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Vol. 36 No. 10  
October 2022

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Utica NY

## Niagara Falls USA Getaway Raffle

A raffle is being conducted by the team Penguin Platoon for a getaway to Niagara Falls, New York. The proceeds benefit Making Strides Against Breast Cancer.

The package includes a two-night stay in a Riverview room at the DoubleTree by Hilton Hotel Niagara Falls, and two tickets for each of the following attractions; Cave of the Winds, Niagara Scenic Trolley, Aquarium of Niagara, and Whirlpool Jet Boat Tours. Transportation is not included.

The package is valid until October 1, 2023 and is subject to availability. Blackout dates may apply and lodging is only available Sunday through Thursday. Some of the attractions are seasonal and cannot be offered during off-season months.

The drawing will be held on Saturday, November 5. Tickets are \$5.00 each or three for \$10.00. They are currently being sold at Adirondack Cheese store in Barneveld, Alder Creek Golf Course, Back of the Barn Antiques in Remsen, and Triple Effects Salon in Marcy. You can also contact team captain Carol Buczek (315-831-3052 and leave message) to purchase tickets using credit or debit card, Paypal, or check.

Thanks to the generosity of Destination Niagara USA and PJ Green, 100% of the proceeds from ticket sales will go to the American Cancer Society. Funds raised help with research to end breast cancer, as well as to support free patient services including a 24/7 Help Line (1-800-227-2345), and overnight stays at Hope Lodge. Thank you for your support.



## Dinner Gala to Celebrate 200 Years of the Irish in Utica

On November 5, 2022, the community will come together to celebrate 200 years of Irish organizations in Utica. The Bicentennial Irish Gala will be held at the Irish Cultural Center of the Mohawk Valley, located at 623 Columbia Street, Utica.

At \$50 per ticket, semi-formal attire will be required, and the evening will consist of a 6:00 p.m. cocktail hour in the Five Points Public House, 7:00 p.m. buffet dinner served in the event center and a special program to round out the evening at 8:00 p.m. Tickets are available for purchase at the Five Points Public House.

The Irish Cultural Center of the Mohawk Valley opened in 2019, built on the land that once housed Utica's first Irish Church – St. Patrick's. The Center is home to a public restaurant and pub, event center and museum, and is devoted to promoting an appreciation of Ireland and the role and contributions of the Irish in America.

The year 2022 represents 200 years since the first Irish immigrants arrived in Central New York to begin the grueling task of building the Erie Canal. Following the treacherous working conditions, low pay and adversity that they faced, the Utica Hibernian Benevolent Society was born in 1822 and was the first of many Irish organizations that serve to promote camaraderie, provide support and unify the community.

All proceeds from ticket sales for the event will benefit the H.A.R.P Museum, located on the top floor of the Irish Cultural Center and serving to showcase the accomplishments of the Irish in the Mohawk Valley.

**Clinton Arts + Crafts Festival**

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**SUNDAY, NOV. 6TH 10AM - 4PM**

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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.*

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REVIVE  
SOFTWAVE THERAPY

## Revive SoftWave Therapy

Revive SoftWave Therapy has officially opened its doors to patients! Dr. Tim DelMedico has once again invested in the local community by bringing this revolutionary new device to the New Hartford/Utica area.

This new machine generates soundwaves (shockwaves) that travel 3300mph to stimulate your body to produce stem cells and send them to the area being treated. This results in decreased inflammation, increased blood flow to the area, increased range of motion and of course decreased pain. It is a cutting edge new device that repurposes lithotripsy (used to break up kidney stones) and modifies the waves to treat musculoskeletal conditions. It is completely non-invasive.

A few of the many conditions treated include: knee pain, hip pain, Golfers and Tennis elbow (epicondylitis), plantar fasciitis, carpal tunnel syndrome, arthritis pain, low back and neck pain, shoulder injuries, Achilles tears, tendonitis, bursitis, Bells Palsy, TMJ dysfunction and so much more. You can even use it to recover from surgery faster. It is used at the Cleveland Clinic, Mayo Clinic, along with several pro sports teams.

There are over 150 research studies supporting the Softwave device and 7 FDA clearances to back up its safety.

If you think you may be a candidate for this futuristic technology, for the month of October you can try it for just \$49. This fee includes consultation with Dr. DelMedico, mapping out your injury site with the machine, as well as your first SoftWave treatment. You will be told on the spot if you are a candidate for this treatment and if so, a plan will be formulated to get you out of pain and back on the road to recovery.

Call today at 315.725.8427 to set up your \$49 new patient Discovery Session, or visit [www.reviveutica.com](http://www.reviveutica.com) for more information. Revive SoftWave Therapy, LLC is located at 2709 Genesee St. in south Utica.



## Flags for Heros 2022

One thousand American flags will once again grace the median of the Memorial Parkway in Utica in early November in remembrance of our veterans, active military and first responders. This year marks the eighth annual Flags for Heroes sponsored by The Good News Center with money raised from this event benefitting Sitrin's Military program.

Each year the committee searches for a significant anniversary to recognize. Last year we commemorated the one hundredth anniversary of the Tomb of the Unknown Soldier, the thirtieth anniversary of the end of Desert Storm and the twentieth anniversary of the tragedy of 9/11. Through the efforts of all those who sponsored a flag, we were able to donate \$24,000 to Sitrin's program for post 9/11 veterans. Over nine hundred and fifty flags were sponsored. The goal this year is to have all one thousand flags sponsored in order to raise even more funds for this worthwhile cause.

This year our special recognition will be for our Vietnam veterans as it is the fiftieth anniversary of the last American soldiers to leave Vietnam and the fortieth anniversary of the construction of the Vietnam Memorial in Washington, DC. A special placard on the field will list all the Vietnam veterans who have been remembered with a sponsored flag. While we honor all who served, at our ceremony on November 5 at 3:30 PM in the Parkway Center, we will pay special tribute to our Vietnam vets. It is our way to give them the recognition that they did not receive upon their return from active duty all those years ago. We invite all servicemen and women to be a part of this tribute.

Feed our Vets will be at the Parkway Center at the ceremony to receive your donation of non-perishable food items to keep their pantry stocked for all veterans.

To sponsor a flag please visit [thegoodnewscenter.org](http://thegoodnewscenter.org) or call 315-735-6210. A tag will be placed on an imposing eight foot flag pole in honor or memory of a loved one who is a hero in some way to its sponsor. People have requested flags for veterans, active military, family members of active military and veterans, first responders and front line workers, whoever is their hero. We invite you to walk amongst the flags any time from November 2nd to 13th. It is not uncommon to hear the stories of some of the heroes as their family members reminisce.

Be a part of this experience, a Healing Field, and sponsor your flag today. Call 315-735-6210 or log on to [thegoodnewscenter.org](http://thegoodnewscenter.org).

## Iroquois Chapter of the ADK Meeting

On Tuesday October 4th 7 PM the Iroquois Chapter of the ADK will meet at The First Baptist Church, 7 Oxford Rd. New Hartford, for their monthly meeting. Our guest speaker will be Environmental Conservation Officer Darryl Lucas. Darryl has been an ECO since 1992 and now serves southern Herkimer County. In addition to his ECO duties Darryl is a firearms and defensive tactics instructor. He is also a member of the Special Operations Group and the Honor Guard.



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The Marr-Logg Restaurant


In an era of constant change, we seek the comfort and nostalgia of what is reliable in life. In that spirit, it is with great excitement The Marr-Logg Restaurant is celebrates 50 years in business. Cur John Marraffa opened The Marr-Logg House on Kellogg Rd in October 1972 with the love and support of his family. John's dad, Angelo, a former Utica Fireman, helped John prep in the kitchen. John married the love of his life Annette Belmont in 1973. In 1977 John and Annette welcomed their daughter Jeanna and in 1979 their son John Jr was born. As their family grew so did their business

The restaurant moved to Culver Ave in Utica in 1987 where John and Annette operated in unison until her passing in 2005.

While many restaurants have opened since 1972, only a special place would have the same owner, operator, manager and cook for 50 years. John Marraffa is that special person and The Marr-Logg is that special place.

The Marr-Logg is family. The Marr-Logg staff, many of whom have worked there for decades, greet their patrons by name. The Marr-Logg is a place where friends meet, and generations of families gather to enjoy great food in a hospitable atmosphere.

The Marr-Logg is open Tuesday -Friday from 7am to 1pm. Saturday and Sunday from 7am to 11:30am. You and your friends are always welcome.



**Talking Circles for Young Women Coming to My Center Within**

Imagine you have a brave space you helped to create that offered you a place to “center within” your heart and reflect on who you truly are. Envision a circle of peers in which you feel seen, heard and accepted unconditionally. In this space it is okay to not be okay, and it’s okay to talk about it.

How might your life be different?

Talking Circles provide a space to talk about what’s up in life, to speak from the heart — no judgment — no trying to “fix” anyone — just a time to be seen and heard, and to understand you are not alone.

Sara Blanchfield, a Certified Life Coach for Young Women and trained Facilitator of Teen Talking Circles, will be offering Talking Circles for young women in grades 9-12 at My Center Within in South Utica beginning in late October.

A gentle reminder that connection and trust take time to build. Confidentiality is important for connection and trust to blossom. For this reason, a bi-weekly commitment will be requested in December. Up until that point, all are welcome to come and explore whether a Talking Circle feels like a good fit! Circles will meet October through May.

Parents and young women in high school are invited to My Center Within for an information session about Talking Circles on Wednesday, October 12th at 7 PM. Simply email Sara at [sara@sarablanchfield.com](mailto:sara@sarablanchfield.com) or call her at 315-525-3030 to reserve a space.

Sara also offers one-on-one life coaching for young women and crystal energy healing known as The Cardinal Method of Life Connection. Visit [mycenterwithin.com](http://mycenterwithin.com) to learn more.

**Hospice & Palliative Care Offers ‘Grief and the Holidays’ at New Hartford First United Methodist Church**

Grief and the Holidays, an educational workshop on how to embrace the holidays while grieving the loss of a loved one, will be held Sunday, October 16, 2022, at the New Hartford First United Methodist Church, 105 Genesee Street, New Hartford, from 2:00-4:00 p.m.

The festive holiday season can be challenging for those grieving the death of a loved one. They find themselves torn between the need to grieve and pressure to get into the holiday spirit. For those who have experienced a loss some traditions this year will be new, different, or may not occur at all.

This workshop will help attendees learn ways to cope with grief during the holiday season, determine what is right for them and their families and refocus energy on positive activities that honor and remember their loved ones. This workshop will acknowledge the changes and limitations but also work on alternative activities and meaningful ways to be with family and friends.

The focus will be on how to build bridges from the past to the present by altering expectations to meet current needs. Included in the program is a ceremony to celebrate the lives of the loved one’s participants have lost. At the conclusion, refreshments will be served offering time to continue the support and comfort found during the program.

Pre-registration is required by Monday, October 14, 2022. To register, call Hospice & Palliative Care 735-6484 x1214 or 1-800-317-5661 Anyone suffering a loss is welcome to attend, there loved one did not have to be a hospice patient. There is no charge for bereavement groups or workshops. Donations are always appreciated.

