crafted jerkys, BBQ seasonings and rubs, and anything to do with grilling!

New Hartford Sports - Home Games

*Subject to change without notice

Date	Start time	Sport	Level	Opponent	Location
9/1	4:15 PM	Soccer (Boys)	JV	Camden	Perry JH Soccer Field
9/1	6:00 PM	Soccer (Boys)	Varsity	Camden	HS Turf Field
9/2	11:00 AM	Football (Boys)	JV	Rome Free Academy	HS Turf Field
9/7	3:30 PM	Tennis (Girls)	Varsity	Whitesboro	HS Tennis Courts
9/7	4:30 PM	Soccer (Boys)	7th/8th	Rome Free Academy	Hughes Soccer Field
9/7	4:30 PM	Field Hockey (Girls)	7th/8th	Vernon-Verona-Sherrill	Myles Elem FH/LAX Field
9/8	4:00 PM	Soccer (Girls)	Varsity	Whitesboro	HS Turf Field
9/8	4:15 PM	Soccer (Girls)	JV	Whitesboro	Perry JH Soccer Field
9/8	7:00 PM	Football (Boys)	Varsity	West Genesee	HS Turf Field
9/9	3:30 PM	Tennis (Girls)	Varsity	Oneida	HS Tennis Courts
9/9	4:30 PM	Soccer (Girls)	7th/8th	Oneida	Hughes Soccer Field
9/9	5:00 PM	Field Hockey (Girls)	Varsity	Oneida	HS Turf Field
9/9	6:30 PM	Field Hockey (Girls)	JV	Oneida	HS Turf Field
9/10	3:00 PM	Soccer (Boys)	Varsity	Liverpool	HS Turf Field
9/12	4:30 PM	Football (Boys)	JV	Camden	Perry JH Football/Lacrosse Field
9/13	4:15 PM	Soccer (Girls)	JV	Oneida	Perry JH Soccer Field
9/13	5:00 PM	Gymnastics (Girls)	Varsity	RFA, Utica Proctor	Valley Gymnastics
9/13	6:00 PM	Soccer (Girls)	Varsity	Oneida	HS Turf Field
9/14	4:30 PM	Field Hockey (Girls)	7th/8th	Holland Patent	Myles Elementary FH/LAX Field
9/14	4:30 PM	Soccer (Boys)	7th/8th	Holland Patent	Hughes Soccer Field
9/14	5:30 PM	Field Hockey (Girls)	Varsity	Vernon-Verona-Sherrill	HS Turf Field
9/14	7:00 PM	Field Hockey (Girls)	JV	Vernon-Verona-Sherrill	HS Turf Field
9/15	4:15 PM	Soccer (Boys)	JV	Utica Proctor	Perry JH Soccer Field
9/15	6:00 PM	Soccer (Boys)	Varsity	Utica Proctor	HS Turf Field
9/16	4:30 PM	Soccer (Girls)	7th/8th	Utica Proctor (DMS)	Hughes Soccer Field
9/16	4:30 PM	Field Hockey (Girls)	7th/8th	Oneida	Myles Elementary FH/LAX Field
9/16	6:00 PM	Football (Boys)	Varsity	East Syracuse Minoa	HS Turf Field
9/16	6:00 PM	Cheerleading (Girls)	Varsity (Fall)	East Syracuse Minoa (Fall)	HS Turf Field
9/17	9:00 AM	Cross Country (Girls)	Varsity	Whitesboro	Cross Country Course (Perry JH)
9/17	9:00 AM	Cross Country (Girls)	7th/8th	Whitesboro	Cross Country Course (Perry JH)
9/17	9:00 AM	Cross Country (Boys)	7th/8th	Whitesboro	Cross Country Course (Perry JH)
9/17	9:00 AM	Cross Country (Boys)	Varsity	Whitesboro	Cross Country Course (Perry JH)
9/17	9:00 AM	Cross Country (Boys)	Varsity	Oneonta	Cross Country Course (Perry JH)
9/17	9:00 AM	Cross Country (Girls)	Varsity	Oneonta	Cross Country Course (Perry JH)
9/17	10:00 AM	Soccer (Girls)	Varsity	Holland Patent	HS Turf Field
9/17	10:00 AM	Soccer (Girls)	JV	Holland Patent	Perry JH Soccer Field
9/17	10:00 AM	Football (Boys)	7th/8th	@ New Hartford	Perry JH Football/Lacrosse Field
9/17	10:30 AM	Tennis (Girls)	Varsity	Holland Patent	HS Tennis Courts
9/17	TBD	Cross Country (Boys)	Varsity	Tully	Cross Country Course (Perry JH)
9/19	4:30 PM	Soccer (Boys)	7th/8th	Whitesboro	Hughes Soccer Field
9/19	5:00 PM	Field Hockey (Girls)	Varsity	Camden	HS Turf Field
9/19	6:30 PM	Field Hockey (Girls)	JV	Camden	HS Turf Field
9/20	4:15 PM	Soccer (Boys)	JV	CVA (Thunder)	Perry JH Soccer Field
9/20	6:00 PM	Soccer (Boys)	Varsity	Central Valley Academy	HS Turf Field
9/21	4:30 PM	Soccer (Girls)	7th/8th	Vernon-Verona-Sherrill	Hughes Soccer Field
9/21	5:30 PM	Field Hockey (Girls)	Varsity	Central Valley Academy	HS Turf Field
9/21	7:00 PM	Field Hockey (Girls)	JV	Central Valley Academy	HS Turf Field
9/22	4:15 PM	Soccer (Boys)	JV	Rome Free Academy	Perry JH Soccer Field
9/22	6:00 PM	Soccer (Boys)	Varsity	Rome Free Academy	HS Turf Field
9/23	4:30 PM	Soccer (Boys)	7th/8th	Camden	Hughes Soccer Field
9/23	5:00 PM	Field Hockey (Girls)	Varsity	Holland Patent	HS Turf Field
9/23	6:30 PM	Field Hockey (Girls)	JV	Holland Patent	HS Turf Field
9/24	9:30 AM	Football (Boys)	JV	Watertown	HS Turf Field
9/26	3:30 PM	Tennis (Girls)	Varsity	Notre Dame, Utica	HS Tennis Courts
9/26	4:30 PM	Soccer (Girls)	7th/8th	Utica Proctor (JFK)	Hughes Soccer Field
9/26	4:30 PM	Field Hockey (Girls)	7th/8th	Camden	Myles Elementary FH/LAX Field
9/26	5:30 PM	Field Hockey (Girls)	Varsity	Whitesboro	HS Turf Field
9/26	7:00 PM	Field Hockey (Girls)	JV	Whitesboro	HS Turf Field
9/27	4:00 PM	Cross Country (Boys)	Varsity	Camden, Oneida	Cross Country Course (Perry JH)
9/27	4:00 PM	Cross Country (Girls)	Varsity	Camden, Oneida	Cross Country Course (Perry JH)
9/27	4:00 PM	Cross Country (Girls)	7th/8th	Oneida, Camden	Cross Country Course (Perry JH)
9/27	4:00 PM	Cross Country (Boys)	7th/8th	Camden, Oneida	Cross Country Course (Perry JH)
9/27	5:00 PM	Swimming/Diving (Girls)	Varsity	Skaneateles	HS Pool
9/28	3:30 PM	Tennis (Girls)	Varsity	Utica Proctor	HS Tennis Courts
9/28	4:30 PM	Field Hockey (Girls)	7th/8th	Whitesboro	Myles Elementary FH/LAX Field
9/28	4:30 PM	Soccer (Boys)	7th/8th	Central Valley Academy	Hughes Soccer Field
9/29	4:15 PM	Soccer (Boys)	JV	Vernon-Verona-Sherrill	Perry JH Soccer Field
9/29	5:30 PM	Soccer (Boys)	Varsity	Vernon-Verona-Sherrill	HS Turf Field
9/30	3:30 PM	Tennis (Girls)	Varsity	Rome Free Academy	HS Tennis Courts
9/30	6:00 PM	Football (Boys)	Varsity	Whitesboro	HS Turf Field

Nominations Now Being Accepted for The Rotary Club of Utica – 2022 Pride of Workmanship Awards

Nomination Deadline ~ September 16, 2022

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 below the management level in all businesses, industries and organizations.

