



2023 New Hartford Highest Honor Graduates - 96.0 and Higher * Indicates a weighted cumulative grade point average over 100



Emily Alt



Dominic Ambrose



Mary Angelini



Gabrielle Bashant



Sophia Bialoglaw



Nigella Sophia Cabazal



Sophia Campola



*Richard Chen **



Bryan Cho



Brigid Clive



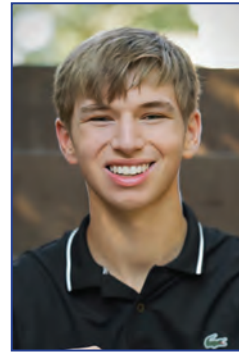
Savannah Cole



*Arpan Dasgupta **



Braiden DelMedico



David Fenner



Jadyn Frank



Daniel Friedel



*Anita Grant **



Meghan Hamlin



Allison Herrman



Abigail Jaros



Campbell Jenkins



Sharon Jiang



Amna Khan



Giada Lamberto



Kassandra Lucero



Micaela Magno



*Sarmad Maqsood **



Emily McKeone



Jonathan Mirabal



*Sandi Myint **



Kira Painter



Emily Picolla



*Willa Pratt **



Gabriella Raspante



*Anna Rayhill **



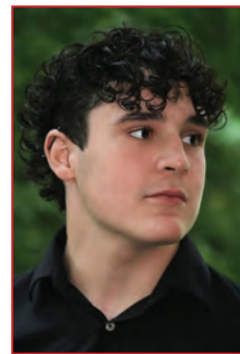
Calvin Rhoades



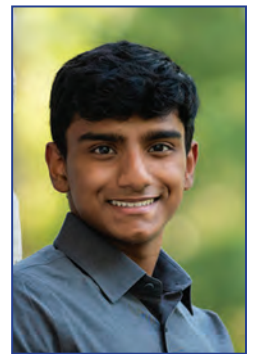
Emma Ruganis



Reagan Sassower



Jayden Schiavi



Christopher Selvarajah



Jeremy Selvarajah



*Phung Tu **



Luke Vanderlan



Kirianna Vargas



*Talia Vitullo**



Alexandra Volo



*Danielle Zuccaro**

**NH
High Honor
and Honors
Graduates
are listed
on page 2**

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2023 NH High Honors Graduates

94.0 - 95.9

Bellamaria Alberico
Alexa Battista
Joseph Bowman
Sophia Burynski
Erin Cahill
Isabella Callan
Philip Cittadino
Henry Daley
Griffin Garcia
Neil Grant
Ayesha Hossain
Alexander Kantor
Isabella Kolb
Rorie Kolek
Meredith Lott
Rhianna Lynch
Sophia O'Neill
Dhara Patel
Rajan Patel
Maya Pauley
Finley Peplinski
Ethan Pope
Mateo Ripa
Francesca Sardina-Boisen
Arda Sencicek
Nina Simmons
Colton Suriano
Jacqueline Thraillkill
Baylee Wheelock
Dylan Zayachek

2023 NH Honors Graduates

90.0 – 93.9

Emma Blom
Nicholas Broccoli
Kylee Burke
Braeden Checchia
Victoria Cioni
Nicholas Cuchiarale
Louis D'Ambro
Anthony D'Amore
Son Dang
Jake Dembrow
Makenzie Desmarais
Garrett Eisenhut
Avery English
Derek Ferrone
Isabella Freiburger
Alexandra Freytag
Jack Fuess
Chloe Glatt
Leah Hilton
Sienna Holmes
William Joseph
Mariah Lacey-Reid
Emily Lambert
Aneesa Mirza
Alyssa Mooney
Anivarth Muppala
Joseph Papandrea
Kamrynn Parks
Zachary Philipkoski
Isabella Primarolo
Mia Roberts
Julia Sassower
Casey Service
Matthew Shaw
Gillian Sheppard
David Sim-Latrell
Ella Sosnowski
Hannah Sterling
Megan Sutton
Boston Tolmei
Koen Valet
Michael Verranti
Emily Wehrle



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New York State Approved Smart Drivers Course

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Tuesday, September 19th from 9am to 3:30pm

At the New Hartford Public Library

This course is approved for insurance and point reduction programs. For registration and other information please contact Mary Merritt at (315)724-0096. Call early, classes will fill up fast.

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Sci-Fi Horror Fest

There will be a Sci-Fi Horror Fest held at Vernon Downs Hotel and Casino on August 25th & 26th. We will have celebrities such as Ken Foree and R.A. Mihailoff from films such as “Texas Chainsaw Massacre:3” and “Rob Zombie's Halloween”, Felissa Rose from the cult Classic “Sleep Away Camp”. 1980's and 1990's Heart throb Lorenzo Lamas and more!

There will be a diverse array of vendors and attractions including a “Heroes and Villians V.I.P Party”. A one room escape room produced by our sponsor Atrophy Escape Ward and a 3 D virtual zombie shooting range produced by Beyond Reality, just to name a few!

There will also be Celebrity Photo ops, Celebrity panels. A live movie riff and more! Tickets on sale now!

See ad on page 27 for more information.

MVCC Offering Summer Baseball Camp for Boys ages 7-15

Mohawk Valley Community College will host a summer Baseball Camp in late July at its Utica Campus, 1101 Sherman Drive.

Designed for boys ages 7 to 15, the Baseball Camp will be held from 9 a.m.-1 p.m. Monday-Friday, July 31-Aug. 4, 2023. The camp, which will be led by MVCC Pitching Coach Eddie Zakrzewski and Volunteer Assistant Jared Hensel, will include throwing progression, defensive skill work, hitting stations, group instruction, and sandlot games with coaches.

Campers should bring their own baseball gloves, bats, helmets, water, and snacks. The cost is \$120 per camper, and a family rate is available. To register for the camp, or for more information, contact Camp Director Zakrzewski at ezakrzewski@mvcc.edu or 315-240-4613, or Assistant Director Hensel at jhensel@mvcc.edu or 315-601-8854.

About MVCC Athletics

Mohawk Valley Community College, home of the Hawks, offers one of the most extensive, diverse, and successful two-year college intercollegiate athletic programs in the country with 17 highly competitive sports for men and women. The Hawks are part of the National Junior College Athletic Association (NJCAA) Region III, Division III, and the program is committed to supporting student-athletes in meeting their educational goals in compliance with institutional, NJCAA, and transfer academic standards. Learn about MVCC Athletics at gomvhawks.com.



Looking for a Hobby that is Fascinating and Rewarding? Welcome to the World of Bonsai!

The Mohawk Valley Bonsai Club is dedicated to the mission of providing opportunities for having fun, while developning skills. MVBC is a forum for learning, inspiring knowledge and connecting with the greater Bonsai community.

Unless otherwise noted, our regular meetings are scheduled for the Second Saturday of the month, from 1-3pm at D'Alessandro's Nursery, 16 Higby Road, Frankfort. A most inspiring surrounding!

Our 2022 annual MVBC exhibit at Munson-Williams Art Institute was a great sucess. We are looking forward to having the same response this year.

Thanks to all who attended, and all the Club members who made it possible.

Our meetings are open to prospective new members. Bring friends and attend one of our meetings, you will be impressed!

For more information, visit our website at MohawkValleyBonsaiClub.com or call Ralph Pope at 570-236-7845 if you have any questions.

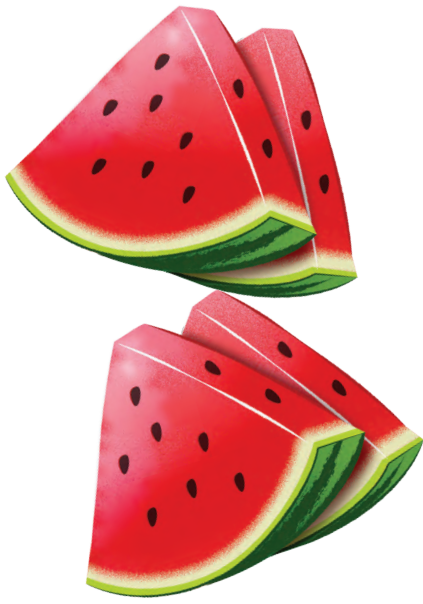
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Anastasia Marie Mammone

Nation's Premier Collegiate Honor Society Inducts Mammone Into Membership

Anastasia Marie Mammone of New Hartford, has accepted an invitation of lifetime membership in The National Society of Collegiate Scholars (NSCS), the nation’s leading certified honor society for high-achieving first- and second-year college students with a minimum of a 3.4 GPA.

NSCS is an honors organization that invites less than ten percent of all eligible students nationwide to join the ranks of its diverse membership each year. A leading interdisciplinary academic honor society, NSCS is made up of scholars from two-year, four-year and online institutions.

“NSCS is more than just a symbol of academic achievement; it is a distinction of honor,” said Steve Loflin, NSCS Founder. “Our scholars are some of the best of the best who have shown an unwavering commitment to academic excellence early in their collegiate journey. These dynamic individuals embody the NSCS pillars of scholarship, leadership, and service, and many go on to become active contributors within their respective fields.”

Founded in 1994 by veteran student affairs professional Stephen Loflin, NSCS continues to remain true to its promise of recognizing, elevating, and connecting high-achievers. With a portfolio of exclusive benefits that include access to over \$500,000 dollars in scholarships, chapter funds and awards annually, professional development resources, exclusive tailored content, and leadership and service experiences NSCS is poised to support member growth and development throughout their academic and collegiate journey.

“NSCS members’ deep commitment to service, integrity, and scholarship positively impact their campuses and local communities every day,” said Loflin.

Notable NSCS distinguished honorary members include former president Jimmy Carter, U.S. Ambassador Dr. Robin Renee Sanders, the late Senator John McCain, and former U.S. Secretary of Health and Human Services Donna Shalala.

“We welcome Anastasia Marie Mammone to our community of like-minded, high-achieving nationwide scholars,” Loflin said.



Pictured L to R are: Neve Galiulo, Mya Russo, Evelyn Taylor, Remy Leist, Abby Stevens, Shea Gooldy, Eissen Goodly, Natalie Ballesteros, Sophia Winegard, Bianca Bansner, Natalie LaLonde, Sofia Circelli, Gianna D’Apice and Cara Luley. The team is coached by: Dan Circelli, Brian and Kacie La Londe and Loren Winegard.

