



# BACK TO SCHOOL the **TOWN Crier**

A DIVISION OF PJ GREEN INC.

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September 2023

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

Our monthly paper is currently mailed to residents in the 13413 zip code. If you know someone who wishes to  
receive our publication, we will gladly add the address to our subscription list for a yearly fee of \$25,  
please mail a check, payable to The Town Crier, PO Box 876, New Hartford, NY 13413.

*We are privately owned and not affiliated with the Town of New Hartford.*



## New York State Approved Smart Drivers Course

*Sponsored by AARP*

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.



## CHICKEN BBQ

**First United Methodist Church**

**105 Genesee Street**

**September 2nd 11am-2pm or sold out**

Brooks House of BBQ

1/2 Chicken, Baked Potato, Coleslaw,  
Roll with butter, Bottled Water  
and Prepared Dessert

\$15 per dinner

Drive Thru event only

Pre-sale tickets available at Church office

Mon-Fri 9am-1pm

Please call 315-733-4227 for more information



## TAKE-OUT CHILI DINNER FOR 2

**Saturday September 9th 12-2pm. \$20**

**Stephen's Episcopal Church**

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**2023**

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**Sunday**  
**Sept. 24 10-5**

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## Here Comes Fall

submitted by Shelley Corey of The Mum Farm

As I sit down to write this month's article there is a low-lying mist in the fields surrounding the farm, a sign that cooler nights have returned and fall is on its way. From a very dry start to our growing season this spring to adequate rainfall scattered throughout the summer, it's made for a good growing season. I hope that everyone was able to work with the ups and downs of the weather and keep their annuals watered, fertilized and looking good. If not...there are mums to step in and replace those annuals for a burst of fall color!

Mums are certainly the first flowering plant you think of when you hear fall. Customers sometimes ask why their mums do not over winter when planted in the ground. Let me explain why we tend to use them more as annuals in our fall decorating. Mums are shallow-rooted perennials which means that they have a very fibrous root system and their roots stay close to the surface of the soil rather than going deep. This subjects them to the freeze-thaw cycles we experience in this zone, causing their roots to be torn apart and die. Even with mulching and protecting during the winter, they are very difficult to overwinter.

That is why most "garden" or "fall" mums are simply used as annuals, left in their original growing container, watered and enjoyed throughout their two-month cycle of bloom. We revel in the fact that they produce a riot of color, thrilling us with their seasonal color.

Mums are so easy to care for! Daily watering is all they require, you simply cannot overwater them. The

soil they are grown in only allows it to hold so much water and the drainage holes let the excess out. When you start wearing a coat, you may be able to cut back to every other day watering. When the blossoms are open water into the pot and not over the flowers, allowing your blooms to last as long as possible. Always check your mums for moisture even after a rain. Rainfall may not have been able to penetrate the heavy canopy of foliage to water the soil. Simply testing the weight of your pot will tell you if the plant is watered adequately. No fertilizer is ever necessary, the growers have done all that for you. Mums...the star of the fall season. I hope everyone finds time to pick up a mum or two this fall. They make great gifts and think of all the smiles you will be sharing!



## Mohawk Valley Choral Society Begins Rehearsals

Now in its 42nd year, the Mohawk Valley Choral Society begins rehearsals Monday, September 11, 2023, at the Mohawk Reformed Church at 20 S. Otsego St. in Mohawk for its next concert.

This concert will take place on December 10, in Utica.

Under the direction of David Kolb, the Choral Society will be performing music by the American composer, Morten Lauridsen. Included in the concert will be Lauridsen's "Lux Aeterna", as well as his "Mid-Winter Songs" and "O Magnum Mysterium".

Singers who enjoy choral singing or coming together for the challenge and enjoyment of singing new music in a group setting, are invited to join this non-audition choral group.

Rehearsals are held each Monday night from 7:00 to 9:00 pm.

More information may be obtained by sending an email to the Mohawk Valley Choral Society at mail@mvchoral.org.



## 22 Annual 9/11 Remembrance Breakfast

What: The event honors and remembers those in Law Enforcement, Fire Fighters, Emergency Responders and the Military. There will also be a special ceremony to commemorate the 22nd Anniversary of the attacks on September 11, 2001.