Since 1990, the Utica Rotary has recognized outstanding individuals and will do so again at the Pride of Workmanship Awards Program on Thursday, October 20, 2022 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”

Deadline for nominations is September 16, 2022

For a nomination form visit the Rotary Club of Utica website at www.uticarotary.org and click on Pride/Workmanship; or for more information, email Roxanne Mutchler at rmutchler@live.com with Pride of Workmanship in the subject line.

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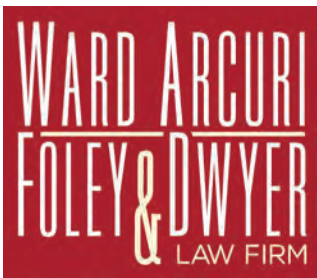
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Chamber Welcomes High Peaks Medicine

High Peaks Medicine Brings a Patient-First Healthcare Approach to New Hartford



High Peaks Medicine recently celebrated its Grand Opening at 20 Kellogg Road in New Hartford. Dr. Michael Redner, D.O., and his wife Audrey, started High Peaks Medicine to provide the community with healthcare that prioritizes patient experience.

Dr. Redner, a Boonville native, said, "Our community deserves access to healthcare that puts patient experience first. That means prioritizing communication, asking questions and listening to understand the patient as a whole, reducing wait times, and providing access to a wide range of services."

At their Grand Opening, High Peaks Medicine also offered patients the opportunity to experience two of their newest offerings firsthand with 10-minute demonstrations of Emsella and Emsculpt Neo.

Emsculpt Neo is the latest body sculpting technology, which utilizes high-frequency electromagnetic waves and radio frequency to burn fat and build muscle in targeted areas. Emsella is a non-invasive way to strengthen pelvic floor muscles, which can play a role in incontinence and erectile dysfunction.

"We see the opportunity to positively impact the lives of our patients by investing in the latest technologies. Emsella allows us to help patients struggling mentally and physically with the impacts of incontinence and erectile dysfunction. As an Osteopath, I recognized the role pelvic floor muscles, which are otherwise difficult to strengthen, can play in these issues. I believe that Emsella can help patients who struggle with these issues in a non-invasive, non-pharmacological way."

"I have seen patients struggle with health issues that impact their appearance. The way you look and the way you feel are connected. With Emsculpt Neo we can help patients seeking a non-invasive way to reduce fat and build muscle, creating a positive impact on their confidence, which resonates to their behavior, and ultimately to their overall wellbeing."

Learn More at www.highpeaksmedicine.com



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NEW HARTFORD PAST TIMES

September 2022

NEW HARTFORD HISTORICAL SOCIETY



The original 'Spring House' at famous Risley Cold Springs..now used for storage, having been replaced by a new spring house, not shown. Built between 1880 - 1890, it was at one time an ice cream parlor in the middle of a lovely grove at the end of the trolley line.



NEW HARTFORD HISTORICAL SOCIETY

Family Business flourishes for over a Century

Long before cases of bottled water filled the beverage aisles of supermarkets and retail giants like WalMart, bottled spring water was a sought after commodity even at the turn of the century.

Orville and Fremont Risley came to the area from Hubbardsville NY and settled in New York Mills. In 1879 the two formed a partnership and started a Dairy business after purchasing an old bobbin factory. Their quality dairy and cream was well known and the business grew rapidly. Around 1892 they utilized a naturally occurring spring off Clinton Street, that ran a constant 45 to 48 degrees summer and winter, to keep their cream cold. They would also cut and store ice off nearby ponds (where the Yahnundasis is now). They began selling ice cream and soon a milk station was built. They opened a grove across the Mud Creek and allowed visitors to enjoy the sprawling countryside. At one point, even a Boy Scout camp was established in the area. As well-known and sought after as their cream and ice cream was, interest in their Spring Water was just as high. In 1909, a 5-gallon bottle cost 25 cents. In 1910 Floyd F. Risley and his brother Walter took over the business. A third brother, Fenimore, also worked for them but he would go on to be an artist and interior decorator. By 1914 the dairy portion, still very successful, was sold to Lockwood and Pender. This was primarily because the business lost one of their primary dairy buildings to a fire. Rather than rebuild, the Risley's decided to focus on the Spring Water.

In 1940, Walter would sell out to his brother Floyd and leave the business. Floyd's son's Floyd E. and Raine would join their father in running the business which would stay in the family for two more decades with Floyd E. eventually running the business. A third son, Richard, would opt for a different path. He would go into insurance and eventually become a Vice President with the Utica Mutual Insurance Company. In 1960, after decades in business, Floyd E. would sell the business to Richard Thompson. Richard purchased the name too keeping the well-known "Risley Cold Springs" name, that everyone equated with purity. The business would be around for nearly four more decades, later run by his son Philip.

Today, all the original buildings are gone. Including the family homestead that burned in 1973 or 1974. The Thompsons would eventually sell the property. It is now a wet land, the spring still flowing and filling two ponds that eventually flow into Mud Creek.

One interesting note. Floyd F., who took over the business in 1910, had been a prominent and gifted athlete. He was dubbed the "Greatest Track Star" this area has ever produced. He set records in both the High Jump and Broad jump and was renowned nationally. In 1909 he was named to the U.S. Olympic team. Sadly, an injury suffered at an indoor meet in Boston would end the stellar career.

BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$15 for Individual, \$20 for families, \$25 for Friend/Contributor 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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Richard Sherman

New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

An unknown author once penned, "autumn shows us how beautiful it is to let things go" and it is no different here in our Town!

As summer draws to a conclusion, your Highway Crew and I want to thank the many residents who helped with placing brush pick-up at the curb for easier collection. Our brush piles have been overwhelming at times resulting in a scheduling slowdown. Our Town's last brush pick-up will occur as follows: Ward 1 will

be September 19th; Ward 2 will be September 21st; Ward 3 will be September 26th; and Ward 4 will be September 28th. Please plan to get your brush to the curb for the set dates.

We need to be finished on these dates for the 2022 season so that your Highway Crew may then finish the balance of the year's special projects such as small paving repairs, culvert installation and continued new street sign installation. We will not pick up any brush after these dates unless we experience storm damage that brings tree limbs down. Any large items in which you are looking to have collected, please purchase your tags by Friday, August 26th for a Tuesday, September 6th pickup. The last trash disposal drop-off day for the season at the Highway Garage on New Hartford Street will be Monday, September 26th.

