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Vol. 36 No. 11
November 2022

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**Christmas Star
BAZAAR**
New Hartford Presbyterian Church

Christmas Star Bazaar at New Hartford Presbyterian Church November 12!

The popular Christmas Star Bazaar returns to New Hartford Presbyterian Church on Saturday, November 12, from 9 a.m. until 3 p.m. The event features unique handcrafted items, holiday gifts and Christmas decorations, as well as the Attic Treasures area stocked with a wide assortment of vintage antiques and collectibles. The bake sale will also be back this year.

More information is available by calling the church office at 315-732-1139.



Nov. 6th



Annual Basket Bonanza

**Sat. November 5th
9am-3pm**

St. Peter's Lutheran Church,
4897 Old Oneida Rd. Verona

Theme Basket Raffles

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 This fundraiser is for helping military families & our community events.

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



NH Recreation Center
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 Tuesday-Thursday 11:30am-1 pm
Public Skate
 Friday 6:30 pm-8 pm
 Saturday 6 pm-7:30 pm
 Sunday 3 pm-4:30 pm

New Hartford Class of 1993
30th High School Reunion
July 15, 2023
One Genny, New Hartford
6-10pm
For more information, please email vcpoulos@yahoo.com

ADK November Meeting
 The Iroquois Chapter of the Adirondack Mountain Club will meet on Tuesday November, 1st, 7PM at New Hartford First Baptist Church located at 7 Oxford Rd, New Hartford. This month's presentation will be by Alyssa Wisheart who is a Horticulturist at Spring Farm Cares. Ms. Wisheart has a permaculture design certificate and has worked on organic farms throughout the US and Europe. Ms. Wisheart is passionate about combining regenerative agriculture with native plant restoration and integrates these principles into her farm and plant nursery in West Winfield.



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 Printed by: The Post Journal, Jamestown, NY
 Editor and Publisher: Kristi Zbytniewski; P.J.Green Inc.

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**Children's Holiday Books
 Thanksgiving, Christmas,
 and Easter Series**

The series of books have been written by Pastor Penny Milano at the ages of 86, 87 and 88. These were developed when her grandson, Leonard Milano, Jr., was a toddler. After the passing of her husband, she decided to put them in book form. Now Leonard has created the covers of all three books.

The Adventures of Jingles stories (Book 1, 2, and 3) depict a dog speaking to children about attitudes and behaviors, whether good or bad. Notations are made as to what Scripture says about these behaviors. Pastor Penny has chosen to use the three holidays as a background to these lessons. These books are appropriate for grades two through five, although older children and adults enjoy them as well.

On Nov. 19th from 1:30-3:30 p.m. Pastor Penny will be signing books at Big Apple Music on Commercial Drive in New Hartford.

The cost of the books is either \$10.00 each or \$25 for three.

To learn more about Pastor Penny and her books, go to: amazon.com/author/prudencemilano



**New Hartford High School
 Automotive Technology
 Teacher Wins 2022 Harbor
 Freight 'Tools for Schools'
 Prize for Teaching Excellence**

John Stratton, a high school automotive technology teacher from New Hartford, New York, has been named a winner of the 2022 Harbor Freight Tools for Schools Prize for Teaching Excellence, winning \$15,000 for himself and \$35,000 for his program.

Stratton, who teaches at Oneida-Herkimer-Madison BOCES, is one of 20 prize winners across the country who were surprised today with the news that they had won.

The mission of Harbor Freight Tools for Schools is to increase understanding, support and investment in skilled trades education in U.S. public high schools.

"We cannot overstate the impact that high school skilled trades teachers are having in the classroom. Hands-on skilled trades classes are making a comeback, and we couldn't be prouder to celebrate the accomplishments of these remarkable teachers and their programs," said Danny Corwin, executive director of Harbor Freight Tools for Schools.



Overall, there are winners from 15 states: Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Mississippi, Missouri, North Carolina, Nebraska, New York, Oregon, Utah, Washington and Wisconsin.

The winning teachers come from a variety of skilled trades career pathways including automotive, construction, carpentry, industrial technology, welding, agricultural mechanics, and machining.

The Harbor Freight Tools for Schools Prize for Teaching Excellence was launched in 2017 by Eric Smidt, the founder of national tool retailer Harbor Freight Tools, to recognize outstanding instruction in the skilled trades in U.S. public high schools.

"We deeply appreciate the work skilled trades teachers do to prepare and inspire our next generation of tradespeople," Smidt said. "Their work is urgently needed, because while our country's need for building and repairs is growing, our skilled trades workforce is shrinking."

Grand prize winners will each receive \$100,000, with \$70,000 going to their public high school skilled trades program and \$30,000 to the individual skilled trades teacher behind the winning program. The 15 additional prize winners will each be awarded \$50,000, with \$35,000 going to their public high school skilled trades program and \$15,000 to the teacher. Due to school, district and/or state policy regarding individual cash awards, the schools of several of the winners will receive the entire prize winnings.

The 2022 prize drew a record 768 applications from all 50 states and included three rounds of judging, each by an independent panel of experts from industry, education, trades, philanthropy and civic leadership. The application process, which included responses to questions and a series of video learning modules, was designed to solicit each teacher's experience, insights and creative ideas about their approach to teaching and success in helping their students achieve excellence in the skilled trades.

In June, the field was narrowed to 50 finalists. The high school skilled trades programs of the 30 finalists who were not named winners today will each receive a \$1,000 gift card from Harbor Freight Tools.

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Thursday and Friday 10am-6pm

Saturday 10am-2pm

Sunday 1-5pm

Computer Appointments Required
Curbside Pickup Remains an Option

Cell Phone for Soldiers

Sen. Joseph Griffo, Cell Phones For Soldiers and AT&T have once again partnered to collect used and unwanted cell phones and tablets for overseas soldiers. New Hartford Public Library is a drop-off site for the phones. Please bring any device you wish to donate between Nov. 11 and Dec. 11. All proceeds from the recycled mobile devices will be used to buy long distance calling cards for troops abroad and veterans at home. If anyone has any additional questions, please contact Sen. Griffo's office at 315-793-9072 or visit the website cellphonesforsoldiers.com.

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 or stop in and let the staff know that you would like to receive text alerts. 315-733-1535. Standard texting rates apply.

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

This Display will Have you Hooked!

For more than 15 years, members of the Tuesday Knit and Crochet group have met at the library and annually exhibited their handcraft in the display case at the main entrance. The case will again feature the group's work during the month of November. On display will be hand-knit, crochet and felted wearables and other creations. The informal gathering of friends continues to meet from 12:30 to 3 p.m. every Tuesday in the library's Sammon Room. Newcomers are welcome. Books about crocheting and knitting will be on a display rack in the library and available for check out.

Jeff The Magic Man

Join us November 11th at 2:00pm downstairs in the Sammon Room for a magical performance by Jeff the Magic Man. Jeff will be performing not only amusing magic tricks that will awe children of all ages, but will also be doing an array of balloon art twisting creations. Space is limited. Preregister by calling the library at 315-733-1535.

Grab & Go Projects Adults Schedule

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

November 1st – Book Page Pumpkin

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.

November 3rd – DIY Painted Rocks

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.

November 1 & 3 - Squirrel Theme

November 8 & 10 - Corn Theme

November 15 & 17 - Turkey Theme

November 22 Only - Pie Theme

Nov 29 & Dec 1 - Fox Theme



Stay Connected With Us!

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

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

NHPL Board of Trustees 2022 Meeting Schedule

Board of Trustees Meeting

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

November 16, 2022

**December 14, 2022 (2nd Weds. of the month)

Friends of the NHPL Meeting

The Friends of the New Hartford Public Library will meet November 19 at 9:30am in the Corasanti Room. All are welcome.

Used Books/Book Donations

Thank you so much for your "gently" used books. We also accept audios, puzzles, CDs, DVDs and records. We do not accept Reader's Digest, text books or moldy books. Please limit your donations to one box/bag at a time and drop off at the circulation desk and not in the hallway, at drop boxes or outside the door when the library is closed, Thank you. This is a major fundraiser for the Friends to assist the library in buying quality materials and in providing programs especially for our youth. Your support is very important.