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# NH Public Library

## 2 Library Lane

### 315-733-1535

**Monday and Tuesday 10am-8pm**  
**Closed on Wednesdays**  
**Thursday and Friday 10am-6pm**  
**Saturday 10am-2pm**  
**Sunday 1-5pm**  
**Computer Appointments Required**  
**Curbside Pickup Remains an Option**

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

Need some tech help? We have volunteers at the Library each Monday from 11:00-2:00 and 5:00-8:00 that are happy to assist you! Literacy CNY provides trained individuals to assist patrons on a one on one basis. They look forward to helping our community. We greatly appreciate this service they are offering our patrons.

### 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

### Dolled up for Fall

Members of the Heritage Doll Club of Central New York will welcome the change in seasons with a Fall-themed exhibit during the month of October. Dolls will be on display in the library's display case at the main entrance. The seasonal focus will be on colorful subjects like apple picking, pumpkins and scarecrows. The club is a regular contributor to library displays. The organization was founded in 1972 by Sally Sommers. Organized exclusively for charitable and educational purposes pertaining to doll collecting, the group meets monthly to learn about different types of dolls. The club welcomes new members and contact information will be included with the display. Books about dolls will be available for check out in a book rack in the library.

### Halloween Books, Movies Available

"On Halloween, witches come true; wild ghosts escape from dreams. Each monster dances in the park." – Nick Gordon

Join us in celebrating "things that go bump in the night" as the library offers a wide range of Halloween-themed books and videos. The material will be on

display in the large book rack near the library's main entrance and available for check out throughout the month of October.

### Family Pumpkin Carving Extravaganza: Tues. Oct. 25

We are excited to announce that The Family Pumpkin Carving Extravaganza is coming back to the library. Join us Tuesday, October 25 from 6-7pm as we carve pumpkins together. In order to ensure that we have enough pumpkins and that all children are kept safe we are asking that participants sign up for one pumpkin per family. Parental/adult supervision and participation is required. Pumpkin registration begins Friday, September 30th.

### Moose Around with Science: Saturday October 29

Join us at 10:30am upstairs in the Children's Area and Corasanti Room with live science demonstrations for elementary school children (ages 7 - 12) put on by the Society of Physics Students of Utica University. Event will end at 12:30. No registration required.

### Grab & Go Projects Adults Schedule

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

October 3rd – Mini Pom Pom Pumpkins  
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.

October 6th – Beaded Pipe Cleaner Pumpkin  
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.

- October 4 & 6 - Pumpkin Theme
- October 11 & 13 - Spider Theme
- October 18 & 20 - Monster Theme
- October 25 & 27 -Trick or Treat 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 (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.

### Stay Connected With Us!

The most up to date information regarding closings, reopening, programs and crafts can be found on our website and on our Facebook and Instagram pages.

Website: [www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)  
Facebook:  
[www.facebook.com/newhartfordpubliclibrary](http://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.  
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





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## Cayuga Centers Foster Care : Story & Craft : Oct. 17

Cayuga Centers Foster Care will be offering a story time session and free craft at the New Hartford Public Library! They will be reading the book "Home for A While" by Lauren Kerstein and providing a free craft to each child in attendance. There will also be information on how you can help an Oneida County child by becoming a foster parent with Cayuga Centers. Join us October 17th at 10:30 for this event.

### 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: Friday, October 7th 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.

### Mohawk Valley Chess Club

Join the MOHAWK VALLEY CHESS CLUB (USCF ID A6046725)! —The ONLY US Chess Federation certified chess club in Mohawk Valley! The group will meet at the New Hartford Public Library (Sammon Room) at 2 Library Ln every Sunday 2-4:30 pm. A USCF certified chess coach will be at each meeting. There is no fee for this weekly event.

### 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.

### Road Trip

We want to thank all of our patrons that participated in the Mid York Road Trip this summer.

Over 3,000 people participated and over 415 people visited all of the libraries in the Mid York system which earned them a gold library card. The staff of the New Hartford Public Library thoroughly enjoyed visiting with the road trippers and hearing stories of their many library visits.

Many thanks to our patrons for making this event so successful. Thank you to the Mid York Library System for planning this event and providing the prizes. Stay tuned for more system wide events!

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## VILLAGE OF NEW HARTFORD CURBSIDE JUNK COLLECTION

The following information pertains to VILLAGE OF NEW HARTFORD residents only and does not include the TOWN OF NEW HARTFORD.

For more detailed information refer to your Village Municipal Collection Flyer or call 315-724-0379 (DPW Garage) or 315-732-1147 (Village Office).

The VILLAGE of New Hartford will have a curbside junk pick-up on October 10, 2022 Materials must be at the curb by 6:00 a.m. on October 10th and sorted into separate piles as listed below:

- Please note anything longer than 8' feet will NOT be collected.

- Collection limits for categories #1) Household Junk and #2) Sanitary Waste are each limited to a pile not to exceed 4' wide 8' long and 3' high.

- 1) Household Junk: Lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 lbs. or less, furniture without fabric, porcelain sinks and toilets, and storm windows;

- 2) Sanitary Waste: clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys;

- 3) Metal: major appliances and metal products;

- 4) Tires: tires must be off rims and no larger than 16". No large truck or tractor tires.

The DPW will NOT accept:

- 1) Recyclable materials, lumber exceeding the limit stated above, and shingles not contained. For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.

- 2) Propane cylinders, liquids, such as paints, thinners, waste oil, herbicides, and pesticides may be disposed of at the Oneida Herkimer County drop site per their collection schedule. For more information, call 315-733-1224.

- 3) Automotive Batteries - due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.

Your cooperation with sorting materials and observing these guidelines helps reduce costs and insures the continuation of this program.

## VILLAGE OF NEW HARTFORD WEEKLY GREEN WASTE AND LEAF COLLECTION SERVICE

Leaves, grass clippings, and brush will be collected every Wednesday from May through September. During this time, brush must be bundled, and leaves, grass, and trimmings must be contained in reusable cans.

From October 1st through November 15th leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile.

- Plastic bags used for leaves and green waste will not be collected.

- Limbs must be under 12" in diameter and less than 6' long for collection.

- Please do not pile material in the roadway.

Compost is available free of charge while supplies last and can be picked up outside the Village hardfill dump located at the end of Graham Ave. Bring a shovel and containers.





Aging

submitted by Jim LaFountain, All American Fitness Center

At the end of the day at our center, I remarked to my wife, Cindy, “A really nice old timer joined today.” She perused his membership agreement and answered, “Old timer? He’s 68, your age.” Wow, that was an eye opener for me. Another member, who has read all of my fitness related articles for the past 25 years, remarked “You’ve written several articles entitled ‘Aging is a Myth,’ do you still believe that?” My answer, “It’s was easy for me to write that when I was 30, 40 and even 50, but nearing my seventh decade on this planet, I do NOT believe aging is a myth, it’s real, very real.

I confess, I’ve picked up some “aging behavior” I’m working on eliminating from my daily activities. I’ve noticed a dependence on railings while climbing or descending stairs. While getting dressed, I’ve also noticed myself reaching for a place for my hand to rest on in order to maintain balance. I’ve even found myself seeking a place to park that’s close to my destination which is something I frowned upon in my youth. These may seem trivial, but still uncharacteristic for me and my behavior just a couple years ago.

Aging’s effect includes:

- \***Sarcopenia.** Muscle mass, strength and function, drops 3-8%, per decade, after the age of 30 and even higher after the age of 60. Muscular strength decreases by 16-41% after the age of 40.
- \***Joint Flexibility** decreases 6% per decade between the ages of 55 and 86. This loss in flexibility adversely effects gait, balance and joint integrity.
- \***Body Shape** changes for the worst. Men, in particular tend to lose Gluteus Maximus & Minimus (Buttocks) strength and tone, while adding fat around the midsection, lending themselves to back and several additional problems. Loss of estrogen, makes life challenging for post menopausal women also.
- \*The **Left Ventricular Wall** of our heart, the chamber responsible for pumping oxygen rich blood to working muscles and organs becomes stiffer. This stiffness compromises the amount of blood pumped per beat, referred to as “stroke volume.”
- \*The **Endocrine System** is made up of organs and tissues that produce hormones that are delivered to target organs. This system slows with age.
- \***Osteoporosis**, the demineralization of bone tissue is common as we age. This demineralization causes bones to become more brittle and susceptible to fractures. Women tend to experience more demineralization than men.
- \*The **Central Control System**, consisting of our brain and nervous system, responsible for controlling movements , senses, thoughts and memories, becomes less efficient. As we age, signals from the brain and nervous system are compromised in their delivery. Nerve cells in the brain and nervous system atrophy (weaken) and signals are slowed.

**What can be done to minimize the ill effects of aging?**

In nearly every study I’ve read pertaining to aging, regular exercise and following a prudent diet are the optimal treatment to combat the ill effects associated with aging.

Cardiovascular exercise may be defined as rhythmic movement, involving large muscle groups, done for 20 or more minutes, most days of the week. Non jarring cardio, like walking, bicycling, swimming and rowing will provide a safe way to for older adults to ward off the ill effects of aging.

Resistance training for older adults is as important as cardio. Weights, machines and elastic tubing can provide the resistance needed to combat osteoporosis and maintain joint integrity. Three, non-consecutive days a week, addressing all major muscle groups, is an effective resistance training protocol.

Everyone knows, eating sugar rich foods, high fructose corn syrup additives and bleached flour products is a recipe for nutritional disaster. Since every cell in our body consists of 70% water, it’s also a good idea to drink plenty of water each day.

Although aging is NOT a myth, we can still do it gracefully, if we engage in regular exercise and follow a prudent diet.





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Richard Sherman

## New Hartford Highway News

from Highway Superintendent Richard Sherman

October is here and a reminder that your Town Highway Crew will begin picking up leave's curbside. We will once again have four collection routes with one for each ward and offer some guidance to help make the collection more expedient and efficient.

It's important to remember that our leaf vacuum trucks suck up the leaves through a long shoot and a propeller. If the leaf piles are mixed with debris such as sticks, dirt, rocks, brush or pumpkins, the propeller will be damaged and will require repair. This will then

leave the ward without leaf pick-up for several days.

We need your help to remember - leaves only! Additionally, please do not place leaves in bags.

We had another successful brush collection this year and it has been concluded. We will not be picking up any trees, and brush until spring. The compactor trucks will still be out to pick up the green waste of flowers and grass clippings. Our drop-off trash program at your Highway Garage will finish on September 26th.

The Town has finished the Foxcroft-Hubbardton Stormwater Detention Project. This was a great stormwater project that was funded by Oneida County and the Town of New Hartford and is working as designed. Flooding issues had plagued that area for many years. A note of appreciation for all the neighborhoods in Woodberry who withstood two years of trucks moving dirt on your roads to help neighbors in your area.