The onset of fall comes with hurricane season. As New Hartford has been experiencing more intense rainfall, it is important to remember to help by letting us know if we have missed cleaning a catch basin in your neighborhood. This fall I will have the sewer truck along with the two street sweepers that have the ability to clean basins throughout the Town.

The sign crew will continue putting up new street signs as they arrive throughout the Town. The crew will also be painting the decorative light posts if deemed

necessary in your neighborhoods.

The Applewood Community sewer pump stations went to bid for replacement. Borderline Construction Company won the bid at \$475,000 and will be awarded at the September 7th Town Board meeting.

The majority of our large paving projects have been completed this summer and next up will be our road striping. There has been road striping paint shortage for the white and yellow paint, though we expect to see road striping within the next couple of weeks.

As always, got questions or concerns? Please contact me personally at 315-534-2998 or at rsherman@townofnewhartfordny.gov.



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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: If one parent objects to vaccinating the children against COVID-19, and the parents share custody, then the objecting parent wins.

REALITY: This issue has been in the courts since COVID-19 became prevalent and the vaccine became available for children.

The most recent case came out of Nassau County Supreme Court, the lowest level court of general authority. These parents divorced in 2016, and agreed on shared custody of the three children. The parents provided all vaccinations for the children as required to enroll them in school, and there does not seem to have been any dispute between them about these vaccinations. Then came COVID-19. The children’s pediatrician recommended COVID vaccinations for the children, but the mother was vaccine-hesitant. She was the parent who most often took the children to all doctor appointments. But she believed that the vaccine for COVID is in its infancy stages and needs more scientific research. She said that she did independent research, and that she believed that the adverse reactions are more harmful than the virus. She herself had COVID-19

The father believed that the pediatrician’s advice should be followed, as the parents always had in all other circumstances. He filed a petition for sole custody of the children based on this issue. He said that the children wanted to be vaccinated.

At trial the pediatrician testified, along with the parents. They agreed on some facts, and disagreed on the ultimate issue of COVID-19 vaccination for the children.

The Court looked at the decision on this issue from 2020 of the Appellate Court. She found that the 2020 Court looked at all of the circumstance of COVID-19. In that case the father was unvaccinated and could not give a good reason why he was not. The lower court suspended his visitation because of the risks to the child’s health and safety. The Appellate Court agreed with that suspension.

In the recent case the Court found that it is in the children’s best interests for the shared custody arrangement to continue. But she gave the father the power to decide only the COVID vaccination issue. All other medical and other issues, which have never been in dispute, will continue to be decided jointly. It is legally interesting when a court singles out a single issue and rules only on that issue, raising many possibilities and variations on custody arrangements and orders.

MYTH: Everyone agrees on the right of freedom of nonhuman animals, like an elephant.

REALITY: We have previously discussed this topic in this column. The law is continually developing, especially when judge-made, which is the essence of our common law system. Further update came out of the Supreme Court, Bronx County. The case was brought to court by the Nonhuman Rights Project (NRP). They argued that elephants and chimpanzees are entitled to fundamental rights that we accord to human animals. They are therefore “legal persons” and, as such, are unlawfully confined.

The specific subject of this lawsuit is Happy, an Asian elephant. Happy has never been free, and has lived for 45 years at the Bronx Zoo. Two of her former mates died, and the only elephant now in the Bronx Zoo has a hostile relationship with Happy. The Zoo is phasing out its captive elephant program.

NRP said that Happy is an “extraordinarily cognitive, complex and autonomous nonhuman”. She should, therefore, be transferred to an appropriate sanctuary where other friendly elephants live.

The Plaintiff NRP did not argue that the Defendant Zoo failed to follow any relevant federal or state statues or regulations on caring for an elephant. They

did, however, submit expert affidavits arguing that elephants are intelligent beings with the capacity for self-awareness, long-term memory, intentional communication, problem solving skills and empathy. The sole goal of NRP was to release Happy from the Bronx Zoo, using habeus corpus, and move her to a more desirable home. They sought the liberty right of human beings who are unlawfully restrained, but are not now available to non-human animals.

The majority of this Court found that to transfer Happy from one confinement to another is not in keeping with the human right not be unlawfully restrained. They reviewed the history of the pertinent law and pointed out that legal personhood is connected with the capacity to assume legal duties and social responsibilities. (Some would disagree, believing that elephants demonstrate following social responsibilities, and, within their world, follow rules). Since the Court did not find these qualities, these rights cannot extend to non-humans. Non-human animals have various forms of legal protections. New York State requires humans to treat non-human animals with dignity and respect. However, non-human animals do not have liberty rights, which, in any event, would be very difficult to state and enforce. The Court suggested that any changes should be made through the Legislature and not through the Courts.

Two of the seven judges strongly disagreed. They pointed out that historically certain human groups were not afforded the liberty rights we enjoy today. Among these groups were women, children, and Black slaves. They believed that Happy should at least be given a hearing to judge her cognitive and social abilities and the effect her current confinement has on her. Judge Rivera wrote that this case is “an opportunity to affirm our own humanity by committing ourselves to the promise of freedom for a living being with the characteristics displayed by Happy.” She further wrote that Happy is an autonomous being who should have liberty rights. Clearly, unless our legislature acts, NRP will have to find relief in a State other than New York.

Attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if specific legal issues are important in your life, for instance, regarding custody of 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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NHFD News

Your New Hartford Volunteer Fire Department responded to 98 calls during the month of July as indicated by the monthly call report listed below by category:

Fires = 2
EMS = 66
Hazardous = 4
Service Type = 12
Good Intent = 2
Other Alarms = 12
Weather Related = 0
Other = 0

Total Calls for the Month of July 2022 = 98.

Of the 98 alarms, 81 were in the town and 17 were in the village.

Total calls year-to-date through July 31, 2022 = 796.

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

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



The New Hartford Volunteer Fire Department's 18th Annual Fire Truck Spectacular Results

The 18th annual New Hartford Volunteer Fire Department's Fire Truck Spectacular proved to be another great success that featured 40 departments and over 53 pieces of both new and antique equipment.

The event is held on the third Thursday in July drew an estimated crowd of over 5,500.

Although admission is free, individuals attending were asked to bring a non-perishable food item which was collected for the local Feed our Vets program.

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

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

Best Appearing Pump/ Engine: Cedarville FD;
Best Appearing Ladder Truck/ Tower: Dolgeville FD;
Best Appearing Tanker: Cassville FD;
Best Appearing Rescue: Lee Center FD;
Best Appearing Squad: Frankfort Center FD;
Best Appearing Ambulance: Edwards Ambulance Service;
Best Appearing Antique: Privately Owned 1951 (Former NHFD's) Mack;

The department traveling the farthest distance: East Syracuse FD.

This event is made possible thanks to our sponsors that include: Tallman's Tire, Steet-Ponte Auto Group, Edwards Ambulance Service, Gates-Cole Insurance Agency, Nicky Doodles, The Travelers, Dippin Donuts, A&P Master Images, JPJ Electronics, Churchville Fire Equipment, New Hartford Safe and Lock, PJ Green, JPB Fire Sales and Services, Amicable Lodge # 664 F. & A.M., Mirabito Energy Products, Fully Involved Reliable Electronics, United Radio, The New Hartford Shopping Center and Big Frog 104.