NH Softball Girls 10U Named Tournament Champions

The New Hartford Softball Girls 10U Softball team competed in a 2-day tournament on July 6th and July 7th hosted by Central Valley in Ilion. After winning 4 games, the girls were named tournament champions. New Hartford competed against teams from Central Valley, Frankfort, and Whitesboro. Congratulations girls!



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Richard Sherman

New Hartford Highway News

submitted by Superintendent, Richard Sherman

As summer is in full swing there are a lot of projects going on in the Town of New Hartford.

The Tanglewood Rd project will be finished as we pave the road after the new pipe and catch basins have been installed. The town crew will be working on the new Roman Rd. Hughes Lane detention pond. The surveyors have been on site and we will be starting this storm water project very soon. The next storm water project will be a detention basin cleanout in the rear of White Pine and Stone Bridge Rd. This will also be starting up soon by the town's work force in house with our employees and equipment.

The milling and paving project is underway for this 2023 paving season. The list of roads is Bolton Rd, Westminster Rd, Sylvan Rd, Bleachery Rd, Deerpath Court & Drive, Christine Ct, Brantwood Rd, Knight Rd, Cosmo Ct, Weston Rd, Lyndale Rd, Wedgewood Rd, Tanglewood Rd, Partridge Rd, Foxwood Rd, Wildwood Rd, Fieldwood Rd, Kay Circle cul- de sac. This year's paving is a little over 2.5 miles. New Street signs have been ordered for the new paved roads and some other roads in the town. They will be installed once they arrive. Our vendor who stripes our roads will be in town shortly.

The brush and green waste trucks have been out cleaning up the town. The brush piles have been large and that is why we may be off schedule a little. Our right of way mower has been around once and is starting his second trip. The skid steer will be mowing the detention ponds for a second time as well.

If you have been traveling around the Middle Settlement Rd you can see that this project is well under way. The utilities have been moved, the old road has been milled up and they are placing the foundations for new street lights, curbing and sidewalks will be installed soon. The Town is still working with the Oneida County and State for the upgrades in the Hamlet of Chadwick's. Many constituents are asking why that section of road has not been worked on and paved. The town will be fixing the pot holes but not paving as we have new storm water pipes to install, along with the sewer lines getting checked for replacement if needed. This section will be getting new sidewalks, street lights, crosswalks, and green space, along with a bicycle trail.

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



NHFD Holds American Red Cross Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, August 31 from 1pm to 6pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

THE TOWN CRIER, PO Box 876, New Hartford, NY 13413, is an independent newspaper printed and mailed the first week of the month to residents of New Hartford. All photos and materials used by this paper are subject to editing, are the sole property of its editors and **may not be reproduced without permission**. We reserve the right to reject any articles or advertising not in keeping with the purpose of the paper. We are not responsible for claims made in any advertisement. The cost of publication is paid by our sponsors and subscriptions.

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Anita's Stevens Swan Humane Society Appoints Director of Philanthropy

The Anita's Stevens Swan Humane Society Board of Directors has named David Fitzgerald, Director of Philanthropy, of the local animal shelter, which provides high-quality, cost-effective care and programs for nearly 2,000 abandoned, surrendered, lost, and abused animals in Oneida County every year.

Fitzgerald's background as a nonprofit administrator with a focus on philanthropy, development and community welfare, combined with a deep commitment to alleviating the struggles that our pets face, will help to advance the organization's mission.

Fitzgerald assumed the role on June 29th, he will manage philanthropic strategy as well as all day-to-day fundraising for one of the largest animal shelters in the region. Fitzgerald will also lead marketing and community engagement initiatives.

"I am extremely grateful for the opportunity to use my talents and experience to support this mission. Anita's Stevens Swan Humane society has been serving our community for over 100 years and I am proud that I get to be a part of that legacy of service"

Fitzgerald most recently served as the Executive Director for the Kirkland Art Center and The Wish Project, Lowell MA. He began his career with the Boy Scouts of America where he served for 11 years. Fitzgerald attended MVCC and earned his Bachelor's of Arts degree in English, at SUNY Oswego, NY. He and his wife reside in Marcy with their son and their dog Moose.

About Anita's Stevens Swan Humane Society

Since 1910, the Stevens-Swan Humane Society has been committed to providing care for abandoned, surrendered, lost, sick, injured, and abused animals in Oneida County. Our mission is to alleviate animal suffering by providing shelter and care, promoting the human-animal bond through adoptions, and reducing the companion animal population with spay/neuter services. Learn more at <https://www.anitas-sshs.org/>.


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Computer Appointments Required Curbside Pickup Remains an Option

Designed for school age children, join us outside/ in the Sammon Room as we explore the world of science together. Each week we will have different experiments to do and learn along the way. Some might be a little messy (slime/dyes/paints) so make sure to



wear appropriate attire.

Fridays:
Lego Club : 10-11

Do you like Legos as much as we do? Join our Lego Club. All ages welcome! We have tons of Legos and Duplo Legos for our smaller friends. Freestyle build or if you dare try our Weekly Lego Build Challenge!

Book Buddies : 11-12

Have a 'reluctant reader' at home? In this NEW PROGRAM we take our Teen Buddies and match them with elementary school children to help find that child's next favorite book. Book Buddies are not tutors nor babysitters, but a library friend that is willing to spark the joy of reading and libraries that they had/or wish they had as a child.

(There will be a special Bye-Bye Buddy Party August 18 to say goodbye to our summer buddies)

Summer Fun Special Guests

** Registration Required
August 4 - 3pm : Jeff the Magic Man

Join us 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.

August 10 - 4pm : New Hartford Police Department
Come meet the NHPD outside in our garden (weather permitting). Ask questions and take pictures while learning all about the police department and child safety. There will also be handouts, chalk and coloring sheets.

End of Summer Reading : August 21 – September 2
Turn in your filled out reading logs. Completed reading logs receive a Free Book (limit 1 book per person) and an entry into our gift card raffle (limit 1 entry per person). Gift card raffle will be drawn Monday September 4th. Winners will be contacted and announce on our Facebook Page.

Find us at the Farmers Market
Come on down to the NH Chamber of Commerce Farmers Market on August 2nd between 3-4 and say hello. We will be hosting crafts for the kiddos and answering any questions you may have about our library. Don't have a library card? No worries- no card or sign up required. We will also have applications on hand if you want to start your library journey with us. See you there!

Park Passes Are Back!

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

- The Wild Center
- Fort Rickey Children's Discovery Zoo
- Adirondack Experience
- Munson
- Utica Zoo
- Empire

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

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.

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 first Thursday of the month. For more information please contact the library.

>Women (and Men) of Mystery: If you love reading mysteries or just want to know more about them, join Women (and Men) of mystery While we are a book group, there is no required reading but rather an exploration of those whose words entertain, puzzle, and sometimes even scare us. You might learn more about some favorite authors or add some authors and books to your to-be-read list. Join us (via Zoom) on Saturday, August 26 at 11:00 as Janet Hoover leads us discusses books that are Out of Africa: Michael Stanley, Deon Meyer, James McClure and Sally Andrew. Call the New Hartford Public Library (315-733-1535) for the Zoom link.

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.

Chair Yoga Class

Join us each Monday morning for a Chair Yoga class taught by Donna Reale. Classes start at 11 and will last until noon.

NH Public Library Strummers

Coming to the Library in September and October! UKE 10 is a beginning course for interested ukulele players. The course will take place on Saturday mornings at 11:00 am. Families are welcome with children that are 10 years and older. All you need is a ukulele and a desire to have fun! More info to follow next month!

Friends of the NHPL Meeting

The New Hartford Public Library Friends meet select Saturdays in the Corasanti Room at 9:30am at the New Hartford Public Library. All are welcome. We would love to meet you and welcome any thoughts or ideas.

September 16, October 14. and December - Decorate the library

Support the New Hartford Public Library with a membership in the Friends.

Become a Friend of the NHPL. Benefit the library with your assistance as needed. There is always a need!! Your membership also helps to financially assist the library in providing materials, programs and a variety of opportunities for our community.



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How Physical Therapy Can Help you Re-Condition

The weather is hot, and you've been relaxing - enjoying the lazy, hazy days of summer. Taking a day off here and there is no problem, but if you've been consistently missing your regular run, bike ride, or gym session and notice some aches and pains showing up, you might have the beginnings of deconditioning.

Deconditioning explained

Exercise creates many changes in your body - your heart begins to pump blood more efficiently, your muscles use oxygen more efficiently, they contract in a more coordinated manner, and your body gets more efficient turning food into fuel to name just a few. Deconditioning is the reversing of these changes. Exercise is a "use it or lose it" kind of thing, and deconditioning is the process by which we "lose it."

How long does it take to decondition?

As with most things related to a system as complex as the human body, it depends. According to the ACSM, two weeks without exercise can lead to significant loss of cardiovascular fitness. Two to eight months of detraining can erase virtually all of your gains. As you detrain, cardiovascular fitness tends to decline first, with muscle strength declining later. Other factors are your age, and your exercise history. If you're younger, you'll probably lose fitness at a slower rate than someone older. If you've been consistently exercising for a long time, or at a high intensity, your losses will probably be slower than for someone who just started.

Reversing the losses

If you're just undergoing a period of increased time commitments at work or with family, using a shortened exercise routine can help minimize your losses. Even one session a week will help you keep most of what you've gained. Other options are to use shorter but more intense interval training sessions, or breaking up your activity into multiple short chunks during the day. If you're having those aches and pains due to inactivity or need help designing a safe program to either maintain your fitness or gain it back after a respite, your physical therapist can help!

Injury and illness are other common reasons for detraining. Your PT can not only help you recover faster, but they can also find activities to maintain your fitness while safely working around an injury or illness.

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Book Review:
You Can't Screw This Up by Adam Bornstein
Submitted by Jim LaFountain, All American Fitness Center

I generally don't read books involving weight loss. I have no interest in quick fix, fad diets, because they don't work over the long haul and usually fail to contain the essential nutrients our body needs. I accidentally found the book "You Can't Screw This Up" by Adam Bornstein, sampled it and couldn't put it down. He backs everything up with credible research and focuses on long term results, rather than rapid, short term, scale weight reductions. In this article, I will be paraphrasing most of his message. I'd like to offer some of the book's highlights. By the way, I've never met Mr. Bornstein, nor will I be getting any commission checks for this positive book review.

Self Perception. It's important to embark on any fat loss or exercise program by making the decision to adjust your vision of who you are. It may sound a bit polyandry, but until you make the decision to view yourself as a healthy, lean and fit person, long term fat loss is unlikely. Once you make this decision, you will position yourself for small, but consistent successes.