When: Monday, September 11, 2023

7:30am at Hart's Hill Inn, Whitesboro

Who: The event is open to the public, all are welcome

Cost: \$20 per person

RSVP - www.thegenesisgroup.org

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**Sunday, September 17<sup>th</sup> at 4pm**  
**Concert Dinner**

**Musicians of Ma'alwyck;**  
**Ann Marie Schwartz, violin**  
**Sten Isachsen, guitar**

**Menu and Details at**  
**horneddorsetinn.com**

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Remsen Barn Festival of the Arts

The 44th Annual Remsen Barn Festival of the Arts will be held September 23-24, 2023; Sat. 10-6; and Sun. 10-5. Admission to the Festival is free and there is plenty of parking. No pets allowed. Remsen's Main Street is closed to vehicles and transformed into a shopping, eating, and entertainment adventure. More than 220 quality artists and crafters offer art, jewelry, textiles, fashion accessories, woodcrafts, soaps, pottery, holiday items, furniture, glass, candles, and more. A variety of food vendors offer everything from hearty meals to sweet snacks.

From its humble beginnings, when the Festival included tours of local barns and handmade quilts, it has become one of the northeast's premier festivals. Visit the free quilt show at the Remsen Arts Center or at The Remsen Depot find your way through the Corn Maze, Sat. and Sun. from noon to 5. On Sunday at 2:30, all are welcome to the Gymanfa Ganu (Welsh song fest) in the Stone Church on Prospect St.

Fun for the whole family fifteen miles north of Utica, just off Rt 12 in the charming Welsh town of Remsen. For more information visit [www.remsenbarnfestival.org](http://www.remsenbarnfestival.org).

**2023 Fall ONLINE AUCTION**

**September 27-October 1, 2023**

*What are you wishing for?*

Delicious food from area restaurants, fabulous jewelry, family activities, items for your home and patio, or fun getaways?

**Text FallAuction23 to 76278 or visit [FallAuction23.givesmart.com](http://FallAuction23.givesmart.com)**

Register, check out the Auction and bid!

**Each bid you make will go into a complimentary drawing for two tickets for Hospice & Palliative Care, Inc.'s Annual Light Up A Life Cocktail Party. The more bids you enter, the better your chance to win.**

**Purchase a \$5 Raffle Ticket and be entered to win a A \$500 gift card to the Sherwood Inn in Skaneateles and its sister properties.**

The Raffle Drawing will be Monday, October 2<sup>nd</sup> and the winners will be posted on our Facebook page and website at [hospicecareinc.org](http://hospicecareinc.org).

**For more information please call 315-735-6484 or visit [hospicecareinc.org](http://hospicecareinc.org)**

Platinum Sponsors:  
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**NH Library Strummers**

Welcome to **Ukulele Utica**

A musical group dedicated to having a blast while:

- playing the ukulele
- learning new songs and techniques
- building a friendly ukulele community

Together, we play ukulele classics, pop tunes and Hawaiian favorites in an informal atmosphere.

Ukulele playing is fun, easy to learn and very communal. And, you don't have to be able to read music!

Are you a ukulele player??  
Did you once buy a uke, but don't play??  
Would you like to learn??  
Are you a former guitar player??  
Are you looking for a new musical hobby??

To get started, all you need is a uke and a clip on chromatic ukulele tuner.

Contact Judy at: [ukuleleutica@yahoo.com](mailto:ukuleleutica@yahoo.com)  
Facebook - Ukulele Utica NY

Uke 101 - 6 session course, designed for beginning players. You will learn how to play your uke! Each class, builds on the last one - to increase your chord vocabulary, technical skills and song collection. Families welcome with children 10 years and older.

In 6 sessions, you can expect to learn:

- ✓ 12 chords
- ✓ 12 songs
- ✓ 6 strums





TEMPLE EMANU-EL  
SIXTH ANNUAL  
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A portion of the proceeds will be donated to the Abraham House.

Sunday, October 15, 2023  
Jewish Community Center, 2310 Oneida Street, Utica

Breakfast/Registration: 9:00 AM - 9:30 AM  
Play 3 rounds -12 Tournament Style Games: 9:30 AM - 2:00 PM  
REMEMBER TO BRING YOUR 2023 CARD

Entry Fee: \$35.00  
Cash Prizes to Top Winners      Other Prizes and Surprises

REGISTRATION DEADLINE: THURSDAY, OCTOBER 12<sup>th</sup>  
Go to [templemanuel-utica.org](http://templemanuel-utica.org) to register and pay online using PayPal or fill out the form below.