The Mud Creek Stormwater Dam Project on Mud Creek is 90% completed and should be done by the end of October. This project again was funded by Oneida County through the leadership of County Executive, Anthony Picente and your New Hartford Town Board. This project is behind Jay-K and along Middle Settlement Road. It should significantly decrease stormwater that gathers at the Jay-K intersection during major rain events.

Our Town Engineer is working on a plan for the main sewer line that is exposed in the Sauquoit Creek behind Hillside Gardens Apartments and is expected to proceed to bid shortly. This line became exposed due to erosion from various significant rain events.

We are continuing with the design and engineering of the Rayhill Trail repair behind the Highway Garage to the corner of Burrstone Road and Main Street in NY Mills, and should have an update within the next couple of months.

Got questions or concerns? Please do not hesitate to contact me personally at 315-534-2998 or e-mail at rsherman@townofnewhartfordny.gov.



  
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# New Hartford School Receives Prestigious 2022 National Blue Ribbon School Designation

A New Hartford Central School District school has once again been designated as a National Blue Ribbon School, an honor reserved for public and private K-12 schools that have achieved high levels of academic success or have made significant improvement in closing achievement gaps.

On Sept. 16, U.S. Secretary of Education Miguel Cardona designated 297 schools, including New Hartford Senior High School, as 2022 National Blue Ribbon Schools.

New Hartford is one of 20 New York schools, and the only Oneida County school, to receive the prestigious designation.

“New Hartford Senior High School is honored to be named a National Blue Ribbon School for the second time, first in 2016 and now again in 2022,” Principal Mark Benson said. “This is a truly amazing school system and community. The credit goes to our students, teachers, staff and community for their hard work and dedication to lifelong learning. This prestigious honor would not have been possible without them.”

The state Education Department nominated New Hartford Senior High School as an Exemplary High Performing School. Schools in this category are among their state’s highest performing schools as measured by state assessments or nationally normed tests. School staff then went to work on the program’s comprehensive application, which detailed the school’s demographics, academic efforts, instructional methods and philosophies.

Once submitted, applications are evaluated by a panel of judges during a two-phase review process. In the meantime, to remain eligible for 2022 National Blue Ribbon consideration, nominated schools must continue to meet program criteria in the current school year.

The Senior High School has about 660 students enrolled in its grades through 10-12 and employs about 85 staff members.

“We’re proud of the entire Senior High School community as this recognition affirms the exceptional work of our students and staff, which is made possible by the supportive family partnerships across our school district,” New Hartford Superintendent Cosimo Tangorra said.

“To receive this honor twice shows that our students and staff are not complacent and continue to work hard

and achieve high levels of success.”

This is the third time one of the district’s schools has received this designation. Ralph Perry Junior High was named a National Blue Ribbon School in 2008.

The U.S. Department of Education’s National Blue Ribbon School designation is an honor that never expires, and National Blue Ribbon Schools are held up as models for other schools. The U.S. Department of Education features the winners on its website, leaders of winning schools give presentations at state and regional meetings about their school’s practices and teachers from other school districts often visit National Blue Ribbon Schools to learn about effective leadership and instructional strategies, according to the National Blue Ribbon program website.

“As our country continues to recover from the pandemic, we know that our future will only be as strong as the education we provide to all of our children,” Cardona said. “Blue Ribbon Schools have gone above and beyond to keep students healthy and safe while meeting their academic, social, emotional, and mental health needs. These schools show what is possible to make an enduring, positive difference in students’ lives.”



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**Fair Trade Shop**

Since our Fair Trade Shop, located at Stone Presbyterian Church, 8 So. Park Row, Clinton is the only Fair Trade Shop in central New York, perhaps some explanation of the concept is appropriate. The key goals of Fair Trade are to empower low-income, disadvantaged or otherwise marginalized artisans and farmers around the globe to better their conditions, and to promote understanding between them and consumers. Fair Trade members pledge to:

- Pay a fair wage in the local context.
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- Provide financial and technical assistance to workers whenever possible

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3-Oct	4:30 PM	Field Hockey (Girls)	7th/8th	CVA
3-Oct	5:30 PM	Swimming/Diving (Girls)	Varsity	Baldwinsville
5-Oct	4:30 PM	Soccer (Boys)	7th/8th	Oneida
5-Oct	5:00 PM	Swimming/Diving (Girls)	7th/8th	Syracuse City
6-Oct	5:00 PM	Swimming/Diving (Girls)	Varsity	Cicero-N. Syracuse
6-Oct	6:00 PM	Soccer (Girls)	Varsity	Notre Dame
7-Oct	5:00 PM	Field Hockey (Girls)	Varsity	Clinton
7-Oct	5:00 PM	Swimming/Diving (Girls)	7th/8th	Cicero-N.Syracuse
8-Oct	2:00 PM	Soccer (Boys)	Varsity	Vestal
8-Oct	3:30 PM	Gymnastics (Girls)	Varsity	ESM/Lpool
10-Oct	11:00 AM	Football (Boys)	JV	Carthage
10-Oct	5:00 PM	Soccer (Girls)	Varsity	Fayetteville-Manlius
10-Oct	5:00 PM	Soccer (Girls)	JV	Fayetteville-Manlius
11-Oct	4:15 PM	Soccer (Girls)	JV	Utica Proctor
11-Oct	4:30 PM	Field Hockey (Girls)	7th/8th	RFA
11-Oct	6:00 PM	Soccer (Girls)	Varsity	Utica Proctor
12-Oct	4:00 PM	Football (Boys)	7th/8th	RFA
13-Oct	4:15 PM	Soccer (Girls)	JV	RFA
13-Oct	6:00 PM	Soccer (Girls)	Varsity	RFA
14-Oct	4:30 PM	Field Hockey (Girls)	Varsity	RFA
14-Oct	6:00 PM	Field Hockey (Girls)	JV	RFA
17-Oct	4:30 PM	Football (Boys)	JV	Corcoran
18-Oct	5:30 PM	Swimming/Diving (Girls)	7th/8th	West Genesee
19-Oct	4:00 PM	Football (Boys)	7th/8th	Utica Proctor (DMS)
21-Oct	6:00 PM	Football (Boys)	Varsity	Auburn
21-Oct	6:00 PM	Cheerleading (Girls)	Varsity (Fall)	Auburn (Fall)
29-Oct	9:30 AM	Football (Boys)	7th/8th	Whitesboro

Basket Extravaganza to Raise Money for Church Repairs

St. Joseph & St. Patrick Church, the home parish of Utica’s one and only canonized saint, St. Marianne Cope, is sponsoring a “Baskets by Design Extravaganza” on Sunday, Oct. 9, to raise funds for improvements at the church.

The basket raffle event, featuring custom-designed gift baskets, ranging in value from \$50 to over \$100, takes place from 11:30 a.m. to 3 p.m. at the Irish Cultural Center, across the street from the church campus. The raffle drawing starts at 2 p.m.

The event also features grand prizes, such as a 55” smart TV, as well as five mini-grand prizes.

Admission donation is \$6. Raffle tickets start at \$1 for baskets valued at \$50. Grand prize raffle tickets are \$10 each, or \$50 for six tickets.

Parish Council President Maria Salamida said the basket raffle is in support of a capital campaign to pay for repairs and improvements, noting that parishioners have been attending services at St. Peter’s Church while repairs are made to the roof.

“We want to keep our church in the best condition possible for generations to come to ensure that our children and grandchildren can walk in the footsteps of Utica’s own canonized saint and Oneida County History Center Hall of Famer, St. Marianne Cope,” said Salamida.

“As one of the key figures in helping to establish St. Elizabeth Hospital in Utica and St. Joseph’s Hospital in Syracuse, her legacy of quality in health care and the legacy of her Franciscan sisters lives on in Central New York’s hospital system today,” added Salamida. “She and her sisters brought those special skills to Hawaii, where they cared for lepers, in the late 1800’s.”

“This church needs to continue standing strong and proud as part of our Utica heritage and as a reminder of the vision and commitment of St. Marianne Cope.”

She said the public could help in several ways:

- Donate a basket (filled with new themed items).
- Give a monetary donation.
- Donate a gift certificate.
- Donate baked goods.
- Buy basket and grand prize tickets.
- Spread the word.
- Pray. In other words, “Storm the gates of heaven and raise the roof!”

To donate or get more information, contact one of the co-chairs, Maria Salamida at 315-797-6086 or Rosemary Pezzulo, 315-797-5265.

The 40th Family Rosary Crusade Celebration Dinner

Sunday, October 2nd

Immediately following The Rosary Crusade on Church Grounds in School Cafeteria/Gymnasium. **Approximate time 6PM**

Ticket prices are only \$35 per person

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_ Check Enclosed for \$ \_\_\_\_\_



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Buffet Dinner Menu

Hors d’Oeuvres - Salad - Tomato Pie

Chicken Francaise - Baked Ziti - Sausage & Peppers

Meatballs - Roasted Potatoes - Baked Chicken

Dessert - Coffee & Soda - Cash Bar

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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:** Everyone who lives In New York State can vote.

**REALITY:** In 2022, New York City passed Local Law 11 that permitted everyone residing in New York City to vote in all state and local elections. It was written to go into effect in 2023 and gave immigrants with permanent residency or legal work authorization the ability to vote in municipal races. Many of them have lived, worked and paid taxes in the city for years. Local Law 11 would have permitted over 800,000 noncitizens to vote in New York City elections.

Then came Supreme Court Justice Ralph J. Porzion of Richmond County who examined Local Law 11 and the New York State Constitution and ruled that they are not compatible. Therefore, Local Law 11 is stricken. He said that to give noncitizens the right to vote, the whole state would have to vote to change the state constitution by referendum.

The arguments are as you would expect. The Judge ruled that the state constitution says that CITIZENS meeting age and residency requirements can register and vote in elections. Therefore, Local Law 11 exceeds the authority granted to the city by the state constitution. Supporters of the law say that the clause “every citizen shall be entitled to vote” never explicitly says ONLY citizens can vote, it merely provides that a citizen cannot be deprived of a vote.

The challenge was brought by a group of primarily Republican lawmakers. The law is supported by leaders of the New York Immigration Coalition, among other groups. The case will be appealed and will next go to an Appellate Court as every case is entitled to one appeal by right.

**MYTH:** Federal and New York State criminal law are identical.

**REALITY:** We are all subject to two sets of laws, as well as administrative laws (like Department of Motor Vehicle regulations). In the area of criminal law, the

American founders left most police powers to each state. We are mostly governed by New York State criminal law. Since the U.S. Constitution was written, some police powers were taken over or supplemented by the federal government under certain clauses of the U.S. Constitution, especially during the Great Depression. This leaves us today equally subject to both state and federal police powers and laws. States are generally free to make state criminal laws more restrictive than federal laws, as long as the U.S. Constitution is not breached.

Many of the procedures in federal and state criminal law are identical, or at least greatly similar. However, a recent case highlighted a major difference.