Quantum, long term change is unlikely and a recipe for failure. Bornstein suggests "your perception of yourself leads to action, then action leads to motivation and that creates behaviors that last. Where the mind goes, the body will follow." Moderate amounts of discomfort are doable and can be sustained for a long period of time. He says "winning the diet game is about comfort and consistency."

Realistic Goals. A fair and realistic fat loss goal would be to gain new healthy habits without abandoning the foods you know and enjoy. His three pillars of healthy eating are:

- *Nourish your body
- *Protect your sanity
- *Avoid guilt

Often, it's not what you eat that's the problem, but how you respond to what you eat, which leads you to eat the food you want to limit.

Success Traits. Common traits of people who master long term weight management include:

- *Eating some quality carbs
- *Enjoying a healthy breakfast
- *Avoiding restrictions and gimmicks
- *Limiting but not completely removing ultra processed foods
- *Prioritizing movement

Metabolism. It's important to understand the effect certain foods have on your metabolism. This is referred to as the Thermic Effect of Foods (TEF). Eating Proteins increases your metabolism by about 30%, Carbs 5-10% and Fats 3-5 %. It's also important to understand that weight loss is nothing more than your fat

cells getting smaller. As they shrink, your body produces less leptin, that signals to the brain (hypothalamus) that you need to eat more and move less, ultimately producing a weight gain.

Set Point. Over the years, a great deal has been written about what's referred to as our body's Set Point. Researchers have attempted to pin point when our individual Set Point is established. Experts concur, that it's a weight that our body feels most comfortable and is established over time. Remember, the body fights to defend this weight. My set point is between 198-200 pounds. I may trim my scale weight down to 195, but over a period of time, I'll return to the more comfortable weight of 198-200 pounds. Plateaus (being stuck at the same weight) often causes weight management frustration. Plateaus are a positive and actually help our body adjust to the new, lighter weight. They also position us for a lower Set Point and over time, reaching our new ideal weight.

Lack of Sleep's Effect on Weight Loss. An often overlooked component in long term weight loss is sleep deprivation. Ghrelin is a hormone our body produces to stimulate hunger. When we don't get adequate sleep our body increases it's production of Ghrelin, we ingest more calories and even burn less calories causing weight gain. Sleep deprivation also causes our body to produce more Cortisol which is associated with increased fat storage. An increase in Ghrelin and Cortisol and you have a recipe for weight gain. Being tired effects activity in the frontal region of the brain, responsible for complex decision making. Amygdala is the reward center of the brain and is responsible for food cravings and larger portions. The bottom line, sleep deprivations means:

- *You are always hungry
- * You're reaching for bigger portions
- *You're desiring for all the foods you are hoping to quit

This covers about 65% of Adam Bornstein's book. Hopefully, this helps all of you understand the basics of long term weight management.

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New Hartford Police Department News

On June 23rd, 2023 The New Hartford Police Department responded to a reported Armed Robbery that had just occurred at Cliff's Market located at 17 Genesee St. in The Village of New Hartford.

It was reported to responding officers that a male wearing a ski mask displayed a handgun and demanded money from an employee. The male subsequently fled the store on foot.

Fortunately, no one was injured during this incident.

New Hartford Police investigators developed a suspect the next day and this morning with the assistance of The Utica Police Department executed a search warrant on Richardson Ave. in The City of Utica seeking additional evidence connected to this case.

As a result of a recently formed partnership with The United States Marshal's Service - New York/New

Jersey Regional Fugitive Task Force (NY/NJ RFTF) and The New Hartford Police Department the suspect's location was ascertained through investigation by Task Force Agents.

The Marshal's Task Force which is comprised of members of the United States Marshal's Service, New Hartford Police, Utica Police, Oneida County Sheriff's Office, Oneida County Probation Department, New York State Police and New York State Parole Officers were able to apprehend the suspect this morning in The City of Utica. Philip DiPerna, 32, of Utica, NY was located on Bleecker St. and arrested.

Diperna was processed at The New Hartford Police Department and then transported to Oneida County Centralized Arraignment Court. Diperna is charged with Attempted Robbery in The Second Degree, which is a class D Felony and Menacing in the Second Degree which is a Misdemeanor. Diperna was held without bail pending a Felony Hearing.

The recent partnership and participation with The United States Marshal's Service - New York/New Jersey Regional Fugitive Task Force (NY/NJ RTF) has already proved to be a valuable tool for The New Hartford Police Department, further enhancing the ability to apprehend suspects sought by New Hartford Police who may be violent and whom try to avoid apprehension.



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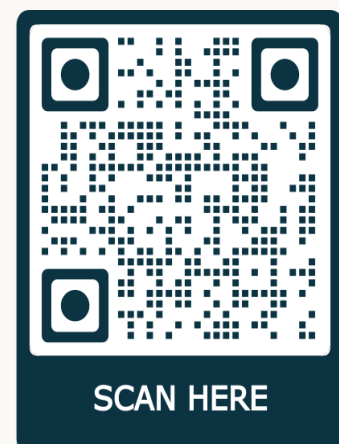
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STARTERS

Bruschetta Aglio (Grilled Garlic Bread)	12
Grilled Ciabatta. Slow-Roasted Garlic, Roasted Tomato, Parmigiano Reggiano, Basil.	
Baked Clams & Pancetta	17
Hand-Shucked Clams, Crisp Pancetta, Buttered Crumbs, Basil Puree.	
Kalamarakia Tiganita (Fried Baby Squid)	18
Tender Squid Fried Crispy, Fresh Lemon, Coarse Sea Salt and Saffron Aioli.	
Antipasto Di Mare (Appetizers of the Sea)	20
Steamed Clams, Poached Shrimp, Slow-Roasted Garlic, Kalamatta Olive, Pepperoncini, Fresh Lemon, Blistered Cherry Tomato.	
Battuta Di Manzo (Beef Tartare)	17
Finely-Diced Beef Tenderloin, Egg Yolk, Arugula, Grain Mustard with honey, Fried-Caper, Parmigiana Reggiano, Fresh Lemon.	
Bietolas Al Forno (Oven-Roasted Beets)	12
Oven-Roasted Beets, Warm Gorgonzola, Tender Braised Barley, Fresh Citrus Fruit, Fresh Basil, Extra Virgin Olive Oil.	
Burrata Bruciato (Burnt Burrata)	13
Lightly-Charred Burrata (Cool Center), Grilled Stone Fruit, Basil, Herb-Grilled Flatbread, Extra Virgin Olive Oil.	
Prosciutto E Melone (Cured Pork and Melon)	15
Prosciutto Di Parma, Macerated Melon, Basil Purée, Parmigiana Reggiano, Arugula.	
Carne E Cacio (Meat and Cheese)	22
Carne - A Selection of Three Cured Meats Imported From Italy. Cacio - A Selection of Three Cheeses Imported From Italy.	
Pasta Fritta Osso Bucco	23
Crispy but Tender Fried Pasta Sheets Topped With Slow Braised Pork, Parmigiana Béchamel, Fresh Tomato, Artichoke Hearts, and Basil.	

PERSONAL & FOR THE TABLE

(Add Chicken, Steak, Scallops or Shrimp to Any of These Items)

Portofino Greens	9 17
Braised Escarole Tossed With Sautéed Garlic, Shallot, Cherry Peppers, Sopresetta and Finished With Toasted Crumbs and Parmigiana Reggiano.	
Risotto Alla Milanese	8 15
Arborio Rice Cooked In The Method of Risotto, Finished With Saffron White Wine, Fresh Lemon, Parmigiana Reggiano and Extra Virgin Olive Oil.	
Broccoli Nonna	5 9
Broccoli Steamed With Garlic, Wine and Finished With Lemon, Parmigiana Reggiano and Extra Virgin Olive Oil.	
Pasta Aglio	7 12
Capellini Tossed With Fresh Herbs, Garlic, Extra Virgin Olive Oil and Finished With Parmigiana Reggiano and Blistered Cherry Tomatoes.	
Insalata (Salad)	7
Mixed Field Greens Dressed With Choice of House Made Dressing and Topped With Cucumber, Carrot, Onion and Tomato.	
Insalata Alla Caesar (Caesar Salad)	13
Romaine Lettuce Lightly Tossed With House Made Caesar Dressing and Topped With Croutons, Anchovies and Parmigiana Reggiano.	
Zuppa (Soup)	9
Ask Your Server About Our Daily Housemade Soups.	

ENTREES

Cotoletta Alla Milanese (Cutlet Milanese)	35
Lightly Breaded Veal Cutlet, Pan-Fried In Extra Virgin Olive Oil, Butter, Fingerling Potatoes, Fresh Lemon and Sea Salt.	
Beef Tenderloin Al Forno (Oven-Roasted Filet)	42
Seared & Roasted 8oz. Filet Mignon, Glazed Carrots, Fingerling Potatoes, Red Wine Demi Glaze.	
Pollo Verde Al Mattone (Green Brick Game Hen)	31
Marinated Whole Game Hen, Pressed On The Grill To Crispy-Skinned Doneness. Portofino Greens, Polenta Cake, Basil Puree and Fresh Lemon.	
Bistecca Con Pasta (Steak and Pasta)	37
12oz. Grilled Strip Loin, Herb Butter, Spaghetti a la Chitarra Tossed With Fresh Herbs, Extra Virgin Olive Oil and Parmigiana Reggiano and Lightly Roasted Garlic, Broccoli With Lemon and Garlic.	
Tortellini Alla Boschi (Tortellini of the Woods)	28
Tortellini Sautéed With Wild Mushrooms, Roasted Garlic, Spinach, Fresh Thyme, Cream, Herbed-Ricotta, Truffled Oil and Cracked Black Pepper.	
Agnello Di Grecia (Greek Lamb)	45
Half Rack of Lamb Roasted with Garlic and Rosemary. Traditional Greek Vegetable Salad. Grilled Flatbread and Tzatziki.	
Calabrian Lobster Carbonara	48
Bucatini Tossed in a Traditional Egg and Cream Carbonara Finished with Calabrian Chilies, Sausage, Basil and Topped With an 6oz. Herb and Butter Roasted Lobster Tail.	
Branzino All'acqua Pazza (Crazy Water Sea Bass)	38
Fresh Mediterranean Sea Bass Roasted With Tomato, Herbs, Lemon, Finished With White Wine, Clam Broth, Butter and Topped With Lightly Toasted Crumbs. Served With Polenta Cake and Sautéed Spinach.	
Capesante Di Mare (Sea Scallops)	41
Pan-Seared Sea Scallops Served With Crispy Pancetta, Pea Tendrils, Blistered Cherry Tomatoes, Tender Barley and a White Wine Butter Sauce. Topped with Lightly Toasted Crumbs.	
Veal Portofino	39
Breaded Veal Cutlet Rolled With Spinach, Artichoke Hearts, Ricotta Cheese and Thyme, Topped With Shrimp Sautéed With Sherry Wine, Cracked Peppercorn and Cream. Served with Risotto Alla Milanese.	
Salmon Griglio (Grilled Salmon)	35
8oz. Skin-On Salmon Grilled With Lemon Wine and Cracked Pepper, Finished With Basil-Hollandaise and Served With Sautéed Spinach and Fingerling Potatoes.	