Next year's event is scheduled for Thursday, July 20, 2023.

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

NHFD Holds American Red Cross Blood Drive



The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, September 1, from Noon to 5pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

Thank You from the New Hartford Volunteer Fire Department Benevolent Association

The New Hartford Volunteer Fire Department Benevolent Association would like to thank all residents and businesses for their generous contributions to the 2022 annual fund drive. Your contributions are sincerely appreciated.

This follow-up letter will hopefully serve as a reminder, in case we missed you during our mailing, you simply forgot, or are new to our community.

Each year, the Benevolent Association distributes a letter to the residences and businesses of the New Hartford Fire Department fire district, requesting a contribution that assists us with our various community events.

Your contributions assist us with hosting a variety of events throughout the year. Without your support, we would not be able to host the numerous events the community enjoys each year.

- Our annual Memorial Day parade, Memorial Service, and open house.
- Numerous Fire Prevention details to all New Hartford schools; to include preschools, elementary schools, middle and high school students.
- Fire House tours and education to scout troops and other community organizations.
- Fire Truck Spectacular in July. Our 18th annual event this year, we had a record number of attendees participate.
- Recruitment days and open house each year at the fire station.
- 911 Memorial walk around the Village to honor those that perished on September 11, 2001.
- Annual Halloween parade and open house at the fire station.
- Christmas decorations at the station for all to enjoy during the holidays.

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 each year!

As in previous years, we are slated to respond to well over 1000 calls for service! We are currently averaging over 3 calls per day with an all-volunteer department. As of July 31, 797 calls for service have been answered by your volunteers.

These numbers do not include the thousands of hours of training endured by the members each year to keep us ever ready for any emergency we may be called to.

According to a financial impact study recently published by the Firemen's Association of the State of New York (FASNY), New York State's over 100,000 volunteer firefighters saved taxpayers over 3 billion dollars per year.

Again, we sincerely thank the many businesses and residents who have contributed to our 2022 Fund Drive. We also want to thank you for the many notes of thanks and appreciation included in your returns.

If we somehow missed you during our annual fund drive and you would still like to donate, you may drop off your contribution at any time. Please include your name and address so we can properly thank you.

Please utilize the mail slot on the front door of the Fire Station; or if you prefer you can always mail your donation to NHFBA, PO Box 328, 4 Oxford Road,

New Hartford, New York 13413.

As a reminder, and safety concern, the New Hartford Volunteer Fire Department never uses telephone solicitation for funding!

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

Sincerely,

The dedicated members of the New Hartford Volunteer Fire Department

Submitted by Joseph Luker, President New Hartford Volunteer Firemen's Benevolent Association, Inc.

NHFD Schedules 9/11 Memorial Walk

On Sunday, September 11, 2022 the members of the New Hartford Volunteer Fire Department will be doing a 9/11 Memorial Walk through the Village of New Hartford to commemorate the 21st anniversary of the September 11th, 2001 attacks. The members will be walking in memory of all of those that lost their lives on that day and for the people still suffering from the effects of that day. Please take a moment and remember those lost and their families who miss them still today.

The route will be the same as previous years: Members will leave the fire station on Oxford Rd, to Genesee Street and head towards the New Hartford Shopping Center, Genesee Street back to Oxford Road, to Hoffman Road up to Hillside Avenue, back to Oxford Road, to Sherman Street up to Hillside Ave, back to Oxford Road, to Sanger Ave up to Hillside Ave, back to Oxford Road and back to the Fire Station. This will total 3.43 miles, which will honor the 343 FDNY members lives lost on 9-11.

The walk starts at 8:46 a.m., the same time that Flight 11 crashed into floors 93 thru 99 of the North Tower. At that time, the fire station horn will sound and again at the following times:

9:03 a.m. - Flight 175 crashed into floors 77 through 85 of the South Tower,

9:37 a.m. - American Airlines Flight 77 crashed into the Pentagon. The crash and fire took the lives of 59 individuals on the plane and 125 on the ground.

10:03 a.m. - United Airlines Flight 93 crashed near Shanksville, Pennsylvania after passengers and crew storm the cockpit. Forty people on board lost their lives.

The department horn at the fire station will blow at each time stated above in remembrance with a moment of silence.

All of the members walking will carry a name of a New York City Firefighter (FDNY) with them during the walk and read their name as they ring a bell in remembrance of them on that day in front of the fire station.

The department will also have members heading to the City of Utica on September 10th to participate in the annual 9/11 CNY Stair Climb in remembrance of the September 11, 2001 attacks. The NHFD members and those individuals from other area fire departments including EMS personal and law enforcement officers will climb 110 floors in the State Office Building.

Submitted by: Asst. Chief, Richard E. Alexander Jr. NHFD 9/11 Committee Chairperson

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New Hartford Rotary News

If you have been reading or listening to the news lately, you have probably heard about the young man from the NYC area, in his twenties and unvaccinated, who has contracted the wild polio virus and is now suffering from paralysis. Related to that story is the fact that the wild polio virus has been found in some of the sewer systems in the NYC area. Too many times we have heard that the spread of polio is “only a plane ride away”. Has that plane ride happened? New York State Health Commissioner Mary Bassett warned that the confirmed polio case in an adult and the detection of the virus in sewage could indicate a larger outbreak is underway. “Based on earlier polio outbreaks, New Yorkers should know that for every one case of paralytic polio observed, there may be hundreds of other people infected”, Bassett said.

The U.S. was declared polio free in 1979 and a case had not originated in the country since then, but travelers have occasionally brought the virus into the U.S., according to the Centers for Disease Control and Prevention. New York last confirmed a polio case in 1990 and the U.S. previously confirmed a case in 2013, according to state health officials.

Bill Gates weighed in, calling the news an urgent

reminder “that until we End Polio Now, it remains a threat to us all. The global eradication strategy must be fully supported to protect people everywhere.”

When Rotary launched the PolioPlus program in 1985, there were more than 350,000 polio cases in over 125 countries. Since 1988, when Rotary began working with its partners in the Global Polio Eradication Initiative to immunize more that 2.5 billion children, the incidence of polio has decreased 99.9%. Rotary’s contributions to the Global Polio Eradication Effort have totaled more than \$2.1 billion and countless volunteer hours to protect over 3 billion children in 122 countries from this paralyzing disease. Rotary’s advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. With the new Rotary year having just begun (July 1st), New Hartford Rotary and District 7150 along with the United Nations and the Bill and Melinda Gates Foundation are still active in participating in and promoting the Global Polio Eradication Effort. Our club yearly makes contributions to the Polio Plus campaign through the Rotary Foundation.

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 <https://newhartfordrotaryclub.org> or follow us on Facebook at <https://www.facebook.com/NHRotary/>.



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Alexandra G. Kogut Memorial Fund Awards Multiple Grants to Community Organizations

The Alexandra G. Kogut Memorial Fund was created by Becky and Mark Kogut in honor of their daughter, Alexandra, to support community organizations that share her passion and kindness. Each year, several grants are awarded through this donor-advised fund of the Community Foundation of Herkimer and Oneida Counties, allowing Alexandra's spirit to live on. Grants are awarded to programs and organizations that reflect Alexandra's interests, including swimming and her love for children.