Alan Weisselberg, former Chief Financial Officer of the Trump Organization, pleaded guilty to violations of state law. In return for not forcing an expensive trial (where he could be convicted of much more serious state criminal violations, or be found not guilty of all charges) the state government agreed that he only need testify against the Trump Organization, and not against Trump personally. This was the plea bargain. The procedure that was followed to reach the bargain involved a closed-door meeting among Weisselberg’s lawyers, the state lawyers, and the judge. The New York Times newspaper reports that the judge directly interceded in the plea discussions. They further report that the discussions were not recorded, were not in open court, and were held in the judge’s private office (chambers). Only

reporting from anonymous sources shed light on the discussions that led to the plea bargain in such a high profile case. They public was not privy to the discussions even though we the people have a stake in the outcome. The state judge was legally permitted to facilitate a guilty plea and cooperation deal privately in a criminal case.

The Times further reports that the District Attorney had been seeking much longer jail time if Weisselberg refused to cooperate against Trump and was convicted at trial. The judge stepped in and threatened that if Weisselberg did not accept a plea and was convicted without cooperation, he would go to jail the very same day. It appears that the judge’s intervention got the agreement going and that the plea package would not have been available without the judge intervening. Now Weisselberg knows that his sentence will be fixed and limited because of the judge’s intervention and participation.

In defense of the state system, some experts say that the guilty plea process would not work without judge intervention because state courts handle so many more cases than federal courts, and state courts would be hopelessly bogged down. Plea bargaining amounts to more than 80% of state case dispositions.

Such judge intervention into criminal plea bargaining would not have occurred in a federal plea bargain. The Federal Rules of Criminal Procedure explicitly state that a federal judge may NOT participate in plea negotiations. If an agreement is reached between defendant and the government, the agreement will be presented to the judge. She may then accept it or reject it as too lenient. A federal judge may not conduct non-transcribed, off the record sessions either in open court or in chambers with the parties. The theory is in part that the public is entitled to see the whole process. It is very likely that the Weisselberg plea bargain would not have taken place in a federal court with a federal judge.

**MYTH:** Once a law expires, the subject is closed.

**REALITY:** The Legislature can write laws that continue the principles from the expired law, and can expand on them. A recent example is the Adult Survivors Act (ASA) that Governor Hochul signed on May 24, 2022 after the Assembly passed it one day earlier. It replaces the New York Child Victims Act (CVA) that expired on August 13, 2021. Now, beginning November 24, 2022, all adult sexual abuse survivors can bring a lawsuit that was beyond the statute of limitations under earlier law. The lawsuits can be brought against abusers and /or the institutions that permitted the abuse to happen. The CVA opened the window for survivors of child-aged sexual abuse to be able to sue. The ASA expands the window for all who were 18 or older at the time of

the abuse, including children. It will permit suit against a broader range of businesses, and will expand their legal responsibility. By the time CVA expired, almost 11,000 lawsuits had been filed. Since ASA cases will come from broader groups against a broader range of institutions, ASA will likely result in many more than 11,000 cases.

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.



*The Reynolds Building was a four-story shoe factory located on John Street in Utica. It operated until 1894.*

## Exhibit Opening and Talk: Utica Shoes? Who Knew? Saturday, Oct, 2022, at 2pm

The most prominent industry that comes to mind when thinking about the history of manufacturing in Utica is textile manufacturing because many of the mill buildings still stand today. The new exhibit, “Utica Shoes? Who Knew! opens October 1 at 2:00 p.m. at the Oneida County History Center, tells the story of another major industry in Utica that often gets overlooked, shoe manufacturing.

The exhibit features over one hundred never before shown objects from the OCHC collection and sheds light on the rise and fall of this once thriving industry. Several factories employed hundreds of workers producing over two thousand pairs of women’s and children’s shoes a day.

The new exhibit features shoemaking tools, advertising, trade catalogs, photographs, and of course, shoes!

In concert with the exhibit opening, Patrick Reynolds, Director of Public Programs, will give a talk about the often-overlooked shoe industry in Utica, the leather industry in the Mohawk Valley, and their connection to national trends. This program is free and open to the public.

The Oneida County History Center is a private 501(c)(3) not-for-profit educational institution dedicated to preserving the history, heritage, and culture of the Greater Mohawk Valley for present and future generations. Admission to this program is free for the general public; donations are encouraged. Please contact the History Center at 315-735-3642 or visit the OCHC website ([www.oneidacountyhistory.org](http://www.oneidacountyhistory.org)) for additional information.



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### Spirit Halloween - Open at Sangertown Square

The nation’s largest specialty Halloween retailer, Spirit Halloween has opened its doors at Sangertown Square.

Spirit Halloween is located next to Dick’s Sporting Goods and opened Monday – Thursday 11am – 7pm, Friday – Saturday 11am – 8pm, and Sunday 11am – 5pm. Specializing in Halloween costumes, décor and accessories for everyone, guests are sure to find exactly what they are looking for as they prepare for Halloween. Plus, guests can enjoy a unique shopping experience as they interact with the exclusive animatronics setup throughout the store.

“We’re excited to have Spirit Halloween return to Sangertown Square and help the young and young at heart prepare for this spooktacular time of the year.” said Victoria Orilio, Marketing Director at Sangertown Square.

It’s not all ghosts and goblins for Spirit Halloween with their Spirit of Children program which helps provide funding to child health departments in hospitals. Since its inception in 2006, the Spirit of Children non-profit has raised over \$93 million to assist with art, aquatic, pet therapy and more at hospitals across the United States and Canada.

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



### Sangertown Square Hosts Fall Tykes Tuesday Event

Sangertown Square is hosting a special Tykes Tuesday Event for the kids off from school on October 10th.

This special fall Tykes Tuesday will take place in Center Court, on Monday, October 10th from 11am-12pm. Registered participants will take part in a Halloween costume contest and various fall activities.

Participants will be judged for the scariest, cutest, and most creative costumes. There will be one winner for each category. Kids 12 years of age and under are welcome to register at [sangertown.com](http://sangertown.com).

Registration for the Fall Tykes Tuesday Event closes October 5, 2022.

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

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## Sneaker Store Opens New Village Location



The New Hartford Chamber of Commerce proudly welcomed The Sneaker Store to its new location on September 16th with a Ribbon Cutting and Grand Opening Celebration. The Sneaker Store is the area's headquarters in specialty running, walking, hiking, and fitness.

"We are proud to provide superior fittings and customer service for our clients along with the most trusted names in athletic footwear, apparel, accessories, and nutrition. Bringing you over forty years of industry experience, we will continue to serve our customers with the knowledge and service you trust along with curated product selections and expanding services in our brand-new facility."



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There will be a silent auction  
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**MONDAY**

5:30-6:30PM - 20/20/20-Core/Flow/Restore with Colleen Lagasse  
This class unites a blend of core strengthening movements, vinyasa flow, and restorative postures to give your body a complete experience. Balance in life is key and this one hour class will assist you in finding physical and mental balance to tackle the week ahead. Class suitable for all levels.

**TUESDAY**

9:30-10:30AM - Yoga Sculpt Power Flow with Colleen Lagasse  
A power yoga class that focuses on building a stronger mind and body. Vinyasa flow structure with emphasis on strengthening your core, improving your balance and concentration and mindful movement. Expect to be challenged. Expect to feel amazing after! Modifications will be offered.

5:30-6:30PM - All Levels Vinyasa Flow with Colleen Lagasse  
Step onto your mat to engage in mindful movement set to the rhythm of your breath. Suitable for all levels with modifications provided for both the seasoned yogi and the beginner, take an hour to meet your body where it's at and be present.

**WEDNESDAY**

5:30-6:30AM - Rise N' Shine with Christina Reilly  
Greet the day with this early morning practice designed to engage the body and the mind to prepare yourself for the day ahead. Class suitable for all levels and modifications will be offered.

12:00-1:00PM - Flow Down Yin Yang with Colleen Lagasse  
Beat the afternoon slump with this lunchtime flow combining breath based movement to build heat and awaken the body with longer held static Yin postures allowing the body to relax and release tension, leaving you refreshed and renewed to take on the rest of your day. Class suitable for all levels and modifications will be offered.

**THURSDAY**

5:30-6:30PM - Hot Yoga with Amy Ruckel  
Dial up the heat and intensity in this sweaty flow class incorporating infrared heaters with humidifiers to assist in detox as you mindfully move with the breath. Bring water and a towel. Modifications will be offered.

7:00-8:00PM - Heated Yin Yoga with Colleen Lagasse  
A slow-paced meditative practice that mainly consists of seated postures held for longer periods of time to target your deep connective tissue, fascia, ligaments, and bones; helping you learn to breathe through your discomfort and sit with your thoughts. Longer held postures allow fascia to release, lengthen connective tissue, increase flexibility, boost circulation and reduce stress levels. Performing this practice in a heated environment allows the body to relax and release more deeply into the postures. Class suitable for all levels.

**FRIDAY**

9:30-10:30AM - Yoga Sculpt Power Flow with Colleen Lagasse  
A power yoga class that focuses on building a stronger mind and body. Vinyasa flow structure with emphasis on strengthening your core, improving your balance and concentration and mindful movement. Expect to be challenged. Expect to feel amazing after! Modifications will be offered.

**SATURDAY**

9:30-10:45AM - Back to Basics with Mellany Bartkowiak  
A beginner friendly yoga class focusing on the fundamentals of yoga. Vinyasa based and aims to bring awareness to the breath and body through movement, meditations, and breathing exercises. Whether you're new to yoga or have been practicing for years this class is a great way to slow down, focus on your alignment, breath, and body movements. No prior skill or knowledge required.

**SUNDAY**

9:30-11:00AM - Self Care Sundays with Colleen Lagasse  
An indulgent practice combining breathwork, meditation, vinyasa flow and yin/restorative postures to rejuvenate and restore your body and mind. Class suitable for all levels.

**\* SPECIAL MONTHLY - Yoga Nidra with Colleen Lagasse**  
Also known as "yogic sleep" or "effortless relaxation", this practice is performed laying down as you are led through a relaxing guided meditation drawing your attention inward. Yoga Nidra takes us effortlessly into a state of harmonious restful being. From here we can be healed, restored and awakened to our deepest, all knowing, all welcoming self. Practice is held by candlelight with the addition of essential oils to further add to the peaceful state.

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**Applications Open for 2022-2023 program of YEA! at MVCC**

Applications are being accepted through Monday, Oct. 3, for the Young Entrepreneurs Academy (YEA!) at MVCC, which is embarking on its 11th year of transforming middle and high school students into real entrepreneurs. Since the program's inception, just over 130 students have taken the class and gained exceptional experience in starting their own business, some of which are still running or have evolved. Applications are available online at [mvcc.edu/yea](http://mvcc.edu/yea).

Classes will be held from 5 to 7:30 p.m. Wednesday evenings Oct. 12, 2022, through May 3, 2023, and will be held mostly in person throughout the year at ICAN's new Family Resource Center at 106 Memorial Parkway in Utica. Classes will not be held during school breaks.

The class is open to students in grades 6-12 and class size is limited. Students from all local school districts are encouraged to apply, and educators are invited to nominate students they believe will excel in the program. Full and partial scholarships are available to qualifying students. Students do not need to have a business idea coming into the class.