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Chicken Riggies	25
Chicken, Peppers, Onions, Mushrooms, Cherry Peppers, Garlic and Prosciutto Sautéed With San Marzano Tomatoes and Finished With Heavy Cream and Parmigiana Reggiano.	
Marsala Chicken Or Veal	29 35
Chicken or Veal Cutlet, Dredged Lightly With Flour, Sautéed With Mushrooms and Garlic, Finished With Marsala Wine and Butter. Served With Pasta Aglio With Spinach.	
Parmigiana Chicken, Portobello or Veal	25 31
Chicken, Veal Cutlet or Portobello Mushroom Caps Lightly Breaded and Fried, Topped With Pomodoro Portofino, Fresh basil and Melted Mozzarella.	
Lasagna Portofino	21
Beef & Sausage Bolognese Sauce Layered With Herbed-Ricotta Cheese, Mozzarella, Basil and Tender Pasta Sheets.	

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by Victor J. Fariello Jr.



From The Mailbag

Q. I have a beautiful amethyst bowl that I believe is Carnival glass. My mother received it from her mother who got it as a wedding gift in the early 1900's. It has an N in a circle on the bottom. It is 9" in diameter. I would never sell it but can you tell me anything about it and its approximate value?

A. Your lovely bowl is indeed Carnival glass. The mark is that of the Northwood Glass Co. that was one of the prime producers of Carnival glass from 1908 to 1925. The pattern is Three Fruits Medallion. While prices for antique glassware are not at their highest at the moment, a reasonable estimate of your piece would be \$75. It is definitely a desirable item that will definitely appreciate in value as time goes on.

Q. I know they are not antiques, but I would be interested in your opinion of the Hess toy trucks that have been coming out annually for several years. A friend of mine wants to sell me his collection of about 30, all in their original unopened boxes. We haven't arrived at a price yet but I was curious if you thought they were a good investment?

A. Probably one of the cleverest marketing ideas ever, the Hess truck was first introduced in 1964, the brainchild of company founder Leon Hess. Up until 1980 they were only advertised for sale through newspaper ads and large signs at the Hess stations proclaiming their annual arrival. Now to the hard part of answering your question, from what I have observed is people like your friend selling 20, 25, 30 or more years' worth at prices as low as \$10 each, obviously less than their original cost. I have seen this too many times to believe that they are a very good investment. That being said, if you like them and the price seems reasonable to you then go ahead and buy them. Just don't do it with any expectation that they will someday

fund your child's college education or your retirement. And above all, remember this; their only real value lies in them being in their original unopened package. Once out of the box the value, which was tenuous to begin with, disappears altogether.

Q. I have several Norman Rockwell plates that I acquired in the 1970's. I have never displayed them and they are in their original boxes and am considering selling them. Do you know if they are very valuable?

A. I hate to deliver more bad news in the same column but these very beautiful plates made by the famous Knowles China Company have also not held their value over the years. To look at them you would think they would have value. They are very well made and of high quality, but people can't seem to give them away. They are consistently advertised for sale, like yours in their original boxes with certificate of authenticity, for \$5 to \$10. A recent online listing advertised a collection of 90 of them for \$750. It is really a mystery to me why they are not more popular today. Part of it has to do with the fact that despite their quality, they were still mass produced and widely distributed. The laws of supply and demand at work again!

Happy Collecting!

Antique Week Is Almost Here!

The Madison Bouckville Antiques Week, August 14-20 at the Rt. 20 show site is almost here. Spread out over 12 independent show fields. It is New York State's largest antique show. Admission to this event is also free and you will find more than 2,000 dealers eager to display their wares. No matter what you are looking for in antiques and collectibles, you are sure to find it here. This show never disappoints. The show times are 8 a.m. to 5 p.m.

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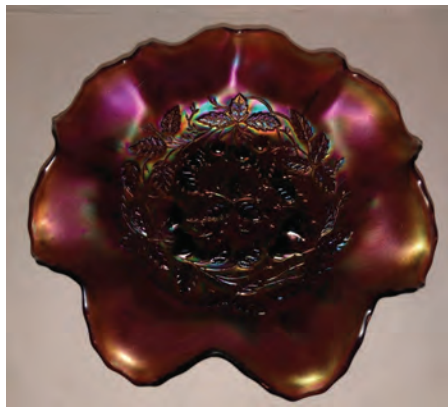
Consider joining your NH Historical Society. The cost is \$15 for an individual, \$20 for a family and \$5 for students. Your support of this community resource will help preserve our local history. Make your check payable to 'NH Historical Society' and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible.

Consider Joining Questers

The J. Schoolcraft Sherman Chapter #1519 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. 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 Carnival glass bowl was made by the Northwood Glass Co.



The Hess truck was originally introduced in 1964;



This Norman Rockwell collector's plate was popular in its day.

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NEW HARTFORD PAST TIMES

August 2023

NEW HARTFORD HISTORICAL SOCIETY



New Harford Fire Station celebrates 50 years!

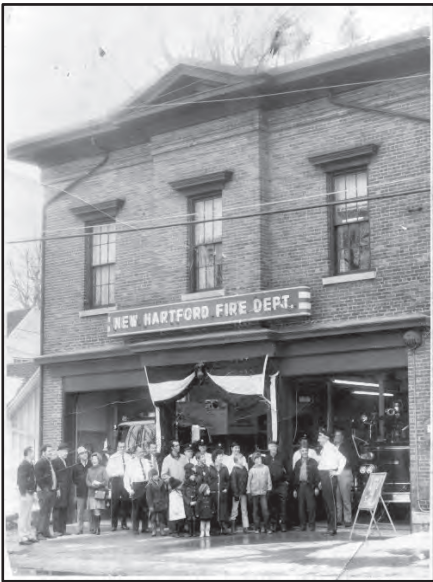


This month marks the 50th anniversary of the New Hartford Fire House located at the corner of Oxford Road and Park Avenue in the Village of New Hartford.

Organized in January of 1901, the New Hartford Volunteer Fire Department has served the residents of the Village and a large portion of the Town for well over 120 years. In the beginning, their equipment was kept in a barn located behind Butler Hall. They would then move to Park Avenue in rented space in a building that was once an old school and canning factory. The Village would eventually purchase the property and for the next seven decades, it would be home to the men and their equipment.

Originally, the structure was renovated with two bay doors to house their primary pieces of equipment. A hand drawn hose cart and soon after that, a hand drawn ladder wagon. time, as more equipment was acquired, a third bay door was added. As the years went by, the equipment grew in both size and weight. With each new piece of apparatus, the floor required more support and additional support columns were erected in the basement. Eventually, the basement was filled in and the wooden floor was replaced with a concrete one.

Now that weight issue was resolved, the size of the apparatus continued to grow. With each new piece of equipment, the area around the trucks continued to shrink. By the end of the 1960's it was evident that the old firehouse was rapidly becoming obsolete. A campaign was begun and the planning started on a new firehouse. A vote of the taxpayers in the village was held and the majority was in favor of building a new station that would be located just around the corner on Oxford Road.



1972 Open House where case for a new, larger station is made.



New station nearing completion and ready for occupancy.



August 1973 – Move in Day
Public Open House held at new station.

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50th Reunion!**
August 5th • 6pm
Yahnundasis Golf Club in NH
\$100/person
For more information on other
events planned on the 4th & 5th,
email imoberstegbob@verizon.net

**NH Class of 1968
55th Reunion!**
AUGUST 18th • 3-9pm
A Casual Gathering with food and drinks (alcohol extra) Crystal Springs Golf Course, 6300 NY5, Vernon, NY. Cost: \$25 per person.
Payment via check or PayPal: Write a check to “Todd Roberts” and mail to 4276 County Line Rd, Fairport, NY 14450 OR PayPal to TRoberts14450@aol.com.
If your paypal is set up to pay from your bank, there is no extra charge. If it is set up to pay from a credit card, add \$2 per person for the fee on the credit cards (\$27). Please make this a friends and family transfer. It is not a goods and services transaction.
Hotel Arrangements: A block of rooms has been reserved at the group rate of \$189 per night. Thursday, Friday, and Saturday nights are available. Use the link or ask for the “New Hartford Class of 1968” block. Hampton Inn & Suites New Hartford, 210 Woods Park Drive, Clinton, NY 13323 315-793-1600
or <https://group.hamptoninn.com/mz5d2p>
Other Things to do: Friday, August 18 - A tour of our High School is pending. PLEASE RSVP so we know you are still out there!!
Ideas for your stay: Erie Canal Cruises, Adirondack Scenic Railroad, Vernon Downs, Turning Stone Casino, Breweries, Wineries, Golf.

Contact a member of the committee if you have questions or ideas.
Alice Platt Selzler alice.selzler@gmail.com
Ken Jackson kjackson@rochester.rr.com
Pam Wondro plw0205@gmail.com
Jim Cook jsrlcook@gmail.com

**New Hartford
Class of 1962
61st Class Reunion**
**September 29th
& 30th, 2023**
Contact: Joyce Oster Palmer
joycepalmer@yahoo.com
Mary Lou Frank Rosenkrantz
KD2AL@AOL.com
Contact either Joyce or Mary Lou to make your reservations. We have classmates coming in from all over to spend the weekend catching up with old friends. There is a tour of the school and STEM Center on Saturday afternoon.