Mitten Tree at NHPL

"Thumbs in the thumb place, fingers all together..."

Calling all knitters. Gather up your patterns, needles, balls of yarn and start knitting mittens for the Friends of the New Hartford Public Library annual mitten tree. This is a community of givers and the generosity displayed by YOU throughout the years has been overwhelming. Thank you. Warm hearts. Warm hands. By the way if you can't find that lost mitten for the season it is probably with the lost sock.

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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 (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.

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!

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.

Wellness Workshop

Wellness Workshop Saturday, November 12th at 10:30 in the Corasanti Room

Seasonal Self Care is a solutions-focused quarterly workshop designed to educate holistic-minded people about food choices, healthy habits, and natural plant medicine to equip you and the whole family with simple options to live in flow with the changing seasons. Newbies and veterans are welcome.

What you'll learn...

1. Pivot into winter's restorative season with nutrition, movement, connection, and sleep.
2. Vitamins, minerals, and antioxidants missing from your diet, and the best way to get them.
3. Bring nature into the home for anxiety/stress management, better sleep, and immune support.

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ONE TEAM HAS NEVER COMPETED IN A THANKSGIVING DAY GAME

The Jacksonville Jaguars, who joined the NFL in 1995, have yet to play in a Turkey Day game.

WHAT'S THE LONGEST DROUGHT SINCE AN APPEARANCE IN A THANKSGIVING DAY GAME?

The Los Angeles Rams haven't suited up for a Thanksgiving Day game since 1975.

Daniel T. Dreimiller, CPA

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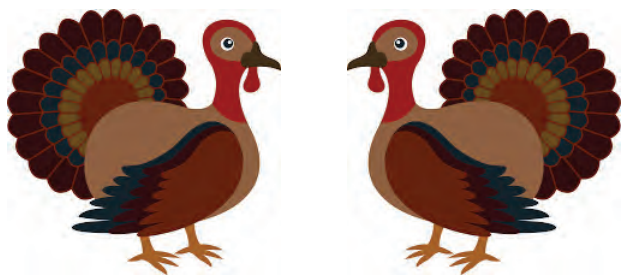
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Make Your Own Christmas Cards at the Irish Cultural Center of the Mohawk Valley

EVENT: Design Your Own Christmas Cards
WHEN: Sunday November 13, 2022 2:00—5:00
WHERE: The Irish Cultural Center of the Mohawk Valley 623 Columbia St Utica
HOW DO I ATTEND: Sign up via Eventbrite, no admission charge

The Irish Cultural Center of the Mohawk Valley is pleased to invite you for an afternoon to make your own Christmas cards on Sunday, November 13th from 2:00—5:00pm. The ICCMV will provide card-paper and envelopes, stencils, stampers, markers, crayons, etc. for each attendee to make his or her own Christmas Cards. This is open to all ages. Make 5 cards for free; you are welcome to make more than 5, at 50 cents per card. Stop in any time from 2:00-5:00 and stay as long as you want to create your own cards! Please sign up via Eventbrite to ensure that we have enough supplies for all. Refreshments will be served.



New Hartford Rotary News

The Rotary Club of New Hartford, NY does a weekly newsletter for its members and friends that is entitled IN-GEAR. The following article was written by Past President and Past District Governor Jim High in our 8/17/22 edition of the IN-GEAR.

“Rotary’s ideal of service is based on the Five Avenues of Service: Club, Vocational, Community, International and New Generations – that comprise Rotary International’s philosophical cornerstone.

Ever wonder what you should be doing? Try taking a walk down one of these avenues. Even try checking out the side streets.

Club Service, the first avenue: That’s everything related to our club. Taking on one of our Club Service opportunities helps make our club become stronger. Becoming a club leader or a member of the board are just a couple of ways you may become involved.

Vocational Service, the second avenue: We don’t talk about this one much but sharing what you do and how you do it is covered in this avenue. Have you ever thought of allowing a student to shadow you for a day?

Service Community is next: What should I say about this one? It is the reason most of us join Rotary.

International Service: Wow! Volunteers work to expand the Rotarians’ humanitarian work around the world. This important service promotes understanding and peace, sponsors projects in other countries and works with international partners to support projects in their communities.

New Generations works to engage youths and young adults in leadership roles. Rotary Youth Leadership Awards (RYLA) is a training program for young people, ages 14 to 30. The award emphasizes leadership and citizenship. Rotaract is an International Youth Program for ages 18 to 30 while Interact focuses on international service for youths 12 to 18.”

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




LtoR: Rich Synek, Kathi Converse, Joanne Fountain and Joe Ancona

NH American Legion Auxiliary Presents Check to Feed Our Vets

On September 7th, the New Hartford American Legion Auxiliary presented a check to Feed Our Vets for \$1000.00 These funds were raised with bottle and can donations.

This is an ongoing fund raiser. Clean Bottles and cans may be left at the legion Gazebo anytime.



THE TURKEY LEG AWARD IS A THING

John Madden awarded the first Turkey Leg Award in 1989 to the game’s most valuable player (that year, it was the Eagles’ Reggie White). It’s just like it sounds: An actual (cooked) turkey leg. To the delight of audiences everywhere, the player happily chomps on it during post-game interviews. Interestingly, sometimes there’s more than one MVP, so the production team attaches extra legs to the body of the turkey for that purpose (or provides more than one turkey).



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Thank You!

The New Hartford American Legion Post 1376 would like to say thank you to everyone who attended our Ukrainian Fundraiser on 10/1 and made it a great success. It is because of your generosity and support that this event was such a success. A special thank you to our veterans and volunteers from the legion who always are there to assist.

~ Vic Gazzilli, Commander



Dr. Ashraf Elmarakby, PT, M.S., PhD
Photo Credit: Utica University

Helen M. Sarandrea Physical Therapy & Sports Care is excited to welcome Dr. Ashraf Elmarakby, PT, M.S., PhD to Our Team!

Dr. Ashraf Elmarakby, PT, M.S., PhD, is a Professor of Physical Therapy at Utica University.

He holds a Doctor of Philosophy (PhD) degree in Physical Therapy for Cardiovascular/Pulmonary and Intensive Care Unit, a Master of Science of Physical Therapy and a Bachelor degree in Physical Therapy. Dr Elmarakby teaches physical therapy courses involving Cardiovascular/ Pulmonary Rehabilitation, Evidence Based Practice, Intensive Care Unit and Foundations of Examination in Physical Therapy and Interprofessional Education. Dr. Elmarakby is actively involved in research related to cardiovascular/ pulmonary rehabilitation.

His research articles have been disseminated via presentations at national conferences and publications in peer-reviewed journals.



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Sangertown Square Announces Holiday Hours

Shoppers Encouraged to Shop Early for a Successful Holiday Shopping Season

The 2022 holiday shopping season is beginning and with it, Sangertown Square is announcing special hours and programs to make this holiday season magical and memorable for everyone.

Consumers are once again encouraged to start their holiday shopping earlier in the season and in person to guarantee a successful holiday shopping outcome.

"November is once again the new December," said Victoria Orilio, Marketing Director at Sangertown Square . "Last year, holiday shoppers who waited until December experienced issues with their holiday shopping due to low inventory, and shipping problems. With that in mind, we cannot stress enough how important it is for holiday shoppers to begin their shopping now. Our tenants have stocked shelves and earlier deals and discounts to help ensure our shoppers have a successful holiday shopping season."

In addition, Orilio announced, Sangertown Square will join fellow industry leaders by closing on Thanksgiving Day. Click here <https://bit.ly/3eNhtfC> for a complete listing of Sangertown Square's holiday hours.

"Sangertown Square values time with family. It is our hope that our guests, tenants and on-site staff will be able to spend additional time with their loved ones and re-charge during this active shopping season."

Santa Claus is also coming to town this holiday season with a scheduled return and Wonderland Party on December 1, 2022 to Sangertown Square. Additional details will be shared in the upcoming weeks.

For more information on the upcoming holiday season please visit our website, sangertown.com like us on Facebook, facebook.com/SangertownSquare, follow us on Twitter, twitter.com and Instagram, @sangertown_square.