Please fill in registration form and mail to Temple Emanu-El, 2710 Genesee Street, Utica, NY 13502 - Attn: Lynn Tomaino, with a check payable to Temple Emanu-El. For further information, contact: Lynn Tomaino 315-723-3569 or Temple Emanu-El office 315-724-4177.

\*\*\*\*\*

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Recycling Reminder: Recyclables in Plastic Bags are NOT Accepted

The Oneida-Herkimer Solid Waste Authority (Authority) would like to remind residents that recyclables that are in plastic bags are not accepted at the Utica and Rome EcoDrop or through curbside collection. The ONLY exception to this rule is shredded paper, which should always be placed in a plastic bag when being recycled.

Why aren't plastic bags accepted for recycling?

Plastic bags fall under the category of plastic films, which are not accepted for recycling through our system. Plastic films get stuck in the machinery at the recycling center very easily and require a lot of time and effort to remove. Also included in this category are grocery bags, plastic wrap and Ziploc bags. Stretchy plastic films can be brought to participating retailers for recycling.

What about bags that say they can be recycled?

Don't trust the triangle! Manufacturers of packaging products like plastic bags label their products as being recyclable, however they do not always consider local recycling centers. Although these bags may be made with a type of plastic that is recyclable, that does not mean that they can be recycled through our system. Triangles and Resin Identification Codes (the numbers and abbreviations that go with the triangles) do not indicate whether an item is recyclable or not, instead they are just showing what kind of plastic they are.

What plastic items are recyclable then?

Our recycling center is able to process all plastic bottles, cups and containers, regardless of what kind of plastic they are made out of. There are a few exceptions to this rule which are Styrofoam, prescription medication bottles and motor oil bottles. A full list of items that are accepted for recycling can be found on our website at [www.ohswa.org](http://www.ohswa.org). You can also visit [www.amirecyclable.com](http://www.amirecyclable.com) to get specific disposal instructions for any items that you are unsure of.

Recycle Right!

Recyclables need to be mixed together loosely whether you are bringing them to our Utica or Rome EcoDrop or setting them out at the curb. They should not be in any kind of bag even if the bag says its recyclable. Placing your recyclables loosely in a container helps ensure that they will be properly sorted and recycled.

If you have any questions on how to bring recyclables to our EcoDrop facilities or how to set your recyclables out to the curb, please contact the Authority at 315-733-1224 or [ohswa@ohswa.org](mailto:ohswa@ohswa.org).



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**Thursday October 5th**  
**9-3 | Bag Sale 1:30**

Accepting items for donation on  
Monday & Tuesday 9-3  
and Wednesday 9-noon

### Hospice Online Auction

#### Donate a Gift Basket or Prize to the Hospice Online Auction

Hospice & Palliative Care is busy planning for their upcoming Online Auction which will take place from Wed. Sept. 27th to Sun. Oct. 1st, 2023. And they need your help! Are you creative and like to put together gift baskets or did you receive a gift you cannot use that would make a great prize? If so, please consider donating a basket for the Hospice Online Auction or Raffle. Wine and food baskets are always popular as are spa baskets, Italian baskets, family fun baskets, kitchen baskets, pet lover's baskets and many more. Businesses offering goods or services are also encouraged to donate. Call Laurie Barr at Hospice for more information, 735-6487 ext. 1004.

Hospice & Palliative Care provides hospice services, palliative care, and bereavement support to the residents of Oneida, Herkimer and Madison Counties. To learn more go to [www.hospicecareinc.org](http://www.hospicecareinc.org).

## New Hartford Class of 1962

### 61st Class Reunion

**September 29th & 30th, 2023**

Contact: **Joyce Oster Palmer**  
[joycepalmer@yahoo.com](mailto:joycepalmer@yahoo.com)

**Mary Lou Frank Rosenkrantz**  
[KD2AL@AOL.com](mailto: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.



## REUNION BRUNCH

September 24, 2023

11am -1pm

Valentino's Banquet Hall  
New Hartford

Alumni, parents, & fans are invited to join fellow New Hartford Marching Band alumni as we gather to honor Mr. Mike DiMeo and celebrate the 50th Spartan Spectacular

Additional details available on Facebook or via email  
<https://www.facebook.com/groups/newhartfordmarchingspartans>  
[newhartfordmbalumni@gmail.com](mailto:newhartfordmbalumni@gmail.com)



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## Literacy CNY

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

## Interested In Using Our Window Display?

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

## Mark Your Calendars!

The New Hartford Public Library shines the spotlight on the Erie Canal in October with displays and a special program. Derrick Pratt, director of education and public programs at the Erie Canal Museum in Syracuse, will speak on the canal's history at 6 p.m., Monday, Oct. 16, at the library. The program is free and open to the public. October is a special month in the history of the canal. The first segment of the canal -- between Rome and Utica -- opened in October of 1819. The full length of the canal -- from Albany to Buffalo -- opened in October of 1825.