"The MVCC Foundation is pleased and proud to continue supporting this amazing opportunity for students to become real-life entrepreneurs. Exposing middle and high school students to the day-to-day trials and triumphs of running their own businesses is a valuable and rewarding experience," said Deanna Ferro-Aurience, executive director of Institutional Advancement and the MVCC Foundation.

During the class, students:

- Learn how to create a business they are passionate about.
- Complete market research and develop a business plan.
- Work one-on-one with business mentors and graphic designers.

Attend field trips to learn from local entrepreneurs. Pitch their ideas at a "Shark Tank"-style investor panel presentation to win real start-up funds. Take part in a trade show. Graduate from the program with lifelong leadership and business skills.

Program Manager Michelle Truett said, "This is the class all business owners wish they had the opportunity to take when they were younger! It motivates, inspires, provides great connection with like-minded peers, teaches perseverance, fosters creativity, and so much more. Young students can forever say that they started a business when they were in middle or high school!"

Each year, one student from the program is chosen to represent the MVCC YEA! class at the Saunders Scholars national competition at RIT and will compete against students from all over the country, and others are awarded prizes ranging from newspaper articles, a one-year membership to the Greater Utica Chamber of Commerce, and an appearance on the Chamber's podcast.

Program sponsors include M&T Bank/Partners Trust Bank Charitable Fund and Berkshire Bank. Partners include WUTR Eyewitness News and the Greater Utica Chamber of Commerce.

Parents and educators can contact Program Manager Michelle Truett at 315-534-0067 or [michelle@484design.com](mailto:michelle@484design.com), or visit [mvcc.edu/yea](http://mvcc.edu/yea) for more information.

About YEA!

Started at the University of Rochester in 2004 with support from the Kauffman Foundation, the Young Entrepreneurs Academy (YEA!) is now in 168 communities across America with classes also in Shanghai and India. More than 4,000 students nationwide have launched over 3,000 businesses and social movements. This will be the 11th year that Mohawk Valley Community College has hosted it in the greater Utica area, and applications are now open for the upcoming class.

About Mohawk Valley Community College Mohawk Valley Community College, established in 1946, is New York State's first community college with a mission to provide accessible, high-quality educational opportunities for everyone. As the community's college, MVCC is committed to student success through partnerships, transfer and career pathways, and personal enrichment. With campuses in Utica and Rome, MVCC is the region's primary provider of college education, offering 90 degree and certificate options for its enrollment of 6,000 full- and part-time students. MVCC also serves an additional 6,000 people through its corporate and community education programs, and its campuses welcome more than 50,000 people annually for community events. To learn more about MVCC and its programs, visit [www.mvcc.edu](http://www.mvcc.edu).



**Perry Jr. High PTA  
Fall Flower Bulb Fundraiser**  
Are you looking for bulbs to plant this Fall? Please consider supporting the Perry PTA and purchase your bulbs through their fundraiser. Proceeds will help the Perry PTA contribute toward Student Activities, Student Appreciation and Teacher/Staff Appreciation. Perry PTA receives 50% of all product sales. Order online at [PerryPta.fpfundraising.com](http://PerryPta.fpfundraising.com)  
\*Sale ends October 15th\*  
Orders ship directly to your home in time for planting in our area.



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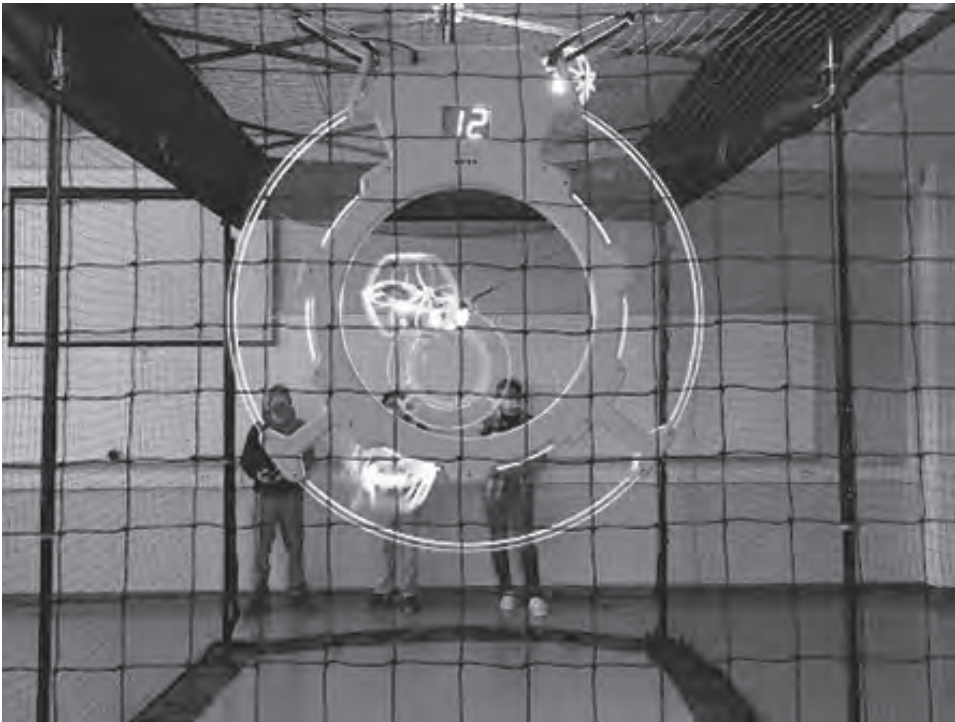
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U.S. Drone Soccer Season  
Kicks Off in New York

CNY Drones and SUNY Polytechnic Institute’s Academy of Model Aeronautics (AMA) Student Club are pleased to announce a U.S. Drone Soccer Inaugural Season Kick-Off for New York and New Jersey on Saturday, September 24, 2022, at 10:00am. The event will be live-streamed via Google Meeting from the SUNY Polytechnic Institute (SUNY Poly) Marcy Campus to support teams and educators throughout the two State Region. Those closer to the Marcy/Utica Campus can attend in person by pre-registering with CNY Drones.

U.S. Drone Soccer is an indoor "build, program and fly" sport that allows students to learn the technical aspects of unmanned aviation systems while holding interest through a fast-paced team participation. The game of Drone Soccer is played with flying quadcopters in protective exoskeletons designed for collisions. Five-player teams fly inside a netted 10-foot by 20-foot arena where they ram and block the opposing team to prevent them from scoring.

Over a year of testing with students and teachers, a new drone was developed that could withstand the intensity of Drone Soccer and meet the needs of the modern engineering classroom. The resulting Drone Soccer Ball is affordable, durable, and easily repairable with simple tools. Open-source software allows students to rebuild and reprogram the drone for depth of learning. Professional development training followed by access to a regional support network, helps educators and mentors find success with no prior experience.

“We know the exhaustive commitment of student robotics. We understand STEM educator burn-out and the need for something new. U.S. Drone Soccer offers a fresh approach, is reasonably priced, and related to regional technology growth. It’s a hands-on sports model that provides an entire team with the same build and flight experience. It also tackles two STEM program sustainability issues, the lack of connection to local technology and a regional support system. With U.S. Drone Soccer, educators are not only trained in drone building & game aspects, but supported by our centrally located technical hub.” says Lisa Marie Payne, CNY Drones Administrator & Co-Founder.

This year, Drone Soccer league play has expanded through a Nationwide roll-out. CNY Drones and SUNY AMA are hosting monthly Tech Meets in addition to the U.S. Drone Soccer Region II Championship on Sunday, March 26, 2023, at Wildcat Field House in Marcy. Interest from several neighboring States is anticipated. This year’s National Championship has also been claimed by the collaborative efforts of CNY Drones and SUNY Poly. Anticipate a soon-to-be-announced April 2023 date.

As Region II Affiliate, CNY Drones establishes the regional league play and offers support for schools, clubs and non-profits that wish to develop teams, leagues, and camps. Drone Soccer is growing in partnership with educational nonprofit organizations such as the Academy of Model Aeronautics (AMA), who are providing pilot insurance and courses for students to complete The Recreational UAS Safety Test (TRUST) with the FAA. U.S. Drone Soccer recently received designation as a Special Interest Group under the AMA.

The mission of U.S. Drone Soccer is to make aerospace careers accessible for all students. Drone Soccer is an educational e-sport that immerses students in aviation skills through classroom lessons and after school leagues for ages 12 to 18. It is the only competitive student robotics program that is also a recognized international sport by the World Air Sports Federation (FAI). National information and equipment pricing for this emerging e-sport can be found at <https://dronesoccer.us/>. New York and New Jersey team and league support is located on the CNY Drones information hub: <https://www.cnydrones.org>. Parents of interested students should encourage their local school district, BOCES or student club to get involved.

Uarda Temple No. 24  
Daughters of the Nile

ANNUAL FALL HARVEST BAZAAR  
and  
ROAST PORK DINNER

SUNDAY, OCTOBER 9, 2022  
12:00 NOON – 2:00 pm

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UTICA, NY 13501

PLATED DINNER  
INCLUDES ROAST PORK, MASHED  
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COFFEE, TEA, and HOMEMADE PIES

ADULTS \$12.00 CHILDREN 5-12 \$8.00  
CHILDREN UNDER 5 FREE  
TAKE-OUT will be available  
BASKET RAFFLES CRAFT ITEMS

All proceeds to benefit the General Fund of  
Uarda Temple No. 24 Daughters of the Nile

Angels Among Us Food Pantry

Oct. 8<sup>th</sup> & 22<sup>nd</sup>

Nov. 5<sup>th</sup> & 19<sup>th</sup> • Dec. 3<sup>rd</sup> & 17<sup>th</sup>

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





## Briega Murphy - Singer- Songwriter from Co. Armagh, Ireland

Sunday October 9th 1:00 PM

Irish Cultural Center of the Mohawk Valley Museum,  
623 Columbia St, Utica

Come and enjoy an afternoon of beautiful folk ballads from Co. Armagh singer-songwriter Briega Murphy.

Admission is \$15. Tickets can be purchased through Eventbrite at:

<https://www.eventbrite.com/e/briega-murphy-singer-songwriterfrom-co-armagh-ireland-tickets-417664765557>

## Adult and Family-Friendly Halloween-Themed Paint and Sip Class

Sunday October 16th at 2.00pm

Irish Cultural Center of the Mohawk Valley Museum  
623 Columbia Street, Utica

A Paint and Sip Class for adults, teens and children aged 6 and over. Jill Rae Vennara will lead the class in creating a beautiful Halloween-themed work of art on canvas.

Register via Eventbrite.com or by calling 315-827-4291.

Class size is limited, and children must be accompanied by an adult, who may or may not be painting. Cost is \$20 for Children 6 through 15; \$40 for age 16 and over.

The Irish Cultural Center of the Mohawk Valley announces that there will be two programs at the Center in October. On Sunday, October 9 at 1.00 the ICCMV proudly welcomes Briega Murphy, a singer/song-writer from Ireland.

Briega Murphy, is a native of The Ring of Gullion valley, South Armagh- an area rich in songs and storytelling. Her songs are often inspired by the surroundings of the beautiful hill country in which she was reared, and still lives with her family.