Guests are reminded to check the individual hours of tenants by visiting www.sangertown.com.

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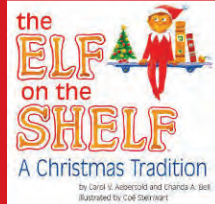
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Small Business Saturday - Holiday Display Contest



Save the Date! Small Business Saturday is November 26th. Local businesses in the New Hartford Chamber will be decking their halls for a business display contest and YOU get to vote for the best displays! Watch our social media for a list of participating businesses. Visit and check out each business's special Shop Small display and then vote on your favorites in categories like "most festive", "most creative" and more! Cast your votes starting at the Believe Christmas Festival on November 19th up through Small Business Saturday November 26th. All of our local businesses appreciate your support throughout the holiday season! Shopping small makes a HUGE difference in our community!

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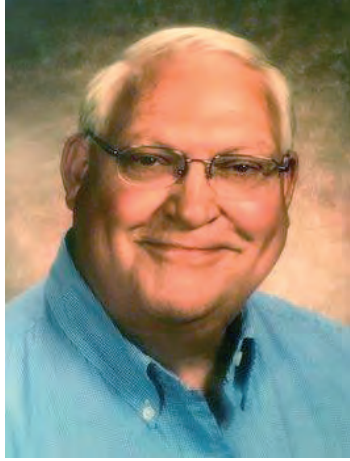
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Richard Sherman

New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

As autumn continues, leaves are falling at a slower pace than normal. Please remember as you place your leaves to the curb, separate leaves from all other items such as sticks, stones and pumpkins. Our 4 leaf vacuum machines utilize a propeller and if other items are vacuumed through, the propeller will be damaged and that will mean a slower pick-up period.

We spent much of October repairing catch basins, installing small storm water solutions such as driveway pipes and cleaning various ditches that manage stormwater throughout many neighborhoods. This annual maintenance has helped with severe flooding events, but we have been working on the bigger solutions.

Your Highway Crew will be working on the Tanglewood Rd project at the end of October installing new storm water pipes and 6' concrete catch basins. This storm water project will help this area for flooding in major rain events.

Our new salt shed is under construction and should be finished by the first week in December. The new salt shed will allow us to store up to 4,000 tons of salt and keep all of our winter materials under cover out of the weather to ensure we always have enough salt to plow our streets. On one side of the salt shed there will be a lean-to for winter storage of our summer equipment. The monies for this shed came from a \$400,000 NY State grant that was award to our Town.

After Thanksgiving your Highway Department splits into 2 separate crews to manage the winter season. The first shift crew begins at 4 a.m. to ensure that the roadways are ready for morning traffic and school

buses. The eight-hour shift ends at noon UNLESS it is still snowing or sleeting. If so, that same first shift crew stays until 4 p.m. The second shift crew begins at 4 p.m. and that 8-hour shift ends at midnight. Here too, if there is still precipitation at midnight that second shift crew stays until 4 a.m. when the first shift crew begins again. This allows for a 12 hour on and 12 hours off day in times of a snow event.

Why did we make this change several years ago? As snow plow drivers have to concentrate in hazardous conditions for long periods of time, it can be taxing on our drivers. Safety for our drivers and the driving public is paramount. If your Highway Department were to work a normal day shift and it snows all night, they might need to be working more than 12 hours to clear the roads. Additionally, this shift system allows us to provide 24-hour coverage to ensure that we are managing that unexpected drizzle or drifting timely.

Happy Thanksgiving! As always, if you have any concerns or questions, please call me personally at (315)534-2998 or e-mail rsherman@townofnewhartfordny.gov.

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Leon Cardarelli with his portrait of Margaret Tuger



Dr. John Rossi, Oil 1936



General John J. Pershing, oil 1918

The 100th Anniversary of Utica Portrait Artist Leon Cardarelli

submitted by Malio Cardarelli

This year, 2022, best qualifies as the 100th anniversary of his attendance at the National Academy of Design in New York City where many of my Uncle Leon Cardarelli's still-existing portraits were accomplished. Born in southern Italy, Leon at an early age drifted toward art, absent financial ability to attend a university to develop that skill, but nevertheless much devoted to it.

In fact, he was only 8 when in 1907 the entire Giuseppe and Ersilia Cardarelli family left their Supino, Italy home to venture to the United States and then to Utica hoping for a better life. Family members, nine total, undertook occupations, mostly trades, to support themselves at a time when there was very little public assistance, and more pronounced, when accepting such aid, at least to new-comer Italians and certainly to others, would constitute a discreditable admission of inability to fend for themselves.

The three ladies in the family were Ersilia, my paternal grandmother, and her two daughters who married in the US. Giuseppe, my grandfather, unable to put to use his Italian-gained flour milliner skills settled for a laborer position, while his sons established themselves in the trades--a barber and jeweler, a restaurateur, a shoemaker, a finished tailor, a dry cleaner, and-- not in

concert with the others--a portraitist.

Typical of Italian thinking at the time, and perhaps even now, if a son or daughter was attracted to either a religious or an artistic life, the family would support that calling as best they could. So, at age 12, accompanied by other family members, Leon was allowed to return to Italy to study, probably gratuitously, with Giovanni Jacobucci, a noted architect in Rome. Returning to the US at age 14, he later enrolled in New York City at the National Academy of Design, Cooper Union, and The Art Students League. But it was from the former that several of his 1922 portraits were accomplished, many in living art, (nudes) along with an array of other portrait works.

Never having possessed or driven an automobile, never have owned a telephone or a television, and never having married, Leon devoted himself entirely to his art and his self-taught education, speaking English, French, and Italian fluently, all without any formal education. Newspapers were his greatest joy, and he was especially devoted to the New York Times.

Leon passed away in 1979 at the age of 80, but his portraits live on. A few to mention are a portrait of Margaret Tuger renowned Herkimer, NY school teacher and school principal, now at the Herkimer Historical Society; a portrait of Judge John T. Buckley on display at the Utica City Court Building; one of long-time devoted East Utica physician John Rossi, now in the possession of a member of the Rossi family; and a portrait of General John J. Pershing on long-time

display at the Thomas Didymus Memorial Library in Remsen, NY. Other paintings, mostly portraits, number more than 60, most, perhaps all, still existing. Those he painted at the New York art schools, and a few others such as a portrait of his mother and one of his brother Paul, were, upon Leon's death, distributed to his nieces and nephews and are likely displayed in their homes as are the few possessed by this writer.

Those who might be interested in Leon's artistic and other achievements might consult his biography, "Utica Portrait Artist Leon Cardarelli; His Life and his Works," available for circulation at a number of local public, college, and school libraries and local-area historical societies. A few remain on sale locally wherever this author's books are sold.

But the essence of this writing is to commemorate the 100 years of his works of art, thankfully most still existing and most still in Utica and its surrounding communities.



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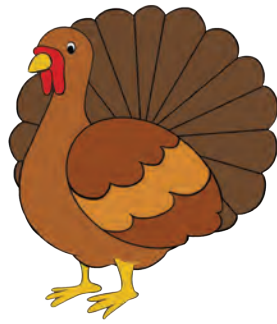


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Sitrin's Spin & Splash class uses pool bikes and is one of the more popular activities among adults and seniors. Photo courtesy of Chris Walsh.

Stay Warm and Fit Year-Round at Sitrin

Many people find it convenient to stay fit during the summer months through outdoor activities such as walking, running, golf, and tennis. Now that the Fall season is in full swing, there are still many ways individuals can stay in shape and improve their health.

Sitrin's Wellness & Aquatic Center offers a variety of classes to keep individuals fit all year long. With two heated therapy pools and a full-scale gym, the Wellness Center is designed to help adults reach their health, fitness, and recovery goals.

"While it's true people tend to become more physical in the summer, the key is to remain active throughout the entire year," Dr. Shawna Marmet, Sitrin Outpatient Clinical Supervisor, said. "Sitrin's Wellness program can put them in the right frame of mind and help them develop healthy habits that are essential components of their overall wellbeing, including mental health."