## Save the Date and Save a Life!

On Friday, September 15th we are hosting an American Red Cross Blood Drive from 11:30-4:30. Please stop in and donate!

## AARP Smart Driving Course

We are offering another AARP Smart Driving Course on Tuesday, September 19th from 9:00 am -3:30 pm. Please contact Ron Merritt (315-351-9023) to register.

## Grab & Go Projects Adults

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

Due to holiday, Adult Craft will be pushed to Tuesday, September 5th – Fall Bucket List

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

## Grab & Go Project Bags for Kids

Kids Grab & Go Projects continue on the first Thursday of each month.

Sept 7th – Build a Robot hand

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

## In Person Story Time

Regular Story Time will resume Tuesday September 5th.

Mondays (group A), Tuesdays (group B) and Thursdays (group C) 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must accompany the child. All story times are held in the Children's Area/Corasanti room.

September 5 & 7 - Welcome Back: Library Theme

September 11, 12, 14 - Alphabet Theme

September 18, 19, 2 - Apple Theme

September 25, 26, 28 - Fall is here Theme

## 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, September 23 at 11:00 as Janet Hoover leads us discusses books that are a Blast to the Past: Belles Ellis, C.S. Harris, Tara Moss and Peter Tremayne. Call the New Hartford Public Library (315-733-1535) for the Zoom link.



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

**Monday and Tuesday 10am-8pm**

**Closed on Wednesdays**

**Thursday and Friday 10am-6pm**

**Saturday 10am-2pm**

**Sunday Closed July/August**

**Computer Appointments Required**  
**Curbside Pickup Remains an Option**

## Library Closures

We will be closed Sunday and Monday, September 3rd and 4th in observance of Labor Day. Sunday hours will resume on Sunday, September 10th. We will be open 1:00-5:00 on Sundays.

## Stay Connected With Us!

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

Facebook:

[www.facebook.com/newhartfordpubliclibrary](https://www.facebook.com/newhartfordpubliclibrary)

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

NHPL Board of Trustees 2023 Meeting

## NHPL Board of Trustees Meeting

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

September 13, 2023

October 18, 2023

November 15, 2023

December 20, 2023

## Used Book Donations

Thank you for thinking of us for your "gently" used books. Please limit your donations to one box/bag at a time and drop off at the circulation desk and not in the hallway, at drop boxes or outside the door when the library is closed, Thank you.

· We are currently accepting newer fiction & non-fiction hardbound and paperback books and magazines. As well as records, DVDs, Children's books, puzzles and games.

· We DO NOT accept moldy/damaged books, textbooks, medical books, encyclopedias, Reader's Digest Condensed books, National Geographic magazines, and multi-volume book sets. We are also no longer accepting Audio cassettes, VHS tapes, and Computer games/books.

This is a major fundraiser for the Friends to assist the library in buying quality materials and in providing programs especially for our youth. Your support is very important.

## Community Outreach

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

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### The After Breast Cancer (ABC) Group is Resuming!

The ABC Group meets the 1st Saturday of each month at 11:00. This month's meeting will be on Saturday, September 2nd.

Dr. Alicia DeTraglia will present on breast cancer treatments from a medical oncology perspective. Dr. DeTraglia is board certified in Internal Medicine and Medical Oncology and Hematology.

She received her undergraduate degree from Hamilton College in Clinton, New York, and her medical degree from Albany Medical College in New York. She completed residency and fellowship training at The University of Massachusetts.

### Introducing...Uke 101!

Uke 101: A 6 session course, designed for beginning players. You will learn how to play your uke. Each class builds on the last one to increase your chord vocabulary, technical skills and song collection. Families are welcome with children 10 years and older.

Please call to register 315-733-1535.