Upon release of her first album "The Longest Road ", Briega carved out her place as one of the strong women of Irish music. Moving her audiences by her words, her lilting melodies, and her passion for Ireland, her native home.

Briega will share her music, songs, and stories at the Irish Cultural Center of the Mohawk Valley. The audience will be mesmerized by her voice, her songs, and her stories. You will not want to miss hearing Briega Murphy, direct from Ireland.

Tickets cost \$15 in advance and \$20 at the door. Advance tickets can be purchased through Eventbrite.com or from the 5 Points Public House at the Irish Cultural Center.

One week later, on Sunday October 16th at 2.00pm the Irish Cultural Center of the Mohawk Valley is hosting a family-friendly Halloween-themed Paint and Sip Class, led by Jill Rae Vennara. All are welcome to join, including families with children age 6 and older, teens, and adults of all ages! No art or painting experience is necessary as Jill Rae will lead the group in creating a beautiful Halloween scene which may include a full moon, bats, a spider in a web, a scary old tree, pumpkins and more!

Sunday, October 16th will be the perfect day for a fun family or adult activity! Seasonal and age-appropriate refreshments will be served during the Paint and Sip Class. The class costs \$40 for painters aged 16 and over, and \$20 for younger artists, aged 6 through 15. The youngsters will paint a smaller canvas. Come join us and watch your creative side emerge!

Please reserve a spot via Eventbrite.com or call 315-827-4291 to reserve your spot. Class size will be limited; please reserve early.



## Fun Facts you Didn't Know About Halloween

<https://www.10best.com/interests/festivals-events/10-fun-facts-you-didnt-know-about-halloween/>

### Halloween originated from an ancient Celtic festival

According to History.com, the Halloween we know today can trace its roots back to the ancient Celtic end-of-harvest festival of Samhain. During Samhain, people would light bonfires and wear costumes to ward off evil spirits.

In the eighth century, in an effort to spread Christianity, Pope Gregory III decreed November 1 as All Saints' Day and incorporated some of the rituals of Samhain. All Saints' Day was also called All Hallows and the night before, when the traditional Samhain festival used to take place in Celtic regions, was called All Hallows' Eve.

### Des Moines has a hilarious tradition called Beggars' Night

The night before Halloween, young children in Des Moines hit the streets for Beggars' Night. According to an article in the Des Moines Register, the event began around 1938 as a way to prevent vandalism and give younger children a safer way to enjoy Halloween.

Beggars' Night is very similar to regular trick-or-treating, except kids are required to tell a joke, poem or perform a "trick" for a treat. The best part? The jokes are notoriously groan-worthy like, "If April showers bring May flowers, what do May flowers bring?"

"Pilgrims." Get your best dad jokes ready!

### The White House is haunted

Spirits roam the halls at 1600 Pennsylvania Ave. The United States' most famous address has had several reports of ghostly appearances and eerie sounds – and that's not even including election years! The most common ghost sighting is of Abraham Lincoln who has been spotted by First Lady Eleanor Roosevelt, Queen Wilhelmina of the Netherlands and Sir Winston Churchill. Other paranormal guests include Andrew Jackson, David Burns and Abigail Adams.



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4





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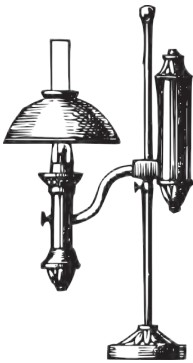
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by Victor J. Fariello Jr.



Let Us Know Your Interests

We would like to hear from you telling us what interests you in the antiques and collectibles field and what you like to learn more about. By knowing what you’re interested in, we can make this column more interesting for you and others that might be interested in the same thing. So email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com) or drop me a line at the address below and let me know what topic or topics you would like to hear about.

As an incentive, all readers who submit a topic will be entered in a drawing for a copy of Kovel’s 2023 Antiques Price Guide. All responses received by December 1 will be eligible. I look forward to hearing from you.

CHECK OUT MOHAWK VALLEY ANTIQUE BOTTLE CLUB

The Mohawk Valley Antique Bottle Club is a great local organization for antique bottle collectors and anyone interested in antique bottles and learning more about them. They have many experts on all aspects of antique bottles, some of which are nationally recognized. They meet the second Monday of the month at 7 p.m.at the New York Mills Community Center. They have a fantastic monthly newsletter and dues is a modest \$10 per year. You can check them out online at [mohawkvalleybottleclub.com](http://mohawkvalleybottleclub.com). I highly recommend it!

NEW HARTFORD QUESTERS WANTS YOU!

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

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. A great organization working hard to preserve our history.

Happy Antiquing!

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is the President of the J. Schoolcraft Sherman Chapter #1519 of The Questers, an International organization for people who love antiques and have a commitment to preservation. Questions on anything related to antiques can be sent to him at PO Box 194, Washington Mills, NY 13479 or by email to [vjfariello@gmail.com](mailto:vjfariello@gmail.com).

Any photos submitted will be returned upon request.

Fun Facts you Didn’t Know About Halloween

<https://www.10best.com/interests/festivals-events/10-fun-facts-you-didnt-know-about-halloween/>

Halloween is a celebration of all things spooky, and in the United States, it’s surrounded by a few odd traditions like trick-or-treating and pumpkin carving. Here are a few interesting facts about how some of today’s practices got started as well as other fun tidbits about the unique holiday.

**Candy corn was originally called Chicken Feed**  
Candy corn is a more suitable title for this confection.

Though many would argue that candy corn tastes like chicken feed, that’s not how it got its original name. Created in the 1880s by George Renninger, it was sold to the masses by Goelitz Confectionery Company (now Jelly Belly Co.) at the turn of the century.

Because corn is what was used to feed chickens, the creation was called “Chicken Feed” and the box was marked with a colorful rooster.

**Halloween folklore is full of fortune-telling and magic**

We don’t recommend attempting to walk down the stairs backwards while holding a mirror.

Old English folklore about Halloween is full of superstition and fortune-telling that still lingers today, like bobbing for apples or avoiding black cats. One piece of folklore says that if a young unmarried person walks down the stairs backwards at midnight while holding a mirror, the face that appears in the mirror will be their next lover.

**Michael Myers’ mask is actually a William Shatner mask**

We’re pretty sure that Michael Myers never asked to be beamed up.

The classic 1978 horror film “Halloween” can be easily recognized in just one image: the psychotic Michael Myers in his iconic pale-faced mask. Without a doubt, it’s one chilling look that has struck terror into the hearts of partying teens in slasher flicks.

The movie was actually filmed on such a tight budget that the crew used the cheapest mask they could find: a \$2 Star Trek Captain James Kirk mask. They spray painted it white and reshaped the eye holes, making William Shatner look incredibly creepy.

Halloween House is back at Rome Art and Community Center!  
October 7th & 8th and October 14th & 15th 6:00pm-9:30pm

The Rome Art and Community Center on 308 West Bloomfield Street in Rome, NY is holding their annual Halloween House on Friday, October 7th, and Saturday, October 8th, and Friday, October 14, and Saturday, October 15 from 6 pm to 9:30 pm.

The event is fun for all ages, for children and families there is a Trick or Treat Street, Casper’s Not-soScary-Trail, storytelling, face painting, crafts, tarot card reading, and a bounce house. Dracula’s Pub is open for take-out snacks and refreshments. For adults, there is a Haunted House attraction. This year’s theme is the “House of Phobias.” Admission to the Haunted Mansion is \$6 and most other activities are \$3 and some are free.

The major sponsor of this event is Black River Systems. “This is one of the Rome Art & Community Centers annual fundraisers and a fun community event that we look forward to each year!” says Jason Tockey, executive director of the Rome Art and Community Center.

For more information call (315) 336-1040 or email [executivedirector@romeart.org](mailto:executivedirector@romeart.org).

Rome Art and Community Center, (RACC) is Rome’s only multi-arts facility offering both cultural and community programming at little or no cost to the public. RACC welcomes almost 5,000 visitors annually including visitors from all over the US. RACC is committed to making programming accessible to all regardless of age, race, economic status, or physical ability.

RACC plays an important role in fostering creativity, cultural awareness, and strong community connection through a broad range of programming and services.

RACC offers unique opportunities to experience the arts on a very personal level, whether it be through hands-on instruction, a quiet walk through a serene gallery space, or even as a part of a large community event. RACC is & proud to have been a part of the Rome Community since 1967, and impacting the lives of children, teens, and adults every year since.

Rome Art And Community Center is also a home-away-from-home for hundreds of artists each year, whether they exhibit their works in the galleries or perform here.



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The Jewish Community Center 2310 Oneida St. Utica, NY 13501 [www.jccutica.net](http://www.jccutica.net)

\* we are open to children of all races, religions and nationalities

- Classes are held from 9 a.m.-12 noon. Monday through Friday for children ages 2 to 5.
- Lunch program is available from 12 – 2 p.m..
- Before Care starts at 8 a.m. and After Care ends at 4 p.m.
- The school follows the local public school schedule, September - June

\* now accepting fall registration applications





### Strategic Financial Services Ammounces Fundraiser Results for the Country Pantry

Strategic Financial Services, Inc. (“Strategic”), an independent, Central New York-based wealth management firm, is proud to announce that a donation of \$1,500.00 has been made to The Country Pantry, a not-for-profit organization serving families and individuals in need in Clinton, Clark Mills and Westmoreland, NY. The donation was made possible by a fundraising Cornhole Tournament held Saturday, August 27th, during the Clinton Art and Music Festival, hosted by the Clinton Chamber of Commerce.

“This is the third year that we have been honored to sponsor and host the Cornhole Tournament to benefit The Country Pantry” said Doug Walters, Chief Investment Officer. “Strategic has a long history of prioritizing service in our community; in fact – it is one of our core values. We are grateful for the opportunity to get our team together and give not only financially, but our time to help elevate our community through the amazing and important work The Country Pantry provides.”

To learn more about The Country Pantry, or to donate to their cause, visit: [Home | Country Pantry \(thecountrypantry.org\)](#).

About Strategic Financial Services: In business since 1979, Strategic has a team of over 37 professionals, servicing more than 1,000 clients and managing \$1.7 billion in assets. Areas of focus include Investment Management, Financial Planning and Corporate Retirement Plans. Headquartered in Utica, NY with satellite offices in Albany, Little Falls, Rochester, Rome, and Syracuse New York, Strategic is a regional leader in the Wealth Management and Retirement Plan space. Since successfully growing from established roots in Utica, Strategic continues to expand its geographic footprint and service across the Northeast and throughout the United States.

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Christopher J. Carbone

## Five Ways to Help Protect Your Family Online

From listening to music to ordering groceries to working from home, almost all aspects of our daily lives are connected to the internet in some way. But our always-connected nature can come with risks: According to the FBI’s “2020 Internet Crime Report,” the bureau’s Internet Crime Complaint Center averaged almost 15,000 complaints a week and recorded \$4.1 billion in victim losses in 2020.