"Thanks to generous support from the Alexandra G. Kogut Memorial Fund, we will be able to expand our collection of children's picture and chapter books in non-English languages," said Chris Sagaas, Director of Utica Public Library. "These items are often expensive to purchase, but their necessity in a community like ours is obvious. Books in home languages of the area's refugee and immigrant populations not only complement English language acquisition learning going on in our schools, but foster cross-cultural understanding and allow for family-based, multi-generational social reading experiences."

The fund has supported the following community organizations in 2022:

House of the Good Shepherd

A grant to purchase equipment for Kinship Kits for children and families in the Foster Care Kinship Program in honor of Josh Zbytniewski.

Midtown Utica Community Center (MUCC)

A grant to support the Summer Sports Program, a program to honor creativity, diversity and the arts for local youth in honor of Grady Moyer.

Sleep in Heavenly Peace – Utica Chapter

A grant to purchase lumber and mattresses to build beds for local children in honor of Vinny Maugeri.

Thea Bowman House

A grant in support of Thea Bowman's summer reading program, Reading Rockets, which aims to improve literacy among elementary children in Herkimer and Oneida counties by focusing on reading, writing and spelling.

Town of Inlet

A grant toward the purchase of marine buoys for Arrowhead Beach, improving the protection of the beach and boaters.

Utica Public Library

A grant to purchase picture books for children in foreign languages, including Arabic, Burmese, Karen, Russian, Spanish, Somali, Swahili, Dari and Pashto.

YWCA of the Mohawk Valley

A grant to Hall House, an emergency shelter of the YWCA, to purchase a couch for its Children's Room.



Community Impact Through The
Alexandra G. Kogut Memorial Fund

House of the Good Shepherd
Kinship Kits
In Honor of Josh Zbytniewski

Midtown Utica Community Center (MUCC)
Summer Sports Program
In Honor of Grady Moyer


Sleep in Heavenly Peace – Utica, NY Chapter
Lumber and mattresses to build beds for local children
In Honor of Vinny Maugeri

Thea Bowman House
Reading Rockets Summer Literacy Program

Town of Inlet
Marine buoys for Arrowhead Beach

Utica Public Library
Picture books for children in foreign languages

YWCA of the Mohawk Valley
Couch for the Children's Room at Hall House




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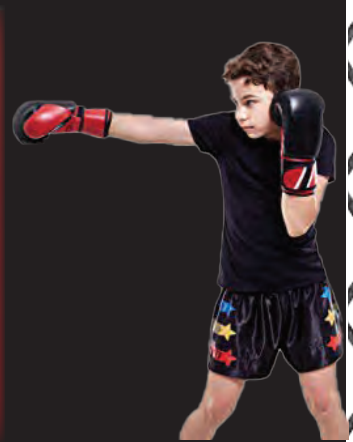


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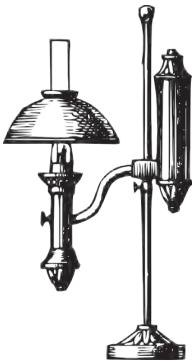
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TRAIN WITH CHAMPIONS!



by Victor J. Fariello Jr.



From The Mailbag

Q. I was given this vase by my great aunt several years ago. I know that she cherished it as something special and wanted me to enjoy it as much as she did, which I have. I know that it is Roseville pottery by the mark on the bottom. Can you tell me anything else about it and its value?

A. Your lovely Roseville vase is in the easily recognized “Bleeding Heart” pattern. Roseville was a prolific pottery maker founded in Roseville, Ohio in 1890. At one point they had over 1,000 employees in several factories working steadily to produce their very distinctive pottery. The fact that so much of it was made and still exists today affects the value. I estimate your vase at \$150.

Q. I was given this delightful pink depression glass piece by a dear friend. I would never part with it but I’m curious as to what it might be worth?

A. Your covered sugar bowl is a great piece. Prices for depression glass have been down for quite some time, as are antiques in general. Its value today is around \$50. It can only go up from there!

Q. I purchased this clock at an auction about 20 years ago. I know that it depicts President Franklin Roosevelt. Can you tell me anything else about it and if it’s worth anything?

A. Your great clock with the “FDR-Man of the Hour” slogan is an endearing symbol of just how much this President was revered. It was very common to have a framed picture of FDR in your home. There were also ceramic wall plaques with his image and a myriad of other objects from china to things like your clock which was manufactured by the United Clock Company in 1933. Even though many were made, this item is somewhat scarcer than most FDR memorabilia. I value it at around \$200.

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. You can check out our Facebook page by searching “lovoldstuff” or visit www.questers1944.org.

Support Your Historical Society

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. Why not join or renew your membership today?

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. Any photos submitted will be returned upon request.



This decorative vase was made by the Roseville Pottery, one of the largest potteries in the U.S. for many decades.



This covered sugar bowl is an excellent piece of pink depression ware.



This clock depicting FDR was found in many homes in the 1930’s.

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Utica Rotary Club member Joe Caruso, nominator Trinh Truong, Sister Elizabeth Greim and outgoing Club President Stephen Turnbull

Utica Rotary 'Service Above Self' Gala Helps CABVI Camp Abilities Program

The Rotary Club of Utica recently held a Service Above Self Gala at The Stanley Theater in Utica to benefit the CABVI Camp Abilities program. A sold-out crowd dined on stage and danced to the music of Soul Injection. The Gala raised over \$12,000 for Camp Abilities, a program of the Central Association for the Blind and Visually Impaired, which provides camping experiences for area youth with visual challenges.

Also, during the evening, a few awards were given to the following members of the Rotary Club: Jerry Kraus, The Quiet Giver Award, and Darby O'Brien, The Paul Harris Fellow. Sister Elizabeth Greim received the Community Service Above Self Award.



Utica Rotary Club member Jerry Kraus and outgoing Club President Stephen Turnbull



Utica Rotary Club member Darby O'Brien and outgoing Club President Stephen Turnbull

For information on how to place a free article for your community event or local news, please call 315-723-4827

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Christopher J. Carbone

Lessons Learned: What would I tell my younger self about money and investing?

Note: [Wells Fargo Advisors/Wells Fargo Advisors Financial Network] asked colleagues and friends what they would tell someone who has just graduated and/or is starting a new phase in their lives. Here are some of the thoughts they shared.

As you enter a new stage of your life, it makes sense to give some thought to how your money factors into your routines and habits.

Take a close look at your money attitudes and behaviors.

Maybe you have saved every dollar you ever received for every birthday and holiday since you were young. Or maybe you’ve spent every one of those dollars and do the same with every paycheck. This may be a good time to recognize and perhaps start to change any behaviors that may be contributing to a less-than-optimal outcome. It is never too late to start paying yourself first.

Be intentional in your money decisions.

It is tempting, if starting out with a new job with a steady income higher than you’ve ever had before, to want to go on a spending spree. Before you start spending, give careful thought to ALL the jobs that money can do for you. Money can buy things, but it can also, depending on how you use it, create stability or help you reach goals you set for yourself. Devote some time to think about the role money will play in your life. Your decisions about money can have very positive or very negative results. (Will money be your friend or your enemy?)

Have a plan.