**UCA Class of 1973
50th Reunion!**
August 12th, 2023
The Utica Catholic Academy (UCA) Class of 1973 is having its 50th Reunion from August 11th thru 13th. The agenda for the weekend includes Friday, August 11th a Meet & Greet from 4 pm to 6 pm followed by a buffet dinner at Five Points Public House, 623 Columbia Street, Utica. Saturday, August 12th at 1 pm there will be a Class Photo at The Academy at Southgate, 10 Foery Drive, Utica, followed by The Main Event Dinner from 7 pm to 11 pm at Ventura's Restaurant, 787 Lansing Street, Utica. Door Prizes, Surprises, and Memories are on tap for the night.
Sunday, August 13th at 10:30 am we will celebrate Mass at Mary Mother of Our Savior (Our Lady of Lourdes) 10 Barton Ave., Utica followed by Breakfast/Brunch at 11:30 at The Roselawn, 446 Main Street, New York Mills.
For tickets contact: Karen Courtade Seifert at 315-794-8187 or karen@seifertgraphics.com

New Hartford Citizens' Band 4th Annual Band Festival

August 5, 2023

Time: 11:00-5:00

11:00 a.m.: Phoenix; 12:00 Noon: Lyncourt; 1:00 p.m.: Red Band;
2:00 p.m.: Canastota; 3:00 p.m.: Dolgeville;
4:00 p.m. New Hartford

Place: New Hartford Village Green
Oxford Road in the Village of New Hartford, New York
Rain Location New Hartford Rec. Center

Food Trucks:
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Raffles, 50/50, Door Prizes

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- ATD: AT THE DOCTOR'S
- BFF: BEST FRIEND FARTED
- BTW: BRING THE WHEELCHAIR
- BYOT: BRING YOUR OWN TEETH
- CBM: COVERED BY MEDICARE
- DWI: DRIVING WHILE INCONTINENT
- FWBB: FRIEND WITH BETA BLOCKERS
- FWIW: FORGOT WHERE I WAS
- GHA: GOT HEARTBURN AGAIN
- GLKI: GOTTA GO, LAXATIVE KICKING IN
- HGBM: HAD GOOD BOWEL MOVEMENT
- IMHO: IS MY HEARING-AID ON?
- LOL: LIVING ON LIPITOR
- LWO: LAWRENCE WELK'S ON
- OMSG: OH MY! SORRY, GAS.
- SGGP: SORRY, GOTTA GO POOP
- TTYL: TALK TO YOU LOUDER
- WAITT: WHO AM I TALKING TO?
- WTFA: WET THE FURNITURE AGAIN
- WTP: WHERE'S THE PRUNES?

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FEBRUARY 27-28, 2024 (TUE-WED)



APRIL 16-17, 2024 (TUE-WED)



MAY 13-14, 2024 (MON-TUE)



JUNE 4-5, 2024 (TUE-WED)



BONUS SHOWS

RUDOLPH

DECEMBER 4, 2023 (MON)

LEON ETIENNE

JANUARY 27, 2024 (SAT)

JOHNNY CASH

MARCH 10, 2024 (SUN)

LITTLE WOMEN

MARCH 21, 2024 (THUR)



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ATTIC AND BASEMENT MOLD:

The CDC concluded that “excessive exposure to mold-contaminated materials can cause adverse health effects in susceptible persons regardless of the type of mold or the extent of contamination.” The CDC based some of its findings on a landmark 2004 report, Damp Indoor Spaces and Health, by the Institute of Medicine (IOM) of the National Academies. Relying on the IOM report, and dozens of studies and reports that have been published since, many organizations and individuals that must deal regularly with mold problems have begun to take steps to reduce the threat. Attics and basements are one of the most common areas of mold growth in the home. Wherever they grow, molds must have some source of water and food. The accumulating evidence has shown that problems with mold can surface anywhere in the world after just one or two days of moisture exposure, in settings wet or dry, hot or cold. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source consisting of the wood framing and sheathing). Basement mold is a common problem in many homes due to ground water seepage mainly at

the base of the walls around the perimeter of the basement. If mold is discovered, the best approach is to deal with it promptly. Disaster Services is a NYS licensed mold contractor and can evaluate and thoroughly explain the different removal options available to you and also help guide you after the mold has been removed with suggestions to avoid another occurrence.

WATER DAMAGE... Burst pipes, Toilet Overflow, Sump Pump Failure...

A few examples of the many disasters that happen daily in homes and businesses. Water damage caused by leaks, flooding or condensation can do more than cause unsightly stains in your home. It can cause permanent structural and mold damage. Disaster Services is a locally owned company with over 39 years of experience in all phases of water and mold damage. Disaster Services is a NYS licensed mold contractor and can accurately evaluate your homes damage following any type of water damage and advise as to the most effective course of action to take. We use the latest technology including thermal imaging to determine the source of the water intrusion and the extent of water damage. We are not a franchise which means you will get the owner on site through-out the project to fully answers any concerns that you may have. We have proven to be the leading disaster mitigation company in the area with hundreds of satisfied clients both commercial, industrial and residential.

SEWER AND DRAIN BACK UP:

Sewer overflow or drain back-ups can present a more technical approach to the clean- up due to the contaminates involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, 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!

Disaster Services is a locally owned company that has been serving Oneida, Herkimer and the surrounding counties for the past 39 years and we set the bar for our competitors. We have proven to be the leading disaster mitigation company in the area with hundreds of satisfied clients both commercial, industrial and residential. We realize that in your time of need you should be speaking to a live voice, not a machine. When you call Disaster Services you will not reach an operator and have to wait for a call back during your stressful time, you will reach the owner and you will get immediate answers to your questions. Disaster Services is 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 and REMEMBER TO TELL YOUR INSURANCE COMPANY YOU REQUEST AND WILL BE CALLING DISASTER SERVICES.

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40th Class Reunion in 1993

New Hartford Class of 1953 Held Their 70th Class Reunion!

On July 25th, the Class of 1953 met at Symeon's for their 70th Class reunion. The New Hartford graduating class of 53' was the first class to continuously attend grades 7-12 and graduate New Hartford High School. Over the years, they have held their reunions at Hinkley Lake, Trinkaus Manor, Massoud's, Harts Hill Inn, The Griffith Club, Orchard Hall, Vincent's, Elk's Club, Holiday Inn, Twin Ponds, Shenendoah and Symeon's.

The class of 52' was the first NH graduation class, however, they did not attend a full year of 7th grade. The 'Oxford Road School' was opened during their grade 7 year when the older students from the Point School moved over to New Hartford High School in 1948, leaving the Point School as an Elementary School.



45th Class Reunion in 1998



55th Class Reunion in 2008

The following information is from the NH Historical Society:

New Hartford Schools

(<https://www.newhartfordhistory.com/new-hartford-schools>)

The first school in the New Hartford area was located on Seneca Turnpike at the intersection of route 5 and 5A on the road leading to Clinton. The land was donated by Joshua Palmer, who operated Palmer's Inn that was in the area. The first teacher of record was Samuel Dakin who came from New Hampshire in 1815.

In 1865 a school was located on the village green. The building, an old home, was a plain, wooden two story structure. The children were taught separately; upstairs for the girls and downstairs for the boys. There was one teacher and 40 pupils. In 1869 it was replaced by a new brick building which cost \$5,000 and two teachers were employed by the district. This school later became the fire station.

In 1876 there were two private schools - School for Young Ladies and Mrs. James' Boarding School.

In 1884 a large home on Pearl Street, where Allport Place cuts through now to Hartford Terrace, owned by the Chase family, was converted to a school. The first principal of the Pearl Street School was Miss M. L. White. It had four teachers and 160 scholars.

In 1890, Mr. A. M. Scripture was the principal and a professor at the Pearl Street School. He believed New Hartford needed Regents supervision and in 1893 New Hartford became a member of the University of the State of New York. In 1899 New Hartford High School became the first high school in the county chartered by the State.

In 1901 the Golden house on the point of Genesee and Paris Road was torn down and replaced by the Point School. This school had single seats for the students for the first time. There were 10 teachers on the faculty and 150 students. This Romanesque style building still stands in the heart of the village on a site the older people of 1901 referred to as the "Golden Place". The plan for the new school contained cathedral glass transom lights and arched openings over the entrance doors. The outside was composed of red brick trimmed with Indiana limestone and a slate roof. The hallways contained porcelain two-jet sanitary drinking fountains and two large wardrobes for coats that led into a well-proportioned assembly hall. Every room in the building was equipped with electric lights and bells connected to the principal's office. The classrooms contained libraries with easy access to bookcases offering books adapted to each grade level. The plan for the new school was overseen by Principal Scripture, and a Clinton architect, Mr. A. L. Eastingwood. It was noted by "school experts of large experience to be the best found in the villages of the Empire State; and excelled by only a very few of the city buildings, which cost much more."

In 1915 the Sunset Ave school opened as a branch school.

1921 saw an addition built on the west side of the Point School. This had the first school gym in the area.

In 1936 a high school was built on Oxford Road. New Hartford started closing district schools. By 1946 centralization took place and the Union Free Districts were dissolved.

In 1952 an addition was built at the high school utilizing the space where the old burying ground had been since 1788. This addition included an elementary

school wing along with a gymnasium, bus garage, separate shop and service buildings. There was much dissatisfaction over digging up of the cemetery in the town. The remains from the graves were put in a large grave in the middle of the front lawn of the school. There is a marker erected over this common grave site.

1958 saw the completion of the Myles Elementary School on Clinton Road; the Elliott R. Hughes school on Higby Road was built in 1960 and in 1964 Ralph Perry Junior High opened on Weston Road.

Since then there have been renovations at all the existing schools. One that expanded the kindergarten wing on Oxford School uncovered more bones from the cemetery. These were re-interred in the Green Lawn Cemetery on Seneca Turnpike.

New Hartford is a community that places great value on education. A strong traditional college preparatory program and dedicated faculty are hallmarks of the schools.



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Resident Writer of the Month:



Above: The Point School's original building accommodated around 300 pupils in grades one through twelve. Around 1930, the Oxford Road School was created and accommodated 7th through the 12th grade. The Point school became an elementary school and remained so, until it closed. The Point School building is located on the corner of Paris Road and Genesee street and still stands today. The building has now been transformed into apartments. Pictures and information courtesy of the New Hartford Historical Society.

We asked...you wrote in! Each month, the Chamber will feature a new Resident Writer. See section below "We Want to Hear from You" for details on how to be featured!

"The Point School was wonderful, I remember every teacher I had and this is a big deal as I am 80 and a retired New Harford English teacher who taught 38 years and then subbed!

We also had trading cards and marbles we traded and in second grade we did banking in class once a week. We loved the huge stairways, stained glass - it was a magical time.