Finding a consistent way to incorporate physical activity into people's lifestyles that they enjoy is also extremely important. At Sitrin, individuals can choose from a variety of aquatics classes and exercise equipment, including treadmills, Ski-Ergs, elliptical, recumbent bike, and rowing machine. The exercise machines are evenly spaced, allowing for ease of movement. Sitrin's two inground therapy pools, both heated at 92 degrees, provide an exciting, fun-filled approach to physical fitness all year long.

The Wellness & Aquatic Center is now offering a new and easier way to view and schedule appointments. With this new system, participants can sign up for

open pool, open gym, and aquatics classes, as well as purchase and manage memberships.

Individuals can utilize the new scheduling system on Sitrin's website, <https://www.sitrin.com/community/wellness/wellness-center-appointments/> or by downloading the new app, "Wellness & Aquatic Center at Sitrin." This app is available in both Apple and Google Play stores.

Special rates apply to Wellness members. It's easy to join Sitrin's Wellness & Aquatic Center. Individuals can schedule online or over the phone at (315) 737-2451.

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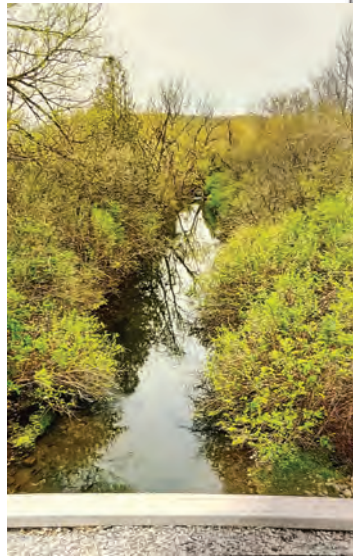
NEW HARTFORD PAST TIMES

November 2022

NEW HARTFORD HISTORICAL SOCIETY



Looking south towards Bouckville on Canal Road with Solsville to the North



Old Chenango Canal between Merritt Place and Clinton Road in area of Myles Elementary

The Chenango Canal aka the "Million Dollar Ditch"

by Rick Giffune

With all the history classes that I have taken, very little was ever mentioned about the canal-system that crisscrossed the Empire State. And one of those canals, running almost through the center of New Hartford, was the old Chenango Canal. It was built in 1833 and it was used to connect the cities of Utica and Binghamton.

At the time the Chenango was built, Utica had many manufacturing firms especially textile mills. Much of these mills relied on coal. And the majority of that coal came from Pennsylvania. With the growing demand for coal, (many homes required it as well) the use of horse and wagon to transport coal was becoming insufficient. The Governor of New York at that time was Dewitt Clinton. He was instrumental in getting the Erie Canal built. After seeing the revenue and expanded commerce the Erie produced, Governor Clinton wanted more canals dug to "share the wealth". He believed the link to Binghamton would be a tremendous asset.

The Chenago Canal already had three strikes against her from day one. #1, it was highly unlikely tolls collected from the canal would ever offset the cost of one million dollars that was allotted for the construction. #2, there wasn't enough natural water sources to feed it, so several man-made lakes and reservoirs needed to be built to supply water. Lake Moraine, Hatch Lake and the Lebanon Reservoir to name just a few. And #3, there was a great difference in elevation between Utica and Binghamton so this meant that more lock (almost one every mile) needed to be built.

Finally, after much debate and many more meetings, the State threw "caution to the wind" so to speak and went ahead with construction. The final cost would be double of the original proposal and the old Chenango's price tag would be a whopping two million dollars. The fact the canal was only used for about forty years meant the expenditure never really paid off in the long run. You see, by 1878, rail traffic was growing rapidly and quickly putting the canals and their slower mode of transport out of business. The last "lateral" canal used was the Black River connecting Watertown and Rome. They ceased operation in 1927.

Much of the Chenango still had water in it up until the end of WWII. After the war most of the canal running through our area was filled in and paved over for roads. Once I became interested in this canal, I set out in search of its remains. The canal came through about where Routh 12 South is now behind Utica National and ran along side the Yahundasis there crossed over near Clinton Road and ran south through Clinton, Deansboro and Oriskany Falls. Just south of Franklin Springs parts of the old canal still have some water and pieces of the old locks are still visible.

The name "Million Dollar Ditch" comes from the book of the same title written by Wade Lallier. If this article fuels your interest like it did mine, check out Mr. Lallier's book. Or, if you're feeling adventurous, pull off the road and go for a short walk along the Ole' Chenango.

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Please stop in to visit us and consider becoming a member. Membership fees are \$15 for Individual, \$20 for families, \$25 for Friend/Contributor and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

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NHFD News

Your New Hartford Volunteer Fire Department responded to 118 calls during the month of September as indicated by the monthly call report listed below by category:

- Fires = 4
- EMS = 61
- Hazardous = 6
- Service Type = 14
- False Alarms = 18
- Good Intent = 15
- Other Alarms = 8
- Weather Related = 0



Total Calls for the Month of September 2022 = 118. Of the 118 alarms, 104 were in the town and 14 were in the village.

Total calls year-to-date through September 2022 = 1,052.

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

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

From the Chief's Desk...

According to the Mayo Clinic, approximately 10,000 Americans experience some degree of Carbon Monoxide poisoning while the Consumer Product Safety Council reports that 170 individuals die each year. This coupled with the Center for Disease Control and Prevention reports that more than 20,000 visit the emergency room and 4,000 others are hospitalized, shows the importance of understanding CO.

Often referred to as the "silent killer", carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

CO alarms should be installed in a central location outside each sleeping area and on every level of the home and other areas where required by applicable laws, codes, or standards. For the best protection, and if possible, interconnect all CO alarms throughout the home. Follow the manufacturer's instructions for placement and mounting height. Select a CO alarm that has the label of a recognized testing laboratory.

Test your alarms at least once a month and replace if necessary. Once activated, check to see if the batteries are low. If they are, replace them and if it continues to sound or if people in the vicinity are starting to feel ill, call 911.

With winter approaching, make sure vents for your dryer, furnace, stove, and fireplace are clear from the snow build-up.

Symptoms of CO poisoning vary as CO enters the body through breathing. It can sometimes be confused with flu like symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches. High levels of CO can be fatal, causing death within minutes.

CO levels are measured by specific equipment which is carried by your New Hartford Volunteer Fire Department officers and on the various fire trucks. It is very similar to the equipment used by National Grid when they are called to investigate. Should the department be called and arrive first, most often than not, they will request a representative from National Grid to respond, if National Grid has not been previously dispatched.

The NHFD wants to keep our neighbors safe now and in the future.

A Magical Time of the Year

The New Hartford Volunteer Fire Department invites you to stop by the fire station and Village Park to see this year's Holiday Lights display. In conjunction with the Village of New Hartford, the fire station has become the focal point for many friends, young and old, at this time of the year, including many of those who have gone away from the area and returned "home" over the holidays.

Members of the department worked tirelessly to make sure the village "glows" during this holiday season. Approximately 20 elves spent over 60 hours assembling and installing the various decorations. In addition we have planning and work on prepping the displays before they are actually put up. From the lighting to the Memorial displays, to the arches and candles, we take pride in making the most of our display, along with the Village display in the Park.

This year's lights will be turned on in time for the first ever- "Believe - a Magical Christmas Experience" for all to enjoy.

Over the course of many years, with the generous support of our New Hartford Community, we continually update and improve the displays. We thank you all for your support and hope that you enjoy not only the lights but this very special and magical Season!

New Hartford Volunteer Fire Department Fire Chief Tom Bolanowski, along with the officers and members, extend their very best wishes for a Happy and Safe Holiday Season.

WISHING EVERYONE A HAPPY AND SAFE HOLIDAY SEASON! Visit us on the web at: www.nhfd.com all year long.

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Believe - A Magical Christmas Experience

The New Hartford Volunteer Fire Department invites you to a very special "BELIEVE - A MAGICAL CHRISTMAS EXPERIENCE" that will take place on Saturday, November 19, 2022, from Noon to 4pm in the Village of New Hartford. The event will be centered at the gazebo in the Village Park.