Some people have a clear plan for their entire lives and start to work that plan upon graduation or at the beginning or completion of a life milestone. If you are not one of those people, at least create a one-year plan for your life activities and calculate the amount of money you will need to support that. Set that budget, and stay true to it for that first year. Commit to some amount of money to save that you will consider untouchable for this first year. At the end of that year, assess your progress, celebrate your successes, and learn from any setbacks. Adjust and implement your plan accordingly.

Pay yourself first.

Create the “pay yourself” habit, and automatically increase contributions as your income rises. Sign up for workplace savings and retirement accounts. If your employer offers a certain percentage match, at least participate to that level to receive the “free money” your employer provides. And with every increase in wages, increase your savings contributions as well.

Pay off your debt AND start saving.

“OK,” you say, “I want to save but I have school loans or other debt.” Work to rebalance the scale — pay off your debt to stop your cash outflow and reroute that cash flow back to you. Everyone has a unique set of circumstances to consider in order to reduce debt and save more.

Manage your credit to your advantage.

Resist the temptation to accept every credit offer you get. It’s important to establish a credit history in order to build your credit rating, but the use of multiple credit options could lead to unwanted debt. If your money plan includes a credit component, have a clear understanding of how much that credit is costing you. Also keep track of your credit rating and understand actions you can take to improve it. Check your credit report on a regular basis to be sure that all the information that appears there is accurate. If it is not, report the discrepancy so that it can be corrected on your credit report.

Enjoy the rewards your hard work earns for you.

It takes effort to earn money and to manage it to implement the plans you’ve made. Include in your plans rewards that are meaningful to you. Take time to enjoy the results of your efforts.


Wells Fargo Advisors does not provide tax or legal advice.

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 in Clinton, NY at (315) 723-7386

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MaryJo Kelley, Director of Faith Formation

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Sunday Masses: 8am & 11am

Mon-Fri Masses: 7am & 9:10am

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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!

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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.

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

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Sunday Service of Holy Communion at 10am followed by fellowship

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AA Meetings: Sundays at 8pm

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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. Riggle, Pastor

45 Genesee Street, NH 315-732-1139

newhartfordpresbyterian.org

office@newhartfordpresbyterian.org

Sunday morning worship continues at the regular time

of 10:30 in September, in the sanctuary and livestreamed

on NHPC's Facebook page. The Faithful Blend space in

fellowship hall welcomes children of all ages following

children's time during worship, with parents welcome

to join their children. The service is livestreamed from

the sanctuary onto a large screen in fellowship hall so

everyone can follow along and participate as they choose. A

supervised nursery is also available for young children.

Grandparents Day will be celebrated with an ice cream

social on September 11. Starting at noon on the 18th there

will be a cook-in meal preparation for the Morrow Warming

Center and on the 25th NHPC volunteers will prepare meals

at Hope House.

New Hartford Presbyterian Nursery School will hold its

first day of school on September 12. That will be preceded

by open house information sessions for parents only on the

7th and 8th, during which parents are invited to meet the

teachers and check out the indoor/outdoor learning spaces.

These sessions are as follows: for the 3-year-old class,

Wednesday, September 7 at 6 p.m.; for the 4-year-old class,

Thursday, September 8 at 6 p.m. The Nursery School is also

sponsoring a fall mum fundraiser to benefit the school.

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Sunday 8:30 & 10:30 AM

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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.

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

firstbaptistnh@gmail.com

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on Facebook "First Baptist of New Hartford"

Sunday Service - 9:30am

Sunday School - 11:00am

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315-724-3179 uuutica.org

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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

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Where: The UU Church of Utica is located at 10 Highboy

Road, Utica, NY

Cost: This is a donation-based concert; please come

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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

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at jackpendrak@gmail.com or call him at 315-527-9535.

Find up-to-date info and learn more about us at our website,

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Universalists come from different faith backgrounds but

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*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

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105 Utica Road, Clinton www.clintonmethodist.org

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Sunday Worship Service 9:30 AM

Sunday school during worship following children's time

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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

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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

ZION LUTHERAN CHURCH

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info@mohawkvalley.church
Pastors Mike & Susie Melnick
Contemporary Worship led by Mark Bolos

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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.
Adult Sunday School Class - We are beginning a new adult Sunday School class for couples. We will be going through Strengthening Your Marriage by Wayne Mack. Sunday School begins at 9:30. A safe and loving nursery is available as well as other classes for all ages - kids, teens, and adults. Handicapped accessible. Nursery Provided.
www.biblebaptistchurchnewhartford.org

ST. MARGARET'S ECUMENICAL & RETREAT CENTER

47 Jordan Road, New Hartford – 315-724-2324
stmargaretshouseny.org
info@stmargaretshouseny.org
Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
September & October 2022 On-Going Weekly Activities
Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Zoom.us ID: 842 3057 0175 Passcode: SMH
Wednesday Lunches at 12:30pm
Includes main + veggies, salad, bread, and dessert
Please make a reservation by the Friday before 315-724-2324. Suggested donation \$13 per person
On-Going Monthly Activities
Friends of Emmaus House Meetings
2nd Wednesdays at 10AM - St. Margaret's House
New Members Welcome!
Conversations with Rev. Gillett
2nd Wednesdays at 1:30pm
Group discussion about Matters of Faith
What's Cooking with Irene
** Third Wednesdays at 5:00pm (take out) and 6:00pm (dine in) **
Please make a reservation by the Friday before 315-724-2324 ** Suggested donation \$17 per person **

September 21st Monthly Dinner

Stuffed Zucchini Boats, Salad, Roll, and Dessert

October 19th Monthly Dinner

Lasagna, Tossed Salad, Bread, and Dessert

It Takes a Village - September 6th & October 4th

You are cordially invited to join Rev. Elizabeth Gillett and Executive Director Judy Reilly for a faith-based, community-building series. Each month the group will select a work with a contemporary theme from which to begin a dialogue. Themes that will be covered include: poverty, income and equality, joy, racism, addiction, and more. The group meets from noon to 2pm - lunch included. This program is graciously provided through the funding from the Episcopal Diocese of Central New York's Ministry Grant.

Summer Concert Series

Please join us for our final concerts of the season as we wrap up summer!
Sept. 6th from 7 pm to 8:30 pm - Kevin Bailey
Sept. 27th at 6:30pm - Wildflower - End of Season Concert
Refreshments Provided
Please Bring Lawn Chairs - Picnic Blankets
* Rain or Shine * - Events to be held inside in case of

inclement weather

Donations Gladly Accepted to Support the Ministries of St. Margaret's & Emmaus House

These events have been supported by a grant from Stewart's Shops Foundation. Thank you, Stewart's!

Summer Tours of CNY Shrines

Please join us for our final summer tour. We will gather at St. Margaret's at 10am and carpool from there. Please let us know if you are willing to drive so we can ensure that we have drivers. Please plan to make a donation to the site visited and to the driver - perhaps \$5-\$10 for each.

Sept. 26th Holy Trinity Monastery, Jordanville

Please dress conservatively - women are asked to wear dresses/skirts, with shoulders and heads covered

Mary Magdalene Study - September 20th & 27th, and October 4th

Join Deacon Barbara Groves for a study and discussion group around the life and times of Mary Magdalene. The group will meet at St. Margaret's from 2pm to 3:30pm on Tuesdays, to include September 20th & 27th, and October 4th. Please call to register.