Here are some ways to help protect your family online:

### 1. Learn to spot imposter scams

Have you ever received a call, text, or email regarding suspicious activity detected on your account or suspended online access? It could be a scammer trying to convince you to share sensitive information that would enable them to access your accounts.

Increasingly, criminals are able to impersonate financial institutions, large companies, and even government agencies by spoofing caller ID or email addresses so they appear to be legitimate.

When you receive a suspicious or unexpected communication, do not respond or click any email links. Instead, contact the company directly using a phone number on its website. Learn more about how to spot common scams at [wellsfargo.com/security](https://wellsfargo.com/security).

### 2. Manage and monitor your credit

If your data has been compromised through a security breach, consider placing a fraud alert on your credit file by contacting one of the three major credit bureaus

– Equifax, Experian, and TransUnion. The one you contact will automatically notify the others.

Make a habit of reviewing your credit report annually. You can request a free report at [annualcreditreport.com](https://annualcreditreport.com) for yourself and children over the age of 13. Look for unauthorized accounts that may have been opened in your names.

### 3. Limit what you share on social media

Thieves scour social media profiles for clues to security questions, passwords, and other information that could help them impersonate potential victims online.

First, set your profiles to private – and encourage your family members to do the same. Also, restrict your social media contacts to people you know personally. Finally, watch what information you disclose. Revealing too much personal information in your social profiles or posts can put you at greater risk of identity theft, especially if your bank or other companies use that information to verify your identity.

### 4. Protect your home network

Create a strong password for your wireless network in your home. Use a unique phrase with a mix of letters, numbers, and special characters. Avoid using any part of your name or email address, information shared on social media, or anything else someone could easily guess.

When you are configuring your router, the Department of Homeland Security recommends choosing the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

### 5. Stay up to date

Cybercriminals change their tactics frequently, so try to stay on top of the latest threats. Keep your devices and apps updated with the latest security patches, and be sure to review the resources provided by your bank, investment firm, and other financial providers to understand ways to help protect your family and yourself online. Sign up to receive scam alerts from the Federal Trade Commission by visiting [ftc.gov](https://ftc.gov) and selecting Get Consumer Alerts.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone,

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Our monthly paper is currently mailed to residents in the 13413 zip code. If you know someone who wishes to receive our publication, we ask that you please send a \$20 check (yearly), payable to The Town Crier PO Box 876, New Hartford, NY 13413. We will gladly add the address to our subscription list.

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Workplace Wellness

Working at a computer work station all day can take a toll on the body. Repetitive activities and lack of mobility can contribute to aches, pains, and eventual injuries.

Using the keyboard daily for hours at a time can result in poor circulation to joints and muscles, and create an imbalance in strength and flexibility of certain muscles. These issues can be easily remedied by taking frequent short breaks, or "micro breaks," throughout your day.

Additionally, specific guidelines for your work station can help maximize your comfort and safety.

The position of the keyboard is critical:

- The keyboard should be at a height that allows you to have your forearms slightly below a horizontal line—or your elbows at slightly more than a 90 degree angle.
- You should be able to slide your knees under the keyboard tray or desk.
- Avoid reaching for the keyboard.
- Avoid having the keyboard on top of your desk, as that is too high for most people.

The position of your computer monitor is important:

- The top of the monitor should be at your eye level, directly in front of you, and at a distance where you can easily see it without squinting or leaning.

HOW CAN A PHYSICAL THERAPIST HELP?

Many physical therapists are experts at modifying work stations to increase efficiency and prevent or relieve pain. Additionally, if you are experiencing pain that isn't relieved by modifications to your work station, you should see a physical therapist who can help develop a treatment plan to relieve your pain and improve your mobility. If you need glasses for reading, you may need to have a special pair for use at your computer to avoid tipping your head backward to see through bi-focals or other types of reading glasses.

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# Grief and the Holidays: They Can Co-exist

by Linda Clark, Hospice & Palliative Care Bereavement Counselor

Q: I lost a family member this year and am dreading the holidays. What strategies can I use to cope when I feel overwhelmed?

A: It is important to take care of yourself physically. Try to get enough sleep, eat a healthy diet and do some things that relieve stress.

Adjust your expectations: Don't assume the holidays will be miserable and don't assume they will be the same as the have been in the past. Most people find it helps to scale down the holidays and do less than they have done other years.

Keep the traditions that are important to you and your family but realize that it is all right to do some things differently this year. Have one person you can call at any time and express any emotion, a person who can accept the wide range of thoughts and feelings you are experiencing.

Q: How can I plan ahead to make the holidays easier?

A: Making a plan is the most important step to coping with the holidays because the anticipation of the day often is worse than the day itself.

Choose who you would want to be with and what you would like to do on the day itself. Make a "to-do" list and decide what can be eliminated, what can be delegated and what you would like to do yourself. Plan for the post-holiday time as well; it helps to have something to look forward to when the holidays are over.

Q: I lost a family member a few years ago, but I still find it hard to get through the holidays. Is that normal?

A: Most people find that the holiday season intensifies their grief. Many people say they would rather avoid the holiday season altogether.

It might help to do something that honors the memory of the person who dies, such as giving a donation in their memory to a cause they believed in. It also helps to talk with others who have had a similar loss; they are the ones who might best understand your feelings.

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Q: A family member recently suffered a major loss. How can we adjust our family celebration to include her without overwhelming her?

A: Give her choices of what activities she would like to attend. Make plans so she can have a ride home early if the festivities are too much for her.

Arrange seating so she is near someone who she finds comforting. Talk about the person who died and mention his or her name so you are recognizing and honoring the loss.

Q: Are there ways my family can include our loved one's memory in the holidays without becoming overwhelmed by grief?

A: Many families find it helpful to have a memory book that they bring out at every family gathering. Then, when someone tells a story about the person who died, it can be recorded in the book. Every memory one person has is a gift to everyone else who loved the deceased. Others can light a candle near a photo of the deceased.

Q: I am worried about a friend/relative who recently lost a loved one. I want to ask how they are coping with the holidays, but I am afraid of saying the wrong thing.

A: Be honest and direct and tell her you are thinking about her and wondering how she is doing. Ask her if there is anything that is especially hard for her to do alone and offer to do it with her.

Consider bringing a meal or inviting her for a meal if she lives alone.

Q: Are there things I can do to help a friend/relative beyond just talking to him?

A: The gift of your presence is the most valuable present you can give. Listen with acceptance and avoid giving advice. Share an experience, a meal, a movie, a walk ... just be there.

Another valuable gift to give is the gift of memory. Share a story or photo of the person who died; keeping the memory alive is a way to honor the person who died.



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5:00pm - 7:00pm  
**Friday, October 7th**  
9:00am - 3:00pm & 5:00pm - 7:00pm  
**Bag Sale**  
**Saturday, October 8th**  
9:00am - 12pm

**OCTOBER 2022**  
*Holidays & Observances*

- Saturday, October 1<sup>st</sup> Vegetarian Day
- Tuesday, October 4<sup>th</sup> Cinnamon Roll Day
- Saturday, October 8<sup>th</sup> Octopus Day
- Monday, October 10<sup>th</sup> Hug a Drummer Day
- Friday, October 14<sup>th</sup> Be Bald and be Free Day
- Monday, October 17<sup>th</sup> Clean Your Virtual Desktop Day
- Thursday, October 20<sup>th</sup> Sloth Day
- Monday, October 24<sup>th</sup> Diwali
- Friday, October 28<sup>th</sup> Frankenstein Friday
- Monday, October 31<sup>st</sup> Halloween

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<https://www.history.com/topics/holidays/yom-kippur-history>

Yom Kippur—the Day of Atonement—is considered the most important holiday in the Jewish faith. Falling in the month of Tishrei (September or October in the Gregorian calendar), it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year. According to tradition, it is on Yom Kippur that God decides each person’s fate, so Jews are encouraged to make amends and ask forgiveness for sins committed during the past year. The holiday is observed with a 25-hour fast and a special religious service. Yom Kippur and Rosh Hashanah are known as Judaism’s “High Holy Days.” Yom Kippur 2022 begins on the evening of Tuesday, October 4 and ends on the evening of Wednesday, October 5.

History and Significance of Yom Kippur

According to tradition, the first Yom Kippur took place after the Israelites’ exodus from Egypt and arrival at Mount Sinai, where God gave Moses the Ten Commandments. Descending from the mountain, Moses caught his people worshipping a golden calf and shattered the sacred tablets in anger. Because the Israelites atoned for their idolatry, God forgave their sins and offered Moses a second set of tablets.

Jewish texts recount that during biblical times Yom Kippur was the only day on which the high priest could enter the inner sanctum of the Holy Temple in Jerusalem. There, he would perform a series of rituals and sprinkle blood from sacrificed animals on

the Ark of the Covenant, which contained the Ten Commandments. Through this complex ceremony he made atonement and asked for God’s forgiveness on behalf of all the people of Israel. The tradition is said to have continued until the destruction of the Second Temple by the Romans in 70 A.D; it was then adapted into a service for rabbis and their congregations in individual synagogues.

According to tradition, God judges all creatures during the 10 Days of Awe between Rosh Hashanah and Yom Kippur, deciding whether they will live or die in the coming year. Jewish law teaches that God inscribes the names of the righteous in the “book of life” and condemns the wicked to death on Rosh Hashanah; people who fall between the two categories have until Yom Kippur to perform “teshuvah,” or repentance. As a result, observant Jews consider Yom Kippur and the days leading up to it a time for prayer, good deeds, reflecting on past mistakes and making amends with others.

Observing Yom Kippur

Yom Kippur is Judaism’s most sacred day of the year; it is sometimes referred to as the “Sabbath of Sabbaths.” For this reason, even Jews who do not observe other traditions refrain from work, which is forbidden during the holiday, and participate in religious services on Yom Kippur, causing synagogue attendance to soar. Some congregations rent out additional space to accommodate large numbers of worshippers.

The Torah commands all Jewish adults (apart from the sick, the elderly and women who have just given birth) to abstain from eating and drinking between sundown on the evening before Yom Kippur and nightfall the next day. The fast is believed to cleanse the body and spirit, not to serve as a punishment. Religious Jews heed additional restrictions on bathing, washing, using cosmetics, wearing leather shoes and sexual relations. These prohibitions are intended to prevent worshippers from focusing on material possessions and superficial comforts.

Because the High Holy Day prayer services include special liturgical texts, songs and customs, rabbis and their congregations read from a special prayer book known as the machzor during both Yom Kippur and Rosh Hashanah. Five distinct prayer services take place on Yom Kippur, the first on the eve of the

holiday and the last before sunset on the following day. One of the most important prayers specific to Yom Kippur describes the atonement ritual performed by high priests during ancient times. The blowing of the shofar—a trumpet made from a ram’s horn—is an essential and emblematic part of both High Holy Days. On Yom Kippur, a single long blast is sounded at the end of the final service to mark the conclusion of the fast.

Traditions and Symbols of Yom Kippur

Pre-Yom Kippur feast: On the eve of Yom Kippur, families and friends gather for a bountiful feast that must be finished before sunset. The idea is to gather strength for 25 hours of fasting.