The celebration event, the first of its kind for New Hartford, will begin at noon with a holiday parade forming on Graham Avenue, proceeding down Oxford Road, ending at the Village Green where Santa and Mrs. Claus will greet the community children and hear their special wishes. Just in case your little one forgets something on their list, a special mail box for Santa will be located near the gazebo. Music will be provided by our sponsor Roser Communications.

During the event, Park Ave between Oxford Road and Pearl Street will be closed to accommodate the food trucks. Stuff the Bus along with Feed our Vets will be located in the parking lot of the Presbyterian Church. Basket Raffle and a variety of vendors will be throughout the park.

Admission is "Free" however, everyone is encouraged to donate a non-perishable food item to Feed our Vets and/ or a new unwrapped toy for Stuff the Bus.

In case of inclement weather the event will be held inside the fire house.



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Hidden Injuries Cause Pain In More Places Than Sports

submitted by Helen Sarandrea Physical Therapy

It's well known that athletes hide injuries, but they're not the only group known to do this. Performers like dancers keep injury secrets, and so do workers in all types of jobs.

These groups might seem diverse, but they have a lot in common when we look at the reasons they hide injuries.

Stigma is the first reason people hide injuries. There have been big improvements in the culture around sports, performing arts, and worker's comp, but some people still have the old "no pain, no gain" attitude. To some people, reporting an injury is an act of weakness, or a way of letting the team down.

In addition to this internal pressure, there can also be external pressure from coaches, parents, teammates, supervisors, or fans to keep playing or working.

The second reason people hide injuries is because they're afraid of what they'll lose. With the focus on head injuries in recent years, athletes that get hit in the head know if they report concussion symptoms, they're coming out of the game. Workers who get hurt on the job fear loss of pay, or loss of their job. Performers who get hurt might fear that their replacement will outshine them on the stage and take their place.

When it comes to reporting injuries, athletes have a third incentive not to report being hurt - competitive advantage. If an opposing team knows a player is injured, and what the injury is, they might be able to take advantage of it. For example, if a football team has a running quarterback that has an ankle injury, it will change how the opposing defense plays.

These reasons all make some sense, but they're also all shortsighted. Finishing a game, dancing tomorrow night, or working one more shift are never worth your long term health. Hiding a minor injury can turn it into a major one. It's never weak to report an injury and you're not letting your teammates, or coworkers down. If you're not up to your best, you owe it to the people counting on you to let them know. Letting a healthy player, performer, or worker take your place is the right thing to do. If you're injured, don't hide it! Let the right people know, then go to the right person for help - your physical therapist!

Call us today at 315-738-1671. Helen Sarandrea Physical Therapy, 8200 Seneca Turnpike, Clinton.

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Nov. 5th & 19th • Dec. 3rd & 17th

Hours of Operation: 10am - 12 noon

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

Follow the signs to the driveway in the back during open hours. In the event of food emergency issues, please contact the St. John's rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

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

If this is your first visit, please bring proof of address. If you do not have a permanent address, just come in. We will assist. If you are unsure of eligibility, just come in. We will assist. **We Are Looking For Volunteers!**

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

Household Size	Annual Income*	Monthly Income*
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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

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Low Intensity Workouts

submitted by Jim LaFountain, All American Fitness Center

A friend chose to criticize my low intensity 5:00 a.m. Wednesday workout, “You can definitely lift more weight than that.” I tried to explain “low intensity” to my friend, as simply as possible and that EVERY workout must have a specific “purpose.” I’m not sure he got it. Let’s explore the specifics, as it relates to purposeful exercise:

High Intensity: Resistance Training, in the form of weights, machines and rubber tubing offers several benefits. In order to gain muscle, it’s important to understand the term “momentary muscular failure.” At this point in each set of an exercise, performing another repetition, in good form, is impossible. This optimally stimulates muscle fibers to get stronger and grow thicker, most commonly referred to as “hypertrophy.” High Intensity sessions must, by design, be more brief than low intensity sessions. We are all aware of bodybuilders who gain muscle using several, low intensity sets of an exercise. I suspect they’re engaged in some form of pharmacological assistance with their growth. Science tells us in a lifetime, without the aid of anabolic steroids or human growth hormones, a resistance trained male can gain 12-15 pounds of muscle, while a female tops out at 6-8 pounds of muscle. I adopted High Intensity resistance training after contracting mononucleosis in graduate school. Prior to getting sick, I was training six days a week, for three hours each workout. While sick, I read everything I could get my hands on regarding high intensity versus high volume. Once I recovered, I switched to training incredibly hard on three, non-consecutive days a week, for 40 minutes and placed 2nd in the Mr. Kentucky Bodybuilding Contest.

High Intensity Cardiovascular exercise is done at a heart rate exceeding 85% of one’s maximum and stimulates hypertrophy in the left ventricular wall of the heart, that’s responsible for forcing oxygenated blood to working muscles.

Moderate Intensity: As we grow older, we have a more difficult time recovering from high intensity workouts. A Moderate Intensity session is more joint and connective tissue friendly and much easier from which to recover. If High Intensity workouts require 100% effort, Moderate Intensity may be at about 75-80%.

Although Moderate Intensity Cardio sessions still tend to address some left ventricular wall musculature, it also stimulates vessels of the body’s periphery.

Low Intensity: Low Intensity workouts should only be done when you are at the brink of overtraining. Sore achy muscles are encouraged to heal and recover after a couple Low Intensity workouts. Oxygenated blood delivered to damaged muscle

tissue aid recovery.

Low Intensity Cardio does little to address the left ventricular wall, it does, however, engage the vessels of the body’s periphery.

Active Rest: As I’ve nearly reached my seventh decade on this planet, I’ve learned that taking days completely off, most often leaves me stiff and sore. Active rest may include the use of rubber tubing instead of weights or machines. Tubing varies the resistance and is joint and connective tissue friendly.

An example of a Cardiovascular “Active Rest” session might be a light walk, allowing oxygenated blood to flow into microscopically damaged tissue and aid in its healing.

Rest & Recovery: I had the good fortune to work with the US Biathlon Team several years ago. Athletes were required to take their morning, resting pulse, daily. If their pulse was seven or more beats higher than normal, they were required to engage in an active rest session or take a complete day off from training. Recovery was the goal. In most of my talks to groups about fitness, I make the point that exercise does nothing to “produce” growth and fitness improvement. Only recovery can do that.” In the field of Exercise Science, the term “Super Compensation” is used to describe the process of muscle fibers being allowed to become thicker and stronger, after being given time to recover from exercise. That should be the overall purpose for everyone, using the various modes of exercise covered in this article.

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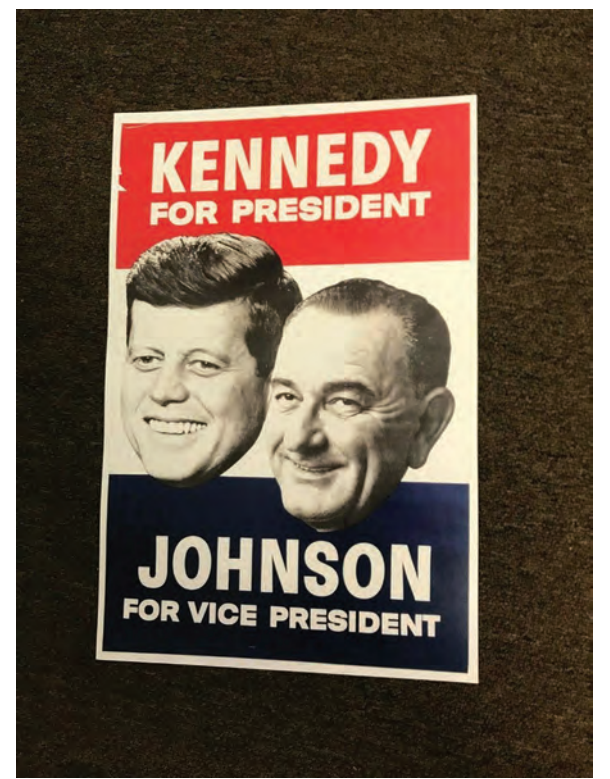
by Victor J. Fariello Jr.