PSALMS AND THEIR PSUBTLE PSECRETS - September 28th

Ever wonder why so many great historic names in religious history praised the Psalms in superlative terms while you only find certain lines important, as you read them? They seem simple enough. You know how to read other parts of the Bible – why do Psalms seem so stubborn?

Consider taking part in a conversation about the Psalms on Wednesday, September 28th at 1:30pm, approached largely by the questions, frustrations and experiences you and others bring with you, and orchestrated under the guidance of the Reverend John LaVoe. Additional sessions based on needs and interests of the group.

Celebrating the Love of St. Francis, Blessing of the Animals - October 4th at 6pm

Please join us at St. Margaret's to have your pets, or a picture of your pets, blessed in a show of appreciation and thanksgiving for the bond of people and animals. We will also welcome donations of toiletries, food, and pet food for the animal shelters and needy in our community. Pets must be leashed or in a carrier.

Grief Group - September 13th & October 11th

St. Margaret's continues to host a facilitated grief group to support anyone experiencing loss - new members are welcome to join. The group meets monthly on second Tuesdays from 6:30 to 8:00pm. Please call if you have any questions.

Work Day - October 25th at 9am

Please join us the morning of October 25th to help prepare the grounds of St. Margaret's for the fall and winter. Lunch provided.

CITY HOPE CHURCH

1415 Sunset Ave.
Utica, NY 13502
315-797-7775
Robert Tanner, Pastor
Sunday: 9:00am and 11:00 am

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

1607 Genesee Street, Utica
Rabbi Gustavo Geier
Executive Director: Mrs. Mundy B. Shapiro
Fri night - 5:30pm
Sat morning - 9:30am on Zoom

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.

*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



@NLAC4all

New Hartford American Legion Post 1376
Will be sponsoring a Fundraiser to support
The war efforts in Ukraine
Saturday October 1st
11:00am – 6:00pm



**Raising Funds
for Ukraine**

**All donations will go towards Trauma
combat kits and assist Ukrainians
with Medial Rehabilitation**

**There will be a silent auction
for a Quilt and several Baskets!**

**Sponsors include:**

**ECR International – Smith Packing –
New Hartford American Legion Post 1376**

OPEN TO THE PUBLIC!

**There will be food for sale
Pierogi – Kielbasa- Kapusta
Hot Dogs – Hamburgers!**



Donations from individuals or companies will be accepted. Make checks out to:
New Hartford American Legion
C/O Ukrainian Fund Raiser
8616 Clinton St., New Hartford, NY 13413



Helen M. Sarandrea P.T., PLLC
Physical Therapy & Sports Care

Think exercise is the only thing your #PT will recommend for arthritis? You might be surprised...





What can #PT do for arthritis? Probably more than you think.



Is the pain from arthritis spoiling your summer plans? Here are some ways your PT can help.

Living with arthritis can be tough, but physical therapy could be the answer you've been looking for...



CALL US AT 315-738-1671 TODAY!

8200 SENECA TURNPIKE, CLINTON, NY 13323

Physical Therapy Offers Many Options for Arthritis Treatment

Physical therapy might not be the first treatment you think of for arthritis, but it probably should be.

Many people with arthritis choose to use medication to manage their pain, stop activities that hurt, and wait for things to get bad enough to have a joint replacement. But this isn't a great plan - all medications have side effects, even over the counter ones. Reducing activity leads to muscle atrophy and even stiffer joints. Joint replacement surgery usually has good outcomes, but it does come with its own set of risks and a painful recovery.

If that doesn't sound like the plan you want to follow, physical therapy might be for you. Research has shown that PT leads to good outcomes for patients with arthritis including reduced pain, better mobility, and delaying or preventing surgery.

Physical therapists typically start with exercise as the base for arthritis treatment. Exercise helps to regain lost motion, decrease feelings of stiffness, and strengthen muscles surrounding the affected joint. These benefits are all somewhat obvious. What surprises many people is that exercise has been shown to be as effective as medication for pain relief in many types of arthritis, without the side effects.

Education is usually combined with exercise to help people understand their condition, what to expect, and how to manage it. As experts in human movement, physical therapists can also teach you ways to modify how you perform certain tasks or activities to reduce the strain on joints.

In addition to modifying how you move, a PT can also suggest ways to modify the environment at work or home to reduce pain and improve function. This might include things like using a monitor stand to improve your posture at your desk, or buying pre-cut vegetables to reduce your work in the kitchen.

They may also suggest things like braces, orthotics, or other devices that can help maintain mobility and reduce pain. In addition to all of that, PT has also been proven to be a cost effective treatment.

With so many techniques that are proven effective in helping people with arthritis, physical therapy is a recommended first line treatment for many types of arthritis. Now that you have a better understanding of what PT can do, hopefully you'll think of PT first when you think of arthritis too.

CALL US AT 315-738-1671 TODAY!
HELEN SARANDREA PHYSICAL THERAPY
8200 SENECA TURNPIKE, CLINTON, NY 13323

Move Forward.
Physical Therapy Brings Motion to Life
www.MoveForwardPT.com

Helen Sarandrea Physical Therapy
(315)738-1671



Backpack Safety Tips

Wear Both Straps

Use of 1 strap causes one side of the body to bear the weight of the backpack. By wearing 2 (both) shoulder straps, the weight of the backpack is more evenly distributed.

Position the backpack over the strongest mid-back muscles

- The backpack should rest evenly in the middle of the midback.
- Shoulder straps should be loose enough to put on and take off the backpack without difficulty, and allow free movement of the arms. But the straps should not be so loose that the backpack extends below the low back, or rest on the buttocks.
- Use the chest and waist straps for additional support.
- Ideally, the back of the backpack should be padded, and if there are compression straps, they should be used to bring contents of the backpack closer to the spine.

Lighten the load

- Keep the load at 10%-15% or less of the child's body weight.
- Children come in all shapes and sizes. So do backpacks. Pick a backpack that is the correct size for your child.
- Carry only those items that are required for the day. Some students have 2 sets of books, so as not to have to carry the heavy books to and from school. Reassess and repack each day, so that unnecessary items do not remain in the backpack.
- Keep the backpack load evenly distributed. Organize the contents by placing the heaviest items closest to the back.

HOW A PHYSICAL THERAPIST CAN HELP

Consult a physical therapist if your child complains of neck, shoulder, or back pain that you think might be related to an ill-fitting backpack.

Some children have physical limitations that might require special adaptations. A physical therapist can help determine the best fit to help avoid further injury or pain.

For information on how to place a free article for your community event or local news, please email 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.

Helen Sarandrea Physical Therapy (315)738-1671
8200 Seneca Turnpike Clinton, NY 13323

Brought to you by
APTA
American Physical Therapy Association



Sangertown Square Introduces “Back-to-School Shopping Spree Giveaway” Photo Promotion with a Chance to Win \$500*

-- Guests have an opportunity to win by submitting photos or videos of their back-to-school shopping experience at Sangertown Square now through September 5, 2022

Let the back-to-school shopping season begin! Head over to Sangertown Square for your chance to win \$500* from the “Back-to-School Shopping Spree Giveaway” promotion, now through September 5th. Simply visit any of Sanertown Square’s shopping, dining, and entertainment venues, scan the unique QR code, and upload a photo or video of your back-to-school shopping experience to enter for your chance to win. Or, snap and share a photo or video on social media using the hashtag #BTSSangertown.