Breaking of the fast: After the final Yom Kippur service, many people return home for a festive meal. It traditionally consists of breakfast-like comfort foods such as blintzes, noodle pudding and baked goods.

Wearing white: It is customary for religious Jews to dress in white—a symbol of purity—on Yom Kippur. Some married men wear kittels, which are white burial shrouds, to signify repentance.

Charity: Some Jews make donations or volunteer their time in the days leading up to Yom Kippur. This is seen as a way to atone and seek God’s forgiveness. One ancient custom known as kapparot involves swinging a live chicken or bundle of coins over one’s head while reciting a prayer. The chicken or money is then given to the poor.



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### Ankle Sprain

Ankle sprains are injuries to the ankle ligaments, the “bands” that hold the ankle joint together. They occur when the foot twists or turns beyond its normal range of motion, causing the ligaments to stretch beyond their normal length.

An ankle sprain can range from mild to severe, depending on how badly the ligament is damaged or how many ligaments are injured. An ankle sprain is given a grade from 1 to 3 depending on the amount of ligament damaged. A grade 1 sprain is mild, grade 2 is moderate, and grade 3 is severe.

Ankle sprains also are classified as acute, chronic, or recurrent:

- An **acute sprain** occurred recently—usually within the past few weeks—and is in an active stage of healing.
- A **chronic sprain** continues to cause symptoms beyond the expected time for normal healing.
- A **recurrent sprain** occurs easily and frequently, usually with only minimal force.

More than **25,000** people a day will sprain their ankle.

### HOW A PHYSICAL THERAPIST CAN HELP

The first 24 to 48 hours

Ankle sprains usually are treated by resting the ankle on a pillow or stool, using elastic bandages or supports, and 10-minute ice treatments. A physical therapist can decide if you should use crutches or a cane to protect your ankle while it is healing.

As You Recover

Your physical therapist will select from treatments including:

- Range-of-motion exercises
- Muscle-strengthening exercises
- Body awareness and balance training
- Functional training
- Activity-specific training

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### 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.

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317 Oriskany Blvd, Whitesboro - 797-4520  
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Assistant Pastor, Bobby Allen  
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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  
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4291 Middle Settlement Road, P.O. Box 626, N.H.  
General Office: 315-732-1349  
hopealliance4291@gmail.com  
www.hopealliancecnny.com  
Rev. Andy Ward, Pastor  
Morning Worship: 9:30am  
Communion First Sunday of the Month.  
Fridays: Christian Service Brigade - 7pm  
Sundays: Jr. & Sr. High Youth Fellowship - 6pm  
Hope Alliance Church is handicapped accessible.

**ST. THOMAS CHURCH**  
150 Clinton Road - 735-8381  
stthomasnh@syrdio.org  
Pastor: Rev. David Sears  
Saturday Vigil: 4 p.m.  
Sunday Mass: 9:00 a.m.  
Confessions: Sat. 4:45-5:15 p.m.  
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25 Oxford Road - 732-7462 (Parish & Rectory)  
ststephensepiscopalnhny@gmail.com  
Sunday Service of Holy Communion at 10am followed by fellowship  
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm  
AA Meetings: Sundays at 8pm  
Yoga by Kristy: Tues. at 5:30pm & Thurs. at 9:30am.  
Saturdays 9am - Chair Yoga and 10:15am All Levels Yoga  
EGA Meetings: 1st Mondays of the Month  
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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.

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Other NHPC activities in October include:  
Choir rehearses at 9:15 each Sunday morning  
10/2 - 3 p.m., Fall Gymanfu Ganu (Festival of Song in the Welsh Tradition)  
10/16 - Noon, Meal Preparation for Morrow Warming Center  
10/16 - 6 p.m., Youth Group  
10/23 - 3 p.m., Dinner Preparation at Hope House  
10/30 - Noisy Sunday Coin Collection for Mission Work  
Throughout October NHPC’s Mission Committee is sponsoring a blanket drive for Project Linus.

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Novena to Miraculous Medal of Mary Tuesday 7:00 PM  
Our Lady of Lourdes Campus - 2222 Genesee St. – Utica  
Weekend Mass – Saturday 4:00 PM  
Sunday 8:30 & 10:30 AM

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email: sauquoitvallyumc@aol.com  
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Sunday Service - 9:30am  
Sunday School - 11:00am  
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Scott Leonard, Commissioned Lay Pastor  
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Office phone: 315-853-2933  
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**CLINTON UNITED METHODIST CHURCH**  
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Rev. Michael H. Terrell  
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Sunday school during worship following children’s time  
Office Phone: 853-3358

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

**CHRIST CHURCH (REFORMED PRESBYTERIAN)**  
8470 New Floyd Rd. Rome, NY 13440  
Website: www.christchurchreformed.com  
Facebook: https://www.facebook.com  
ChristChurchReformedPresbyterian  
aarongoerner@gmail.com  
Pastor: Aaron Goerner  
Services:  
Sunday School: 10AM  
Sunday Worship: 11AM  
Thursday Bible Study 7PM

**ZION LUTHERAN CHURCH**  
630 French Road, New Hartford  
Interim Pastor William Preuss  
Sunday Mornings at 10 AM  
Al-Anon Meetings, Wednesdays at 12:30 PM  
315-732-4110, office@zionluth.com  
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Visit us on Facebook at:  
Zion Lutheran Church, New Hartford, NY  
All Are Welcome! This is God’s house and Christ’s church.  
There is a place for you here!

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





TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534  
churchoffice@tbcutica.org  
Facebook: Tabernacle Baptist Church  
www.tbcutica.org  
We are together in our diversity! Come worship with us!  
Saturday 6 p.m. Young Adult Worship & Study  
Sunday 10 a.m. English Worship Service  
Sunday 10:15 a.m. Sunday School for children in English and in Karen  
Sunday 11:30 a.m. Karen Worship Service and 2nd-Hour Sunday School  
Pastors Rev. Debbie Kelsey and Rev. Htee Gay

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.  
**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 \*\*

October 19th Monthly Dinner

Lasagna, Tossed Salad, Bread, and Dessert

It Takes a Village - 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.

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 - 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

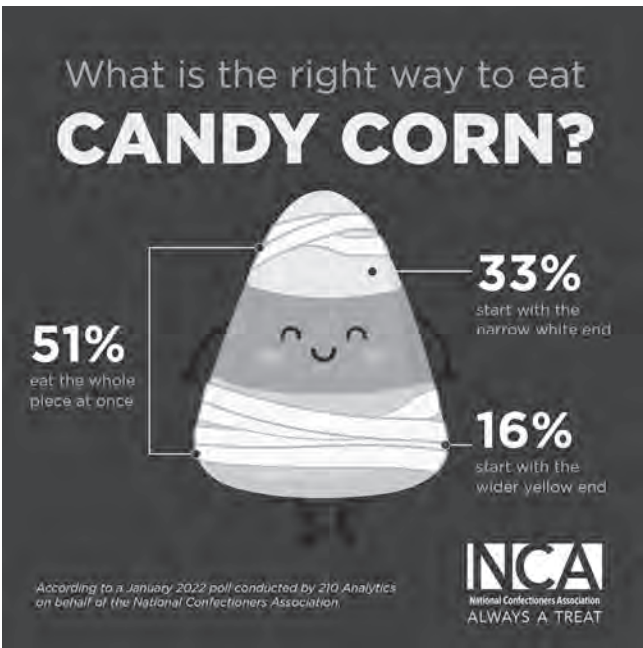
1607 Genesee Street, Utica  
Rabbi Gustavo Geier  
Executive Director: Mrs. Mundy B. Shapiro  
Fri night - 5:30pm  
Sat morning - 9:30am on Zoom

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.



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

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

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

**PRAYER TO THE BLESSED VIRGIN.**  
(Never known to Fail) O Most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea help me and show me here you are my mother. O Holy Mary Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you.





# Sunday BRUNCH BOTTOMLESS



**INCLUDES:**

Mimosa's, Bloody Mary's, Bud Light drafts, along with breakfast stratta, French toast casserole, Pancakes and Egg Sandwiches.  
11:30am - 1:00pm



**Reservation**

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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 contaminants 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.

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Web Site: www.disasterservices.us



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**The Good News Center Events**  
**The Third Option**

True love isn’t found, it’s built. Learn communication skills such as how to handle anger more constructively, resolve conflicts, and communicate better. Learn from the experience of others on how to improve your relationship and find the joy in living a happier, healthier life together! This confidential group is FREE and open to anyone. For those who prefer to do so, the program is being offered via Zoom. Upcoming meetings September 25th, October 9th and October 23rd from 6:30-8:30 PM. Please call 315-735-6210 Monday – Friday 8:30-4:30 PM to register for both in-person or virtual meetings or email us at [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org).

**Separated & Divorced Support Group**

Find help and healing for the hurt of separation and divorce. The Separated & Divorced group is here for you and led by people who have gone through it and know what you are dealing with. This confidential group is FREE and open to anyone trying to rebuild their life after the pain of a broken relationship. For those who prefer to do so, the program is being offered via Zoom. Upcoming meetings are every other Sunday, September 25th, October 9th and October 23rd from 5-7:00 PM. Please call 315-735-6210 Monday – Friday 8:30 AM – 4:30 PM to register for

both in-person or virtual meetings or email us at [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org).

**Women at the Well**

Have you been looking for a place or group where you could share your thoughts and experiences about God, Jesus, the Holy Spirit, prayer, Scripture or your own spiritual growth? All Christian women of any age are invited to come to Women at the Well to enrich their awareness of God in their life and become more attentive to the ways He nourishes them each day. Facilitated by Sister Mary Ellen Schopfer, CSJ, Spiritual Director, this evening becomes a time for receiving insights, as well as gaining support. Meets 6:30– 8:00 PM on the last Tuesday of each month at The Good News Center, 10475 Cosby Manor Rd., Utica. Upcoming dates: September 27th, October 25th and November 29th. Call The Good News Center at 315-735-6210 Monday – Friday 8:30 AM – 4:30 PM or email us at [info@thegoodnewscenter.org](mailto:info@thegoodnewscenter.org) to register.

The Good News Center is located at 10475 Cosby Manor Road, Utica.

**Flags for Heroes 2022**

For the 8th straight year, a beautiful vista of red, white and blue will appear on Utica’s Memorial Parkway as The Good News Center hosts its annual Flags for Heroes display of 1,000 United States Flags November 2nd through the 13th. The days leading up

to and surrounding Veterans Day are the perfect time to remember and honor the men and women who have by their dedication become heroes in our lives. Honor your hero for their bravery, hard work, and dedication to our country by sponsoring a flag in memory or honor of your loved one. The cost to sponsor a flag is \$35. You may also call for information on sponsoring a portion of the field. All proceeds will be used to support the Military Program at Sitrin Health Care Center. You can order by calling us at 315-735-6210 or visit <https://www.thegoodnewscenter.org/flags-for-heroes/>

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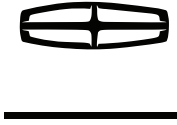
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