My favorite teacher was Mr. Myles for whom they named a school. He taught me the value of recognizing students for "Most Improved" which I received. As a teacher, I even gave out awards for "Joy to Know".

Sincerely,

Louise White
New Hartford Resident Writer of the Month, August 2023

Join in the Fun to Find Waldo!

Waldo is hiding in 20 local businesses! Stop in at any of the participating businesses listed below during the month of July to pick up your Waldo passport and then find Waldo in as many businesses as you can! Turn in your passport and enter to win prizes at A Waldo Celebration, which will be held on Saturday, July 29th at 3PM at the Treehouse Reading and Arts Center (587 Main Street, Suite 304, New York Mills).

More information can be found here: [Facebook.com/treehousereadingandarts](https://facebook.com/treehousereadingandarts) or the New Hartford Chamber Facebook Page.



List of Participating Businesses:

- | | |
|-------------------------------|---------------------------------------|
| New Hartford Public Library | Packy's Pub |
| Dunham Public Library | Medicine Shoppe |
| The Sneaker Store | Edible Arrangements |
| New York Mills Public Library | Beyond Reality |
| Sangertown Square | Morehouse Appliances LLC |
| Blooming Pediatrics | Sprague's Collision Center |
| CNY Green Bucket | William's Painted Furniture |
| Calabria Coffee | Christine Jarvis State Farm Insurance |
| Lucianna's Boutique | The Treehouse Reading and Arts Center |
| Kids Farm Market | Anchor Family Medicine |

We Want to Hear From YOU!

New Hartford's wonderful small businesses and residents are what make this great community possible. We want to hear from YOU!

Send your name and quote to the NHC Marketing Committee Chair, Kaila at vintagejunebugco@gmail.com to have the chance to be featured on this page of the Town Crier!

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- What is your favorite thing about living in New Hartford?
- Do you have a favorite memory of growing up in New Hartford?
- What are some of your favorite things to do in New Hartford?



By emailing this information, participant understands that their name and quote may be published by the New Hartford Town Crier and may be used by the New Hartford Chamber of Commerce for advertising not limited to print, social media, etc. No royalties shall be paid to participant for such use.

Attention Current NHC Members:

One of the many benefits of being a member of the New Hartford Chamber of Commerce is that we place your ad in our monthly email newsletter or on this page of the Town Crier at no extra cost to you! Current membership is required.

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We will always try to incorporate your ad, but please note- submission of ad does not guarantee publishing!



"In a world where you can be anything, be kind."

We hope you are enjoying your summer!



Judge Joan Shkane

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

MYTH: The law is set in stone and is rarely changed.

REALITY: One of the most puzzling laws to me has always been New York States’ wrongful death law. Under this law the only loss, other than pain and suffering, that can be compensated is economic loss. The value of a deceased to the family, community, friends, etc. does not matter in setting compensation, only economic earning history, projected into the future after considering various circumstances such as age, future expected employment,

gender, etc. (Pain and suffering is separate and must be proven separately. A sudden relatively pain-free death will bring little in the way of a pain and suffering award.) If a deceased person did not earn much money during a set period, the value award must be based on that amount, sometimes quite low. 47 other states have expanded the criteria for compensation by also adding emotional anguish caused to the survivors as well as economic loss.

The New York State Legislature has now written a new law more in conformity with the other states. Only Governor Hochul and her aides know if she will sign it into law or veto it. The new law offers a shorter statute of limitations than the current law, so that a harmed person must make the decision to sue earlier than under the current law. It also clarifies who can sue and expands the group of people who could do so.

Those who support the proposed new law say that the new law would be fairer to people of color, women, children, seniors and New Yorkers with disabilities.

Those who oppose the new law say that the new law would raise insurance premiums. Among those who oppose the new proposed law are medical organizations, local governments, business groups and those who generally oppose law reform. Some medical professionals believe that the new law will cost hundreds of millions of dollars in new costs to the healthcare system. Every sector of the economy, both large and small businesses, want the bill defeated. They believe that the real victors would be plaintiff’s lawyers who typically earn one-third of every settlement or verdict amount and therefore could potentially increase their fees under this law. Stay tuned for the Governor’s decision.

MYTH: Town and village justices are licensed lawyers.

REALITY: The New York State Senate has sent a new law to the Assembly for approval. This law would reform the Uniform justice Court Act. The proposed law would make it mandatory that town justices in the 100 highest volume town and village courts must have been licensed to practice law in New York for at least

five years as of the date they would assume office. (Judges in higher trial courts must have been licensed attorneys for ten years before being eligible to serve as a judge). Currently a town justice need not be a licensed lawyer to preside over those higher volume town and village courts. Those judges currently sitting who are not lawyers would remain in the seat until the beginning of their next judicial term of office. The new proposed law recognizes that a licensed lawyer with experience has greater potential to understand complex laws and legal principles than a lay person, while also recognizing that smaller localities do not have the resources to attract lawyers to their town or village justice seats. Therefore, only the 100 highest volume town and village courts are subject to this new law, if passed.

Attention to legal myths can be important. They can be a starting point for developing an interest in the law. However, if specific legal issues are important in your life, for instance, regarding custody of children or money payable for any reason, it is wise to consult a lawyer who can advise you on the truth of legal myths. This discussion is not intended to give legal advice on specific cases or to express an opinion on any specific case.

‘Just for Fun’ August Days

Aug. 1–7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 8: National Sneak Some Zucchini Onto Your Neighbor’s Porch Day

Aug. 10: National S’mores Day

Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 20: International Geocaching Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

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Sitrin’s Equili-BRAIN-ium Concussion Management Program uses the Biodex Balance SD system to measure a person’s stability and balance after a possible concussion.

Concussion Management Program Available at Sitrin

As high school and college athletics approach, it is important to understand the signs and symptoms of concussions. According to the Center for Disease Control and Prevention (CDC), more than 1.6 million people experience concussions during sporting or recreational activities each year.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. It is the result of a bump, blow or jolt to the head or body that causes the head and brain to quickly move back and forth.

In many cases, there are no external signs of head trauma. However, internally there is an alteration of brain function, including mental status or level of consciousness. Though a person may not lose total consciousness after a concussion, he or she may demonstrate memory loss, dizziness, confusion, and blurry vision.

“It is not uncommon for initial symptoms to resolve, only to return through mental or physical exertion,” said Dr. James Wallace, Director of Clinical Rehabilitation Services at Sitrin. “It is essential to receive proper treatment when a concussion first occurs to prevent further injury or complications.”

Sitrin’s Equili-BRAIN-ium Concussion Management Program begins the healing right away after an injury. First, the program utilizes sensitive balance assessment technology to measure the stability of the whole body. The Biodex Balance SD systems use proprioception training to measure the balance, coordination, and steadiness of an individual.

“During the baseline concussion assessment, we need to gain a better understanding of an individual’s cognitive thinking,” said Wallace. “We will run several balance evaluations and ask specific questions regarding their thought process during the assessment.”

As a unique component of the program, baseline tests help facilitate improved return to play/school/work decision-making. These, combined with other standardized assessment tools, allow for sensitive and specific testing that guide treatment recommendations and maximize positive outcomes. Sitrin’s concussion specialists will create a supervised “return to play/learn” program for the athlete, a step-by-step progressive rehabilitation process to take that person from recovery to normal physical activities, as well as return to scholastic endeavors.

“Concussions affect everyone differently. Some athletes may recover quickly and fully, while others may experience symptoms for days or even weeks,” said Wallace. “The brain needs time to heal after a concussion, which is why working with a medical

professional who can provide an individualized treatment program is crucial.”

To learn more about Sitrin’s Equili-BRAIN-ium program, visit www.sitrin.com or call (315) 737-2246.

ABOUT SITRIN: Sitrin, a not-for-profit corporation, provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day program, military program, adaptive sports (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.

Interesting Facts about August

On August 2, 1790, the first United States Census was conducted. There were 3,929,214 people counted that year.

On August 6, 1945, Hiroshima, Japan was largely destroyed when the atomic bomb “Little Boy” was dropped by the B-29 Enola Gay.

In 3114 BC, the Mesoamerican Long Count calendar, used by several pre-Columbian Mesoamerican civilizations, began. This was the calendar that caused the Friday, December 21, 2012 fears.

On August 17, 2008, American swimmer Michael Phelps became the first person to win eight gold medals in one Olympic Games.

In 1883, on August 26, the volcano eruption and tsunami named Krakatoa began. It was one of the deadliest and most destructive volcanic events in recorded history, with at over 36,000 deaths being attributed to the eruption itself and the tsunamis it created. Small eruptions, mostly of mud, continued into October 1883.

On August 28, 1963, at the March on Washington for Jobs and Freedom, Reverend Dr. Martin Luther King, Jr. gave his “I Have a Dream” speech.



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NHFD News

Your New Hartford Volunteer Fire Department responded to 130 alarms during the month of June 2023 as indicated by the monthly call report listed below by category:

- Fires = 3
- EMS = 75
- Hazardous = 6
- Service Type = 15
- Good Intent = 9
- Other Alarms = 20
- Overpressure = 1
- Mutual Aid = 1
- Weather Related = 1
- Other = 0



Total Calls for the Month of June 2023 = 130.
Of the 130 alarms, 111 were in the town and 16 were in the village. The above alarms include 3 mutual aid alarms for the month of June.
Total alarms year-to-date through June 30, 2023= 623.

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.

In Other Department News:

During this time of the year the Chief and members of The New Hartford Volunteer Fire Department would like to remind everyone that is always important to have our address clearly marked.

In the first six months of 2023, the New Hartford Volunteer Fire Department has responded to 623 calls for assistance. More than three quarters of these were calls for medical emergencies. The great increase in activity at the firehouse both days and nights is due to an increase in our community population and businesses within our fire district. It is estimated that at any given time, there can be over 15,000 shoppers and others passing through our community daily.

Therefore, it is important that every residence and business properly and prominently displays its address number as to be visible from the street. In rural areas, it is advisable that numbers be placed both on the mailbox as well as the house itself. These address numbers serve an important function. Not only do they make it easier for new neighbors to find you, but most important, the address is a “target” for firemen, police, and medical services personnel. And, during the evening hours especially as it would be most helpful to have a porch light on to identify the property that we are responding to. If they can’t find you in an emergency, the delay, however slight, might be the difference between a successful outcome.

Thank you for helping us help you!



Blood Drive!