Consider the Questers!

The J. Schoolcraft Sherman #1519 Chapter of Questers International meets monthly except July and August at the New Hartford Library. We are a group of individuals interested in history, preservation and the love of antiques. We have guest speakers and a monthly Show & Tell where members bring an antique or collectible to share with the group. Dues are \$28 per year and include a quarterly newsletter. For more information on Questers visit www.questers1944.org. You can also find us on Facebook by searching "lovoldstuff." If you are interested in joining, please email me at vjfariello@gmail.com.

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



This campaign poster hails from the 1960 presidential campaign of John F. Kennedy.

“FROM THE MAILBAG”

Q. I have an old Coca-Cola tray that I bought at an estate sale several years ago. Would you know what year it is from and how much it might be worth?

A. Your very nice Coke tray was produced in 1938. These tin lithographed serving trays were produced in large quantities and given to most every diner, restaurant or soda fountain that carried their products. That being said, not as many have survived in the excellent condition as yours. That certainly adds to the desirability and value of your tray. I would value it at \$50-75.

Q. I have a lovely Weller vase that was handed down from my grandmother to my mother to me. I had always thought it was Roseville but its markings are definitely Weller. It is 14 ¼ inches tall and has no chips or cracks. I am interested in knowing its value?

A. Your double handled Weller vase does resemble Roseville. These were very popular in the 1930's and 40's and were priced for the average household. When you think of the intended use and the high risk of damage, it is remarkable that they still exist in such great condition. Your mother and grandmother are to be commended for being such good caretakers of it., Although prices for art pottery are depressed at the present time, I value your vase at \$150.

Q. I have a Kennedy for President poster from 1960 that is in excellent condition considering it is over 60 years old. Could you estimate what it is worth?

A. As you can imagine the quantity of these made was very high. The good news however is that relatively few have survived the span of time. Given the popularity of Kennedy's presidency and his untimely death, makes your poster even more desirable. It would easily be worth \$100 to the right person.

Happy antiquing!

Support Your Historical Society

Have you thought of becoming a member of the New Hartford Historical Society, but just haven't gotten around to it? Why not do it today! The cost is \$15 for an individual, \$20 for a family and \$5 for students. What a great way to make a contribution to the town's history. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible.



Coca-Cola trays were a popular advertising item in the 1930's and 40's.



This Weller vase is highly collectible and sought after.



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Christopher J. Carbone

Year-end Investment-related Tax Planning Checklist

Using this checklist will help ensure you're working toward your financial goals and prepared for the upcoming tax season. Keep in mind most investment-related strategies to help manage this year's tax bill must be implemented no later than December 31, 2022. Keep in mind December 30 is the last day the markets will be open this year.

1. Review your portfolio with your financial advisor to help ensure your asset allocation still aligns with your goals. Market activity may have created a need to rebalance your portfolio by selling some investments and purchasing others to bring it back to your intended allocation.
2. Ask your financial advisor for a realized and unrealized gain/loss report to assess the income and capital gains or losses you may receive this year.
3. Determine whether the 0% capital gains rate may apply to your situation. Add your net long-term capital gains and/or qualified dividends to your other taxable income net of deductions. If the sum is \$41,675 or less (single filers) or \$83,350 or less (married/joint filers), your long-term capital gains and/or qualified dividends

may be taxed at 0%. For sums above these thresholds, 15% and 20% capital gains tax brackets apply.

4. Review tax-loss selling strategies if you have realized capital gains. If you wish to realize a loss but keep your exposure to the security, remember that November 29, 2022, is the last day to "double up" a position (buy additional shares of the investment you want to sell on December 30 to realize a loss) while not violating the wash sale rule. If you violate the wash sale rule, you won't be able to claim the loss on this year's taxes.

5. Meet with your tax advisor to prepare preliminary tax projections and evaluate whether to accelerate or defer income and expenses.

6. Determine if any adjustments are needed to your tax withholding or estimated tax payments.

7. Make maximum contributions to your employer-sponsored retirement account, such as a 401(k) or 403(b); if contributing to your IRA, the deadline is April 18, 2023.

8. Develop a plan to complete charitable and family member gifts by year-end.

9. Consider funding a Flexible Spending Account (FSA) and/or Health Savings Account (HSA) during your employer's annual benefits enrollment period, if you're eligible. Also, review FSA balances. Remember, FSAs typically operate on a use-it-or-lose-it basis, which means you could lose any money left in the account after year-end.

10. Prepare for filing tax returns by organizing records or receipts for income and expenses.

Wells Fargo Advisors is not engaged in rendering legal or tax advice. If legal or tax assistance is required, the services of a competent professional should be sought.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF® First Vice President -

Investment Officer Financial Advisor in Clinton, NY at (315) 801-2546

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Why Is Election Day a Tuesday in November?

The answer lies with America's 19th-century farmers. Americans first began the custom of weekday voting in 1845, when Congress passed a federal law designating the first Tuesday following the first Monday in November as Election Day.

Before then, states were allowed to hold elections any time they pleased within a 34-day period before the first Wednesday in December, but this system had a few crucial flaws. Knowing the early voting results could affect turnout and sway opinion in states that held late elections, and those same last-minute voters could potentially decide the outcome of the entire election. Faced with these issues, Congress created the current Election Day in the hope of streamlining the voting process.

~ <https://www.history.com/news/why-is-election-day-a-tuesday-in-november>




Fall Sports are Slowing Down...

Let's Dance!!

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Elect Kevin November 8th

kuehnerforsupremecourt.com



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ELECT *Julie* **GROW DENTON** SUPREME COURT JUDGE



- ✓ Born and Raised in Oneida County
- ✓ Graduated from Harvard Law School
- ✓ Entirety of 25-year Legal Career Spent in Central New York Courthouses and Law Offices

Please Vote for Julie this November

 juliegrowdentonforsupremecourt.com

paid for by the Committee to Elect Julie Grow Denton for Supreme Court

★★★ JUDGE ★★★ **MARK ROSE** for

NYS SUPREME COURT

CITY COURT JUDGE for 15 years

~ Representing clients and municipalities in the Mohawk Valley for 30 years



4



Please Vote for Judge Rose in November

MarkRoseForSupremeCourt.com

paid for by the Rose for Supreme Court committee

★ ELECT ★ JUDGE **RAMSEIER** — FOR — SUPREME COURT RESPECTED | RELIABLE | JUST

★ **PRINCIPAL LAW CLERK**
JEFFERSON COUNTY SUPREME COURT

★ **CLAYTON TOWN JUDGE**

★ **EXPERIENCED LAWYER**

★ **ELECT JUDGE RAMSEIER**
NOVEMBER 8TH



electjudgeramseier.com

paid for by the Ramseier for Supreme Court committee



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(315)738-1671

Falls

Falls can diminish your ability to lead an active and independent life. There usually are several reasons for a fall, and the more risk factors you have, the greater your risk.

The reasons for falls are complex and include:

- Being 80 years old or older
- Leg muscle weakness
- Difficulty with balance or walking
- Vision problems (cataracts, macular degeneration, wearing bifocals)
- Medical conditions that limit your ability to get around, such as Parkinson's disease, stroke, or diabetes
- Conditions that cause confusion, such as dementia and Alzheimer's disease
- Depression
- Taking more than 4 medications at the same time or psychoactive medications (such as sedatives or antidepressants)
- Using a cane or other walking device
- Home hazards (throw rugs, pets underfoot)
- Low blood pressure
- A history of previous falls

About **one third** of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year.