All classes start at 11:00 am. Meeting dates:

9/9/23, 9/16/23, 9/23/23, 10/7/23, 10/14/23

### GOOGLE Apps Workshop Series

Sept. - Oct. | Registration Required

Session I: Intro to Gmail, Thurs 9/14 10:30am-11:30am

This 1-hour course will provide a basic introduction to the email component of the Google Suite application, Gmail. This course is intended for patrons who don't have a Gmail account and want to create one or have a Gmail account but don't know how to use it. (Max: 6 people)

Session II: Intro to Gmail 2, Thurs 9/21 10:30am-11:30am

This 1-hour course will assume you know the basics of using Gmail or attended the first session. This class will focus on exploring the various settings and features of Gmail. (Max: 8 people)

Session III: Intro to Google Calendar, Thurs 9/28 10:30am-11:30am

This 1-hour course will explore the many ways that Gmail and Google Calendar work together to help you keep track of appointments, events, and more. (Max: 6 people)

Session IIII: Intro to Google Drive, Thurs 10/6 10:30am-11:30am

This 1-hour course will explore one of the most powerful free tools included in your Google (Gmail) account, Google Drive. This file management tool allows you to organize photos and store documents. Allowing you to easily share files with friends and family. (Max: 6 people)

Please call Lydia Torres, LCNy Digital Literacy Coordinator to register.

315.643.0282 | ltorres@literacycny.org

### 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.

### Save the Date! 10/22/23 - 2:00 ‘New Hartford's Old Burial Ground, History, Mystery, and Modern Forensics’

*Presented by Ray Philo of the New Hartford Historical Society.*

Areas to be covered in the presentation:

- History of the burial ground to include notable early settlers buried there including Revolutionary War Veterans.
- The condemnation (and controversy) of the burial ground in the late 1940s to provide room to build the "new" High School on Oxford Road.
- The process of removing the many human remains from the cemetery.
- The discovery of human remains on the High School property in 1990, 2003, and 2009.
- Partnering with a Forensic Anthropologist from Utica University to evaluate and possibly identify the remains. A full forensic report was provided to the New Hartford Police Department.
- The final disposition of the human remains discovered in 1900-2009 consistent with appropriate laws.

### The Friends of the NHPL Need Your Help!

This year the Friends are partnering with the Community Foundation and participating in their Mohawk Valley Gives program. They could use your help on September 20th!

The Friends of the New Hartford Public is a grassroots volunteer organization whose sole purpose is to support the New Hartford Public Library. Funds are raised through events such as the Bill Bonsted Indoor Miniature Golf Tournament, its amazing ongoing Used Book Room sales, membership dues, donations and occasional other small fundraisers.

Their activities can take many forms from sponsoring programs or events to providing funding for specific purposes. Recently, dollars raised have been used to provide the very successful Summer Reading Program for children and teens, to purchase supplies for projects for patrons of all ages and to fulfill special needs of the Library. The Friends have assisted the Library in purchasing nontraditional items that can be borrowed with Library cards, such as park and museum passes.

The Friends help to foster an interest in the use of the Library by all ages and interest groups. The New Hartford Public Library, its patrons and the community at large benefit greatly from the Friends continued support.

Please visit <https://www.givemv.org/organizations/friends-of-the-new-hartford-public-library> to help the Friends reach their goal!

### 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, 2023 & October 14, 2023 and in

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.

### Community Foundation Announces Alexandra G. Kogut Memorial Fund Awards

The Alexandra G. Kogut Memorial Fund, created by Becky and Mark Kogut to honor the memory of their daughter, has awarded \$9,500 to five nonprofit organizations in Herkimer and Oneida counties.

The Koguts established the donor-advised fund in 2013 at the Community Foundation of Herkimer and Oneida Counties to support community organizations that share Alexandra's kindness and passions. Over the last decade, the fund has awarded several grants each year to honor Alexandra's memory and make sure that her spirit lives on. Grants awarded through the fund are geared toward programs and organizations that reflect Alexandra's interests, including swimming and her love for children.

In the latest round of funding, five organizations received grants:

- Big Moose Fish & Game Club – Youth Training Program
- Clinton Youth Foundation – Lifeguard (Re) Certification Program and Aquatics and Water Safety Instruction Training
- The House of the Good Shepherd – Kinship Foster Care Program in memory of Josh Zbytniewski
- Thea Bowman House – Reading Rockets Program
- Utica Public Library – Board Book and Children's Nonfiction Book Upgrades

Since inception, the fund has awarded more than 50 grants totaling over \$58,000.

"The Alexandra G. Kogut Memorial Fund's dedication to transforming the lives of vulnerable children is truly commendable," said Laura DeStefanis, director of philanthropy, marketing & communications at The House of the Good Shepherd. "Their support has not only strengthened our Kinship Foster Care Program but also ignited hope in the hearts of countless families by providing the necessary resources and support to ensure that children who have faced difficult circumstances thrive while in the care of their extended family."