NHFD Holds American Red Cross Blood Drive

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, August 31 from 1pm to 6pm at the fire station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.

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We are very excited to welcome Dr. Aaron Mansur PT, DPT, FAAOMPT to our team!

Aaron is a Doctor of Physical Therapy who specializes in manual therapy. He was born and raised in Lincoln, Maine and earned his doctoral degree from Ithaca College. He worked as a traveling physical therapist for two years, then spent the next five years working in South Carolina, where he completed his manual therapy fellowship with the Manual Therapy Institute. Aaron lives with his wife, Jessica and their daughter Adeline, as well as their two dogs, Silas and Rajah. He enjoys hiking, woodworking and spending time with family and friends.

Dr. Mansur is currently accepting new patients and is available Monday-Friday!

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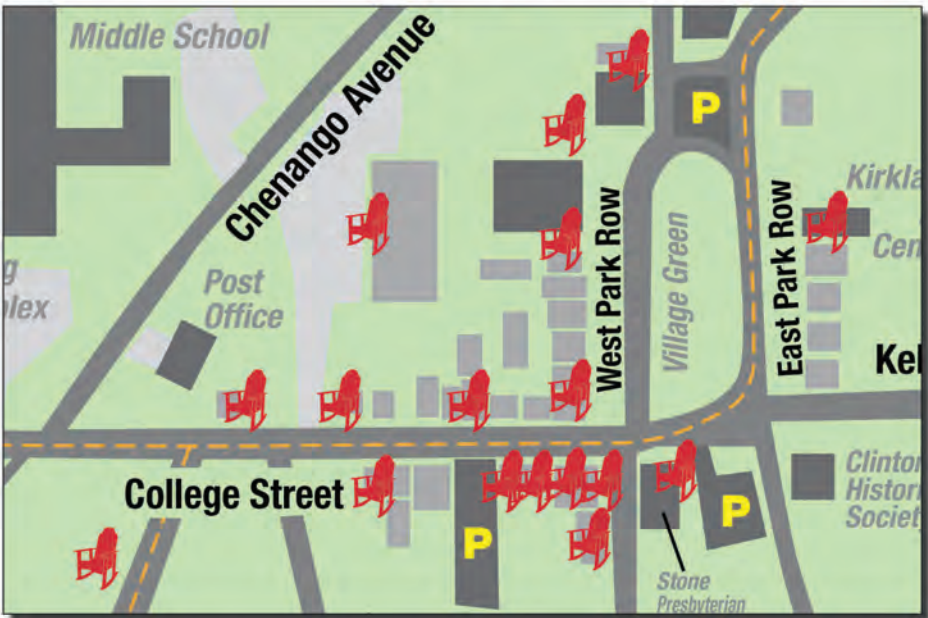
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Take the Art Rocks Stroll



Art Rocks Returns to Clinton this Summer!

The Clinton Chamber of Commerce is proud to announce the return of Art Rocks for 2023. This popular auction and fundraiser for the Clinton Chamber of Commerce highlights the region’s most creative artists with Adirondack rocking chairs as their canvas.

These specially designed chairs are hand built from locally sourced larch wood in Dolgeville, NY. Two dozen local artists were selected to create and paint their own unique designs on the chairs. After the artists worked their magic, the chairs were revealed to the public and delivered to the Art Rocks sponsor locations. Complimenting the talent of the Artists, the support of the 24 Art Rocks sponsors makes this event possible.

When you are in Clinton this summer, take the “Art Rocks Stroll” visiting all the chair locations! Each chair has information about the artists and sponsor

organizations. We encourage the community to take a walk around the Village and marvel at the artists’ creativity. Throughout July and August the gallery changes, the chairs are rotated between the various sponsor locations. Place a bid on your favorite chair(s) at the Clinton Chamber of Commerce website: www.clintonnychamber.org A map detailing the chair locations is also on the Chamber website.

The Art Rocks event culminates with a live auction on Saturday, August 26th at the Clinton Art and Music Festival. The chairs will be displayed at the festival, and the proceeds from the auction are split evenly between the Artist and the Chamber.

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

Check out our website at NHTownCrier.com

View past issues and list your events on our community calendar!!

Join Us for the 8th Annual Schuyler Commons Fall Fest!



Saturday, September 16, 2023
11 a.m. - 2:30 p.m.

Celebrate everything autumn with Schuyler Commons at our Fall Fest!

Great food for purchase, music, vendors, crafters, and a bounce house* - fun for all ages!

This event benefits Feed Our Vets. Every 5 non-perishable food items gets you an entry to win a \$200 Visa gift card!

*Weather permitting.





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New Hartford Rotary News

The Rotary International year starts on 1 July and ends on 30 June. Each year on 1 July, a new President of Rotary International takes over the reins. The new RI President for 2023 – 2024 is Gordon McNally, who comes to us from Scotland, the land of haggis, neeps and tatties, not to mention some good Scottish whiskey. In a recent article in the Rotary magazine, Gordon tells how he lost his younger brother to suicide and how this led him to get involved with the issues surrounding mental illness. Consequently, during his reign as President, Rotarians will be discussing Gordon’s “2023 – 2024 Presidential Initiatives:

- Prioritizing mental health- Talking about mental illness and emotional health may feel uncomfortable but it’s vital to the well-being of Rotary’s global community. RI President Gordon McNally encourages clubs and districts to work toward creating a space where it’s safe to address these issues to help provide a welcoming and equitable environment for all. To do that, think of ways that you can: Erase any stigma associated with discussions of emotional well-being; Raise awareness of mental health issues; Improve access to mental health services.
- Building peace through virtual exchanges- Rotary has a long history of working for peace through personal connections, but the COVID-19 pandemic made it difficult to do that face to face. Inspired by what we’ve learned during this time, McNally encourages districts to incorporate virtual components into more of their programs, events and activities. By using innovative technologies to make connections, we give more people the opportunity to experience Rotary’s global community while laying the foundation for peacebuilding through improved intercultural dialogue, awareness, and understanding. Adding or maintaining these components in our exchange programs like Rotary Youth Exchanges and Rotary Friendship Exchanges will: Give members and participants new ways to experience other cultures, make new friends, and broaden their global awareness; make membership more accessible to people with time, health, or financial considerations; Build stronger intercultural communication and understanding, and ultimately foster more stable and peaceful communities.
- Empowering girls- McNally will continue the initiative launched by 2021-22 RI President Shekhar Mehta and maintained by 2022-23 RI President Jennifer Jones that focused on elevating the voices and unlocking the power of girls and women around the world. Rotary encourages members to keep finding ways to improve the

health, well-being, education, economic security, and agency of girls.”

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Likewise, on 1 July, every Rotary club in the world changes their leadership with the election of a new president and board of directors. The Rotary Club of New Hartford, NY held their Changing of the Guard dinner on 30 June, 2023 at Preswick Glen. At that time, the members of the club elected the following officers and board of directors for the 2023-2023 year as follows:

President: Jeremy Rutter; President Elect: Dr. Frank Mond; Treasurer: Jeff Gornick; Secretary: Jim Cook; Director (1 year term); Rev. Dr. Mary Webster; Directors (2-year term): Dorene Gortner, John Zygmunt.

Upcoming Events/Speakers

8/9- Jackie Michel- Environmental Issues

8/16- District 7150 Governor Elise Hereth

For 62 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. New Hartford Rotary meets every Wednesday at 12:15 PM at Preswick Glen, 55 Preswick Dr., New Hartford, NY 13413. 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/>.



Angels Among Us Food Pantry
Aug. 12 & 26 • Sept. 9 & 23 • Oct. 7 & 21
Nov. 4 & 18 • Dec 2 & 16
Hours of Operation: 10am - Noon

The food pantry is located at: St. John The Evangelist Church, 66 Oxford Rd, New Hartford, NY. Follow the signs to the driveway in the back during open hours. In the event of food emergency issues, please contact the St. John’s rectory from 9AM to 2 PM Monday through Thursday at 315-732-8521.

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

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

We Are Looking For Volunteers!

TEFAP: The Emergency Food Assistance Program
Income Eligibility Guidelines: July 1, 2021 – June 30, 2022

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

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- Friday August 25th:** 9:30pm - 12:30am - Heroes and Villians V.I.P Party
for V.I.P ticket holders ONLY
(V.I.P Party is located on the 3rd floor terrace of Vernon Downs Hotel)
- Saturday August 26th:** Event runs from 11:00am - 7:00pm
(Doors open at 10:00am for V.I.P ticket holders ONLY)

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- SINGLE DAY PASS - \$20.00
- 2 DAY WEEKEND PASS - \$30.00
- V.I.P PASS - \$55.00

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How to Assist Your Friends and Family in Their Grief Recovery Process

submitted by Friedel, Williams & Edmunds

It can be difficult to know what to say to someone who’s been bereaved. Maybe it’s stopping you from getting in touch in case something you say makes things worse? But your support could really help – people who are grieving often tell us that the worst thing is someone saying nothing. Contact from family and friends can help a person who is grieving feel supported and loved.

How to help someone who is grieving

Everyone experiences grief differently. Here are some things to think about when you do get in touch with a grieving friend or member of your family.

Getting in touch

If it’s too difficult to see them in person or talk on the phone, then you could send them an email or letter, or just send them a text to let them know that you’re thinking about them.

If you’re worried about visiting or calling at the wrong time, then try messaging first to ask when would be good for them.

Tips on what to say

Remember that grief is different for everyone and you cannot know how they’re feeling. So it’s best to avoid saying things like ‘they’ve gone to a better place’, or ‘it’s a good age’ as that can make someone who is grieving think that their feelings of loss are being dismissed.

Take your lead from them. They may want to talk to you in detail about what happened and how they feel, or they may not.

If you knew the person who has died, it can mean a lot if you can share any happy stories or tell them about kind things you remember the person saying.

Try to be a good listener

Most important of all, try to be a good listener. You cannot cure their grief or make it go away – but if they want to talk, then letting them talk about what they are going through, or about the the person who has died, may be the most helpful thing you can do.

Letting the person who is grieving talk about the person who died can help with their grieving process. So if they want to talk about them, don’t try to change the subject. Listen to what they have to say without interrupting.

You may find that they repeat details about the person’s illness or death. Or perhaps they repeat the same stories from their past together. This is normal, and it can be part of the grieving process, so let them talk. Saying things like ‘I remember you telling me that and it’s a great memory to have...’ may be more helpful than saying ‘yes, you’ve told me that before.’