HOW A PHYSICAL THERAPIST CAN HELP

If you are worried about falling or if you recently had a fall, your physical therapist can conduct a screening of your fall risk. If the screening shows that you are at risk, the therapist will perform a thorough evaluation, and design an exercise and training program to improve your balance and strength, and may include:

<ul style="list-style-type: none"> • Balance Training • Walking and Moving Improvement • Learning to Multitask Safely • Strength Training 	<ul style="list-style-type: none"> • Aerobic Training • Education • Fear Management • Use of community programs
---	---

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**FIRST UNITED METHODIST CHURCH**

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

ST. JOHN THE EVANGELIST CHURCH

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

CROSSPOINT CHURCH

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

HOPE ALLIANCE CHURCH

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

ST. THOMAS CHURCH

150 Clinton Road - 735-8381
 stthomasnh@syrдио.org
 Pastor: Rev. David Sears
 Saturday Vigil: 4 p.m.
 Sunday Mass: 9:00 a.m.
 Confessions: Sat. 4:45-5:15 p.m.
 Holy Day Schedule:
 Holy Day Masses 12 noon
 Adult Religious Education, Open to the Public
 We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)
 ststephensepiscopalnhny@gmail.com
 Sunday Service of Holy Communion at 10am followed by
 fellowship
 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
 St. Stephen's is handicapped accessible.

FAITH IN CHRIST REFORM CHURCH

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

IMMANUEL BAPTIST CHURCH

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

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Dr. Sue A. Riggle, Pastor
 45 Genesee Street, NH 315-732-1139
 newhartfordpresbyterian.org
 office@newhartfordpresbyterian.org
 Motorized Lift for Handicap Accessibility
 Supervised Nursery Care Provided During Worship
 Sunday morning worship continues at the regular time of
 10:30 in November, in the sanctuary and livestreamed on
 NHPC's Facebook page. The worship hour is preceded by
 Sunday School classes for adults and youngsters ages 4 and
 up, starting at 9:30. A fellowship/coffee hour for everyone
 follows the worship service.

The Christmas Star Bazaar returns to New Hartford
 Presbyterian Church on Saturday, November 12, from 9
 a.m. until 3 p.m. The event features unique handcrafted
 items, holiday gifts and Christmas decorations, as well as
 the Attic Treasures area stocked with a wide assortment of
 vintage antiques and collectibles. The bake sale will also be
 back this year.

NHPC is sponsoring an Angel Tree to benefit The
 Neighborhood Center. Angel ornament tags contain
 the child's name and size, and specific item or items of
 clothing requested. Gifts provided should not be wrapped,
 but should have the Angel ornament tag attached so the
 receiving child can be easily identified.

Other NHPC activities in November include:
 Choir rehearsals at 9:15 each Sunday morning
 11/19 — BELIEVE New Hartford Fire Department and
 Chamber of Commerce Christmas Celebration on the
 Village Green

11/20 — Noon, Meal Preparation for Morrow Warming
 Center

11/20 — 6 p.m., Youth Group
 11/26 & 27 — Hanging of the Greens Christmas Decorating
 of the Church

11/27 — 3 p.m., Dinner Preparation at Hope House

MARY, MOTHER OF OUR SAVIOR PARISH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit
 email: sauquoitvallyumc@aol.com
 Pastor: Robbin Harris
 Office: 315-737-7505
 Sunday Worship 11:30 a.m. (Nursery Care Available)
 Sunday School 9:30 a.m. For all ages.
 Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 315-733-4570
 firstbaptistnh@gmail.com
 Rev. James Harriff, Pastor
 Virtual Service every Sunday at 9:30am
 on Facebook "First Baptist of New Hartford"
 Sunday Service - 9:30am
 Sunday School - 11:00am
 Handicapped Accessible. All are welcome.

UNITARIAN UNIVERSALIST CHURCH of UTICA

10 Higby Road, Utica, NY 13501
 315-724-3179 uuutica.org
 Minister: The Rev. Karen Brammer
 Sunday services at 10:30 AM
 Find up-to-date info and learn more about us at our website,
 www.uuutica.com.

The Unitarian Universalist Church of Utica is an open
 minded, open hearted spiritual community. Unitarian
 Universalists come from different faith backgrounds but
 our shared values bring us together. One of the principles
 that unite us is respect for the interdependent web of all
 existence of which we are a part. Newcomers are always
 welcome.

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682
 Fr. George Goodge
 Sun - 9am Matins
 Sun - 10am Liturgy
 Wed - 5:30pm Vespers
 Bookstore hours: Open Sundays after Services.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana
 Music Director Richard Crawley
 Worship service: Sunday 10:30 a.m.
 714 Washington St., Utica. 315-732-6518
 www.wmoutica.org

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

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit 315-737-0757
 WHERE JESUS IS LORD!
 Pastor Walter J. Wharram, Jr.
 Sunday School - 9:00am
 Sunday Morning Worship Service - 10:00am
 Mid-Week Bible Study - Wednesdays 7pm
 *Sunday Sermons posted to YouTube weekly
 - Search 'Norwich Corners Christian Church'

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869
 churchoffice@trinitylutheranutica.com
 Fall/Winter worship:
 9am - Sunday School & Adult Bible Study
 10:30am - Worship is led by our Pastor, Peter Saie
 Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

1605 Genesee St, Utica, NY 13501 | fpcutica@gmail.com
 Opening Doors, Hearts & Minds: Serving Christ &
 Community
 Sundays - 10:30 Worship
 Faith Enrichment for all ages
 Coffee Hour following morning worship.
 Handicapped Accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

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

ANNUNCIATION CHURCH

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

STONE PRESBYTERIAN CHURCH

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

CLINTON UNITED METHODIST CHURCH

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

CORNERSTONE COMMUNITY CHURCH

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

CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

ZION LUTHERAN CHURCH

630 French Road, New Hartford
 Interim Pastor William Preuss
 Sunday Mornings at 10 AM
 Al-Anon Meetings, Wednesdays at 12:30 PM
 315-732-4110, office@zionluth.com
 www.zionlutheranNy.org
 Visit us on Facebook at:



Zion Lutheran Church, New Hartford, NY
All Are Welcome! This is God's house and Christ's church.
There is a place for you here!

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
stmargarethouseny.org
info@stmargarethouseny.org
Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
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 at Emmaus 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 **

November 16th Monthly Dinner

Meatloaf with Mashed Potatoes, Veggie, Salad, and Dessert

Special Events

PSALMS AND THEIR PSUBTLE PSECRETS - October 29th and Nov. 9th. Back by popular demand! Ever wonder why so many great historic names in religious history praised the Psalms in superlative terms while you only find certain lines important, as you read them? They seem simple enough. You know how to read other parts of the Bible - why do Psalms pseem pso pstubburn?

Approached largely by the questions, frustrations and experiences you and others bring with you, and orchestrated under the guidance of the Reverend John LaVoe. Please join us on October 29th and November 9th at 1:30pm.

It Takes A Village - November 1st and December 6th

As we wind out the year, our It Takes a Village group will be meeting to prepare meals for The Morrow Center. All are invited to join us for lunch at Noon and to help prepare meals for our community members in need.

Grief Group - November 8th and December 13th

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.

Tools For Working Through Holiday Grief - Nov. 10th

The holidays are challenging times for individuals grieving the loss of loved ones. This workshop is designed to provide hope, support, comfort, and tools to help those working through holiday grief. Dave Roberts, MSW, LMSW, will be facilitating the workshop with guest panelists, to be held at St. Margaret's on November 10th from 6:30pm to 8:30pm. Please register by November 4th.

Donations graciously accepted.

Harvest Luncheon for Clergy - November 15th

Please join us for an ecumenical Thanksgiving service at Noon followed by a delicious and homemade turkey luncheon. Donations graciously accepted. Please call or email to register by November 7th. Limited to 25 people.

Mary Had a Baby: An Advent Bible Study Based on African American Spirituals - November 29th, December 6th, 13th, and 20th

Join Deacon Barbara Groves for this interesting Advent Bible Study. Sessions begin November 29, December 6, 13, and 20th. Sessions will begin at 2:00PM and will be offered in person and via Zoom. Please register by November 21st and if participating via Zoom, a link can be emailed to you. Donations gladly accepted. The book, by Cheryl Kirk-Duggan & Merilyn E. Thornton, is not required to participate, but would be wonderful to read if you are able.

Wreathmaking Workshop - November 30th

This year we will be having a wreath making workshop, November 30th from 1:30pm to 3:30pm. Guests will have materials to make a wreath for themselves and one that will be gifted to a local community agency. All materials are included. Suggested donation is \$25.00.