How to Enter

• Look for the unique “Back-to-School Shopping Spree” QR Code prominently displayed on storefront windows or cash wrap areas. Scan the QR code with a mobile device, upload a photo or video of your back-to-school shopping experience at Sangertown Square, and complete the online entry form.

Social Media

• Guests can also enter to win by posting photos or videos of their back-to-school shopping experiences at Sangertown Square on social media by using the official hashtag #BSTSangertown, as well as tagging and following Sangertown Square.

Promotional Period

• August 1st – September 5th, 2022

*Official Terms and Conditions

• No purchase necessary. One random grand prize winner will be selected from all eligible entries received across Pyramid shopping centers on or before September 30, 2022. Must be 18 or older to be eligible. Visit sangertown.com/back-to-school-giveaway for full details. The sweepstakes is subject to all applicable laws and regulations and is void where prohibited by law. All rights reserved.



William (Bill) Rust

Strategic Financial Announces Lead Advisor, William (Bill) Rust, Receives CFP® Designation

Strategic Financial Services, Inc. (“Strategic”), an independent, Central New York-based wealth management firm, is proud to announce that Bill Rust, has achieved his CFP® designation from the Certified Financial Planner Board of Standards, Inc.

“We are focused on helping people live great lives. Our approach as a fiduciary is to build lifetime partnerships with consistent service, a straightforward approach and good people,” said Alan Leist, III, CEO of Strategic Financial Services. “We are proud of Bill’s commitment to continued development and the impact it will have on our clients success,” added Leist.

Congratulations Bill Rust, CFP® Strategic Financial Services (investstrategic.com)



Chili Dinner

At St. Stephen’s Episcopal Church,
25 Oxford Rd. New Hartford

\$15 Drive-thru

Friday September 30th

4pm thru 7pm or till gone

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

Angels Among Us Food Pantry

Sept. 10th & 24th • Oct. 8th & 22nd
Nov. 5th & 19th • Dec. 3rd & 17th

Hours of Operation: 10am - 12 noon

The food pantry is located at: St. John The Evangelist Church,
66 Oxford Rd, New Hartford, NY.

Follow the signs to the driveway in the back during open hours.

In the event of food emergency issues, please contact the
St. John’s rectory from 9AM to 2 PM Monday through Thursday at
315-732-8521.

Our pantry provides services to all residents of New Hartford (btw Rt 8 and
Rt 12), Washington Mills, Chadwicks, Sauquoit, Cassville and Clayville

If this is your first visit, please bring proof of address.

If you do not have a permanent address, just come in. We will assist.

If you are unsure of eligibility, just come in. We will assist.

WE ARE LOOKING FOR VOLUNTEERS

TEFAP: The Emergency Food Assistance Program

Income Eligibility Guidelines: July 1, 2021 – June 30, 2022

Household Size	Annual Income*	Monthly Income*
1	\$25,760	\$2,146
2	\$34,840	\$2,903
3	\$43,920	\$3,660
4	\$53,000	\$4,416
5	\$62,080	\$5,173
6	\$71,160	\$5,930
Each additional person add	\$9,080	\$756

DISASTER SERVICES LLC.



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

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- 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!

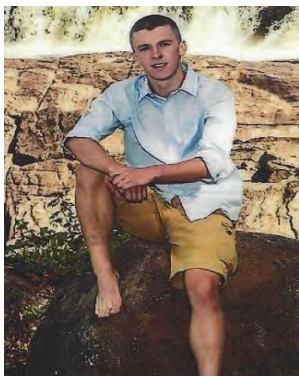
Water Damage:

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



5th Annual ~ September 18, 2022
Virtual Option ~ September 11 – 18, 2022
Register at ConnorsWay.com (click on RunSignUp)
Free T-Shirt with Registration through August 28, 2022
Team Discount Code Available (email don@connorsway.com)
Food Trucks & Live Music
Awards to Top Runners
Proceeds Fund Scholarships for Area Youth



Sponsorships Available through August 24, 2022
For more information go to:
WWW.CONNORSWAY.COM
WWW.FACEBOOK.COM/CONNORSWAYMEMORIAL

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Wild Goose Chase 5K Trail run/walk September 10, 2022
Join us at 10:30 am on the trails at Rogers Center, Sherburne, NY



Friends of Rogers 7th annual Wild Goose Chase 5K Trail Run/Walk registration open

The 7th annual Friends of Rogers Wild Goose Chase 5k Trail Run/Walk will be onsite at Rogers Center this year on Saturday, September 10th, 2022.. Wild Goose Chase is sponsored by Commerce Chenango, Steel Sales Inc, NBT Insurance Agency, Chobani and Proforma.

Well-groomed trails await you during this 5K challenge for trail runners and walkers, anyone age 4 and up can participate. Special \$5/discount pricing for children ages 4-10 . Find a golden goose egg on the trails and win a prize! Gazelle Race Timing will be the official timekeeper and provide each racer with a bib. The top three racers in each category receive a medal, a prize, and every participant receives a race t-shirt. Since you can run or walk the 3.4 miles at Rogers Center, your whole family can join you for this healthy way to get outside and enjoy nature. Simon Solomon, Executive Director said, “Mid-September is a great time to be at Rogers Center and run the trails. The migrating Canada Geese are all around Rogers Center and seem to cheer you on as they take off and land in the ponds.” Following the Wild Goose Chase theme, Friends of Rogers will continue the tradition of having a staff member dressed in the Canada Goose costume at the race.

This year Friends of Rogers received a tourism grant from Commerce Chenango for advertising the Wild Goose Chase outside of the county. Heather Tehan, Director of Development said, “This race brings trail runners into Chenango County from all over the state. The increased advertising dollars from Commerce Chenango helped us to place ads in more areas this year and we have seen an increase in registration from outside the area.”

Wild Goose Chase Registration is now open, go to <https://runsignup.com/Race/NY/Sherburne/RunFORRogersCenterWildGooseChase> to enter. T-shirts will be available for pick up onsite, or at conclusion of the race and mailed to those from out T-shirt size not guaranteed after 8/18 registration.

Rogers Center is operated by Friends of Rogers Environmental Education Center, Inc., a nonprofit organization that offers educational programs for people of all ages. Currently the trails are open dawn to dusk daily, and the restrooms are open daily 7 am – 7 pm. Visitor Center is open Wednesday – Saturday 10-4 and Sunday 12-4.

Mohawk Valley Chapter RPEA News

There will be a membership meeting on September 8th at Vernon Downs, 4229 Stuhlman Road, Vernon, NY. starting at 9am.

The breakfast buffet will consist of fruit, muffins, pastries, yogurt, eggs, western fritatta, french toast, bacon, sausage, breakfast potatoes, juice, coffee and tea.

The guest speaker will be Billy the Liquor Guy, Author of *Under Too Long*.

There will be door prizes and 50/50 raffle. Please call Brenda Leone for reservations, at 315-725-4387. The cost is \$16.50 per person.



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of the Good Shepherd
150 YEARS
1872-2022

AN EVENING OF
Celebration
150TH ANNIVERSARY GALA
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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 & Palliative Care
When you need us most.

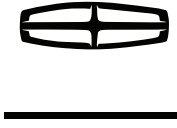
315-735-6484 | www.hospicecareinc.org

Because the most important conversations can't wait.

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TOYOTA



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