Keeping in touch

Continue to call or check in with them after the funeral. People often say that it was at this time that they would really like to have heard from people as it’s when a person who is bereaved can feel most alone.

Stick to any promises you make. The person who is bereaved may be feeling vulnerable and they need to know that they can trust you.

Thoughtful gestures such as inviting them for coffee, or to go for a walk, or just sending a text to say you’re thinking of them can really help.

Some people may not want to talk about their grief at all. Sometimes just having you in the same room and sitting together quietly can be reassuring.

Let the grieving person express their emotions

If you can, try to let the bereaved person feel like they are in a safe place and can express how they’re feeling without being judged. Their emotions may range from sadness to confusion to anger. Respect how they feel. If they say they’re relieved that the person has died, do not argue against that and insist they must be sad.

Being able to express emotions is a very important part of the grieving process, but try not to force someone to talk or share if that’s not what they want to do. They may want to talk later, or they may express their emotions in other ways. For example, by writing their feelings down, seeing a therapist, painting, gardening, or having time to think through their feelings when going for a walk or a run.

Try to take the lead from them and let them talk if they want to. It’s also best not to ask lots of questions in a way that makes them feel uncomfortable, or as though you are trying to fix their grief for them.

Sometimes people change quickly between grieving and getting on with their lives, so try not to be surprised by this. One moment they may be upset and want to talk about the person who has died and then the next moment they’ve changed the subject and want to talk about something ordinary, like what’s going on at work or something on TV.

Let them talk when they want to and keep anything that they share private unless they’ve said that you can tell others.

Be specific when you offer to help

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Specific offers of help are often more useful than general ones.

Maybe you could offer to cook meals, or pick up shopping or help with some other practical tasks.

If you’re not sure how to help, then ask them what you can do. It may be difficult for a grieving person to ask for help when they’re already feeling vulnerable. Let them know you’re there and that you want to help – and try to pick up on any changes of mood.

Be patient – there is no timescale for grief

In the first days and weeks after the death, a bereaved person often has lots of practical things they need to do. It’s also when family and friends are most likely to be around supporting them.

However, there’s no time limit on grieving and your friend or family member might need support and to talk about their feelings for many months or years to come.

Remembering important dates or anniversaries

You may want to keep a note of any dates or anniversaries that could be particularly difficult for the person who is grieving, so you can get in touch with them at these times.

If you’re worried about upsetting them again by doing this, remember that they already know about this date or anniversary. You cannot stop them from feeling upset, so hearing from you or others will not make it worse. If anything, it will help them to know that you have remembered and that you’re thinking about them – and about the person who died, also.

Be prepared to get it wrong sometimes

However hard you try to support someone who is grieving, you may sometimes say or do something that upsets them. If you know that they’re upset because of something you said or did, then it’s probably best just to say you’re sorry. The way they have reacted could be more to do with their grief than anything you’ve done, so try not to take it personally.

The reality is that bereaved people experience lots of difficult emotions which can sometimes make it hard to be around them. Try not to take any anger personally and give them space.

Suggest an activity or call them at the times they may find hardest

There may be times of the day or days of the week that they find more difficult than others. If they’re working during the week, then it might be that weekends are the loneliest time for them. Often people whose long-term partner has died find the evenings most difficult because it can be then that they really notice the loss of a companion.

If you know when the grieving person may be finding it most difficult or lonely, then you could suggest doing something different with them at this time. For example, a walk at the weekend, a film together in the evening, or just calling in the evening for a catch-up.

You may also want to suggest doing things which help them to talk about and remember the person who has died – like looking through old photos or visiting places that were special to them.

Getting support

No one should have to go through the grieving process alone. There are lots of ways for a person who has been bereaved to find support, whether they prefer to talk to someone in person or to join an online community. Talk to your friend or family member and offer to find people or groups if they show interest.

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Christopher J. Carbone

How to Manage Cash vs. Borrowing When Interest Rates Rise

We all use credit in our daily lives, whether it’s to help optimize cash flow, create tax efficiencies, or make purchases. A rising-interest-rate environment could be a good time to take a closer look at liquidity strategies and other forms of borrowing.

Using cash versus borrowing

It could make sense to pay cash instead of borrowing in some instances. Let’s say you have a fair amount of cash and are not planning to invest

in the market. That could be a good solution for buying a car or a house, paying for a child’s education, or expanding a business.

Amid higher interest rates, paying cash could be a better option than securing a long-term loan to buy a costly item.

“Increased rates may also impact purchasing power for bigger-ticket items (such as homes, boats, and airplanes) traditionally financed over longer periods,” says Brian Singsank, senior lead wealth custom lending specialist, Wells Fargo Wealth & Investment Management. “It’s important to evaluate your balance sheet and wealth plan to make sure they are aligned to help meet upcoming liquidity needs.”

Also, if you have an existing variable-rate loan, such as an adjustable-rate mortgage or line of credit, that rate could go up, resulting in higher interest costs.

“If it’s still a long-term funding need, when interest rates are rising could be the time to evaluate,” Singsank says.

Whatever you decide, timing can be critical. Your investment planners can help you decide on what is best for your current situation.

Discuss credit and liquidity needs with your advisors

“Be proactive when interest rates change,” says Singsank. “Consider reviewing your wealth plan and related credit and liquidity needs with your banker, advisor, your CPA, and even an estate-planning specialist.”

Singsank recommends starting those conversations by sharing your answers to these basic questions:

- 1. How much in assets would you be willing to liquidate and why?
- 2. Are you debt-averse?
- 3. Would you consider alternatives to liquidating your current cash reserves in order to meet your financial needs?
- 4. Based on your balance-sheet leverage, what is your exposure to rising interest rates?
- 5. Are you comfortable with the amount you’re paying or may have to pay to service your variable interest payments in a rising-rate environment?
- 6. As part of working toward your financial goals, do you anticipate upcoming borrowing or liquidity needs?

“Once you’ve answered these questions,” says Singsank, “you should better understand whether you need to make changes to your wealth plan, including liquidity and other borrowing strategies, to help meet your financial goals.”

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Or watch our livestream service online at
www.firstumconline.org
Easily accessible building, sanctuary, and bathroom.

ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 315-732-8521
Rev. Msgr. James Lang
Saturday: Vigil 5:15 p.m. Confessions 6:15pm
Sunday Masses: 8am & 11am
We are handicapped accessible!

CROSSPOINT CHURCH

317 Oriskany Blvd, Whitesboro - 797-4520
Senior Pastor, Samuel Macri
Assistant Pastor, Bobby Allen
Sunday Services:
8:30am – 9:00am Breakfast
9:00am – 10:30am Study Groups
10:30am – 12noon Worship Service
Website: 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, New Hartford
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. 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. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen’s is handicapped accessible.

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack
9501 Weston Rd. (Next to Perry Jr. High), (315) 737-5222
www.ibcfamily.com E-mail: info@ibcfamily.com
Sunday Morning Worship Service 10:00 am
Nursery, Preschool and Children’s Worship hour: 10:00 am
See our website for information regarding our Youth Group,
Kids Club and other upcoming events.
Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Ed Townsend, Interim Minister
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Motorized Lift for Handicap Accessibility
Sunday morning worship in August and on September 3
will be at 10 a.m. in the sanctuary and livestreamed on
NHPC’s Facebook page. Lemonade in Fellowship Hall will
follow each service.
The Sondag Club for youngsters, Adult Sunday School and
choir rehearsal will be on summer break in August and will
resume after Labor Day.
The Connect Café, offering coffee, conversation and more
to all who would like to stop by will remain open in August
every Wednesday morning at 10.
Other activities on the August schedule include:
8/2 — 7 p.m. PEO
8/22 — 5 p.m. Girl Scout Kick-Off Meeting
8/26 — 3 p.m. Hope House Meal Preparation
8/27 — Neighborhood Center School Supply Drive Ends

MARY, MOTHER OF OUR SAVIOR PARISH

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

SAUQUOIT VALLEY UNITED METHODIST CHURCH

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

FIRST BAPTIST CHURCH OF NH

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

UNITARIAN UNIVERSALIST CHURCH of UTICA

10 Higby Road, Utica, NY 13501
315-724-3179 uuutica.org
Minister: The Rev. Karen Brammer
Sunday service 10:30 AM
315-724-3179 uuutica.org
Find up-to-date info and learn more about us at out website:
www.uuutica.org
August 6: Diane Swords – Hiroshima Remembrance Day
Service. On the 78th anniversary of August 6 1945, Diane
will discuss Hiroshima and the state of nuclear weapons
today.
Diane Swords is a member of the Nuclear Free World
Committee of the Syracuse Peace Council, and is on
the national steering committee of Back From the Brink
preventnuclearwar.org
August 13: UUU Picnic. A great chance to enjoy each
other’s company plus a great potluck
August 20: Rev Karen Brammer Lessons of the Labyrinth,
an ancient circular shape containing a spiraling pattern that
switches direction but always leads to the center. It is used
for prayer, contemplation and opening oneself.
The Unitarian Universalist Church of Utica is an open
minded, open hearted 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. New comers are always welcome.
Sunday services at 10:30 AM
Find up-to-date info and learn more about us at our website,
www.uuutica.com.

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
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
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
Sundays - 10:30 Worship
Faith Enrichment for all ages
Coffee Hour following morning worship.
Handicapped Accessible

LIFE IN CHRIST FAMILY CHURCH

www.licfc.org • 315-557-8807
23 White Street, Clinton NY
Sunday Service at 10am

ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills 315-853-6138
rectory.denise@roadrunner.com
Msgr. James Lang Deacon Gil Nadeau (Retired)
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. 315-853-2933
Scott Leonard, Commissioned Lay Pastor
Sunday service-10:30AM
www.stonepres.org. E-mail: stonepres@verizon.net
Handicapped Accessible

CLINTON UNITED METHODIST CHURCH

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

PLYMOUTH BETHESDA U.C.C/ CORNERSTONE COMMUNITY CHURCH

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

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
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

TABERNACLE BAPTIST CHURCH

13 Clark Place, Utica 315-735-7534
churchoffice@tbcutica.org www.tbcutica.org
Facebook: Tabernacle Baptist Church
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 - Adult Sunday School class for
couples. 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

CITY HOPE CHURCH

1415 Sunset Ave. Utica, NY 13502. 315-797-7775
Robert Tanner, Pastor
Sunday: 10 am

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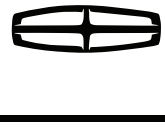
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