OVERNIGHT ADVENT RETREAT - Dec. 4th & 5th

I will be leading an overnight Advent retreat beginning at 3:00PM on Sunday, December 4th and concluding at 3:00PM on Monday, December 5th. Its purpose will be to help us to be more open to the deeper meaning of Advent and Christmas through presented meditations, silence, worship, and discussion. I also will be available for spiritual guidance/conversation during the periods of silence.

While participants will be free to go home at night, if you wish, I recommend staying overnight if you are able. Maintaining the atmosphere of the retreat overnight is more conducive to a deeper experience the following day. Please sign-up with Adrienne at St. Margaret's for meals and your own room. Suggested donations are as follows: "commuter" is \$45, while the overnight fee is \$100. Confidential scholarships are available for those who would like to participate but who may not be able to personally cover the cost. Please make use of them if you need to. All are welcome.

More information on the focus of the retreat will be sent to those who sign-up. Any questions may be directed to Adrienne or me. We hope that you will join us!

-- Elizabeth+ (Chaplain)

With Best Wishes to You and Yours For a Happy Thanksgiving from all of us at St. Margaret's and Emmaus House!

CONTACT INFORMATION & EVENT RESERVATIONS:
Ph: 315-724-2324 | Email: info@stmargarethouseny.org

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.

Gospel Corner Café
Coffee House

Fourth Friday of every Month at 6pm
November 24, December 23
January 27, February 24, March 24
April 24, May 26, June 23

Free Music
Free Beverages & Finger Foods

All are welcome Free of charge

Location ▶ **Living Faith Bible Church**
2922 Pinnacle Rd Sauquoit
315-737-5075

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.

New Life
Apostolic Church

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

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413

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Jr. MMA

Ages 8-12

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TRAIN WITH CHAMPIONS!



“5th Annual Connor’s Way 5-Mile Scenic Memorial Run/Walk”

On Sunday, September 18th, the Connor’s Way Run/Walk broke two of its own records at its 5th annual event – highest number of registered participants, 539, as well as a course record being set by Jordan Hoffman, finishing in just over 29 minutes.

The crowd of hundreds enjoyed an opening ceremony with presentation of the colors, the national anthem being sung by Meghan Lynskey, Connor’s sister, and a procession to the start line, lead by an Irish bagpiper and a Color Guard consisting of members of the New Hartford American Legion, Chapter 490 Order of the Purple Heart and the Vietnam Veterans Chapter 944.

Participants were appreciative of some clouds, helping to keep the temperatures down for the run/walk, with occasional breaks in the clouds giving way to more sunshine as the after-event festivities ensued and the medal ceremony for top runners in their age brackets. Special recognition was given to Adirondack Bank, a top sponsor for all five years of Connor’s Way, with a plaque presentation by Race Director Don Lynskey to bank representatives Debbie Cotton and Kristen Bourgeois. Other Platinum-level sponsors were The Tent Gallery; Bruce F. Daniels, Esq.; and the Fay and Fred Friedman Family Foundation at the Community Foundation for Greater Buffalo.

The Not-For-Profit’s annual event raises funds for scholarships for area youth and provides assistance to needy families, in memory of Connor Arthur Lynskey, who was tragically killed by a drunk driver in 2018 at the age of 18. In the past year alone, 25 scholarships were awarded to students at 13 different schools in Oneida and Herkimer counties. In the past four years, well over \$30,000 in awards have been distributed to area students who excel in academics and athletics/character, as well as a tradesman scholarship awarded in memory of Joey R. Ventura. The high school scholarship program is administered by the Community Foundation of Herkimer & Oneida Counties, and more information on that program is available at www.foundationhoc.org/connor.

Connor was a 2017 graduate of Holland Patent High School and was enrolled as a pre-med student at Siena College, with confirmed acceptance into the Upstate College of Medicine Early Assurance Program. He planned to become a rural doctor once he completed his studies. His brother, Mike Jr., currently is a third-year resident

in the same program, and the two had hopes of opening a rural medical office together before this tragedy occurred. The “Connor Arthur Lynskey Upstate College of Medicine” annual memorial scholarship is awarded to a medical student with plans to serve as a doctor in a rural area.

To view the photo gallery from this year’s event, visit www.connorsway.smugmug.com. To donate, visit <https://runsignup.com/Race/NY/Hinckley/ConnorsWay5Mile>.



VOTE
ELECTION DAY
TUESDAY,
NOVEMBER 8TH



★ ★ ★

BRIAN MILLER

FOR NYS ASSEMBLY, DISTRICT 122

WWW.BRIANMILLER4ASSEMBLY.COM



ELECT
MARY ★
FINEGAN

ONEIDA COUNTY CLERK

★ EXPERIENCE MATTERS ★

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**If Your Home is Damaged by Water From Any Source,
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WATER AND MOLD DAMAGE:

Water damage caused by pipe leaks, sewer back up, toilet overflows, flooding or any other source 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 38 years of experience in all phases of water, fire, smoke and mold damage. 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 including the option of insurance coverage. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage.

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 of affected building materials and contents, followed by proper remediation cleaning and disinfecting procedures. 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!

FROZEN AND BURST PIPES!

That time of the year is quickly approaching. Of all the disasters that can happen in your home, there is none worse and more difficult to deal with than a pipe that has burst in your home or business. The extreme cold of winter often brings extreme problems to North East homeowners and businesses. The worst



of these is a frozen pipe that bursts and the water damage clean up that follows. When the cold temperatures don't rise above freezing for weeks on end, broken or frozen pipes lead to severe water damage from flooding. A frozen pipe generally occurs to plumbing that is not in a heated space or in an area that is not supplied with proper heat when winter temperatures fall below freezing. A malfunctioning furnace, while the homeowner is away, is another likely cause of a frozen pipe. When exposed to below freezing temperatures the water turns into ice and the pipe expands until it breaks a small slit into the copper or separates the soldered joint. Pipes that freeze first are usually located near outside walls that are exposed to the colder temperatures rather than pipes located throughout the middle of

the structure. Some examples include outdoor hose bibs, pool lines, outdoor and indoor sprinkler systems, and other supply lines located in attics, basements, crawl spaces, garages, etc. Pipes in attics, crawl spaces & unheated rooms are particularly susceptible to freezing. Usually, a frozen pipe is not often obvious because the break can be behind walls, in ceilings or in a crawl space leading into the home. The flooding usually is caught much later after damage has been done. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting, drywall, baseboards, and furniture and depending on the location of the break can also damage the heating and electrical systems in your home.

We at Disaster Services have been serving Oneida County and the surrounding area for the past 38 years and we set the bar for our competitors. We are capable of handling any size residential or commercial flood or fire emergency and are able to service all phases of the job so that the homeowner need not worry about contacting multiple contractors for any additional trades that may be required. We will protect your property from further damage, develop a job scope and work closely with both the homeowner and the insurance carrier until job completion. We can even offer temporary heat to your home if necessary and also have a wide range of non-emergency services. Remember Disaster Services if you are in need of help from damage resulting from water, fire, smoke or mold damage. Our services are 100% satisfaction guaranteed and available 24 hours a day, 365 days a year simply by calling 315-797-1128. Also, visit us at Facebook or our web site at disasterservices.us for a complete list of our emergency and non-emergency services. Hold your phone camera over the "scan me" below to keep our number handy on your phone.

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To make reservations, please return the enclosed card, buy tickets online at hospicecareinc.org or call Hospice at (315)735-6487 ext. 1030.

Please R.S.V.P. by Tuesday, November 15th.

Join us to celebrate the kick-off of our Light Up A Life Campaign, recognize our sponsors, enjoy delicious hors d'oeuvres and drinks and take a chance on amazing raffle prizes including beautiful necklaces to get your sparkle on, a \$250 Visa card, a gorgeous decorated tabletop tree and an assortment of holiday wreaths!

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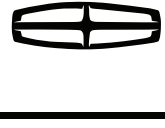
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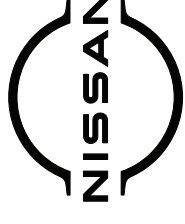
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