To learn more about the fund and to donate, visit [foundationhoc.org/kogut](https://foundationhoc.org/kogut).



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# BACK TO SCHOOL

## New Hartford Sport - Home Games

*\*subject to change without notice*

Date	Start time	Sport	Level	Opponent
31-Aug	10:00 AM	Soccer (Girls)	Varsity	Colonie High School
1-Sep	9:30 AM	Football (Boys)	JV	Camden, VVS, Canastota
1-Sep	3:00 PM	Soccer (Boys)	Varsity	Skaneateles
1-Sep	3:30 PM	Tennis (Girls)	Varsity	Camden
1-Sep	5:00 PM	Soccer (Boys)	JV	Skaneateles
5-Sep	4:15 PM	Soccer (Boys)	JV	RFA
5-Sep	6:00 PM	Soccer (Boys)	Varsity	RFA
6-Sep	5:00 PM	Field Hockey (Girls)	Varsity	VVS
6-Sep	6:30 PM	Field Hockey (Girls)	JV	VVS
7-Sep	4:15 PM	Soccer (Girls)	JV	Camden
7-Sep	6:00 PM	Soccer (Girls)	Varsity	Camden
9-Sep	9:00 AM	Cross Country (Girls)	Varsity	
9-Sep	9:00 AM	Cross Country (Boys)	Varsity	
9-Sep	9:00 AM	Cross Country (Boys)	Varsity	Whitesboro
9-Sep	9:00 AM	Cross Country (Boys)	7th/8th	Whitesboro
9-Sep	9:00 AM	Cross Country (Girls)	Varsity	Whitesboro
9-Sep	9:00 AM	Cross Country (Girls)	7th/8th	Whitesboro
9-Sep	12:15 PM	Soccer (Girls)	Varsity	Islip
9-Sep	TBD	Cross Country (Boys)	Varsity	Clinton
9-Sep	TBD	Cross Country (Girls)	Varsity	Clinton
10-Sep	11:15 AM	Soccer (Girls)	Varsity	Goshen
11-Sep	5:00 PM	Football (Boys)	JV	Chittenango
12-Sep	4:15 PM	Soccer (Boys)	JV	Whitesboro
12-Sep	5:00 PM	Swimming/Diving (Girls)	Varsity	Whitesboro
12-Sep	6:00 PM	Soccer (Boys)	Varsity	Whitesboro
13-Sep	3:30 PM	Tennis (Girls)	Varsity	Utica Proctor
13-Sep	4:30 PM	Field Hockey (Girls)	7th/8th	VVS
13-Sep	5:00 PM	Field Hockey (Girls)	Varsity	Canastota
14-Sep	6:00 PM	Football (Boys)	Varsity	Homer
15-Sep	4:00 PM	Soccer (Boys)	Varsity	Fayetteville-Manlius
15-Sep	4:15 PM	Soccer (Girls)	7th/8th	RFA
15-Sep	4:30 PM	Field Hockey (Girls)	7th/8th	Camden
18-Sep	4:30 PM	Field Hockey (Girls)	7th/8th	Whitesboro
19-Sep	3:30 PM	Tennis (Girls)	Varsity	RFA
19-Sep	4:15 PM	Soccer (Girls)	JV	Utica Proctor
19-Sep	5:00 PM	Swimming/Diving (Girls)	Varsity	RFA
19-Sep	6:00 PM	Soccer (Girls)	Varsity	Utica Proctor
20-Sep	3:30 PM	Tennis (Girls)	Varsity	Whitesboro
20-Sep	4:15 PM	Soccer (Boys)	7th/8th	Oneida
20-Sep	4:30 PM	Field Hockey (Girls)	7th/8th	CVA
20-Sep	5:00 PM	Field Hockey (Girls)	Varsity	Camden
20-Sep	6:30 PM	Field Hockey (Girls)	JV	Camden
22-Sep	3:30 PM	Tennis (Girls)	Varsity	VVS
22-Sep	4:15 PM	Soccer (Boys)	7th/8th	Camden
22-Sep	6:00 PM	Football (Boys)	Varsity	CVA (Thunder)
26-Sep	3:30 PM	Tennis (Girls)	Varsity	CVA



# Utica Art Association Members Exhibition

The Utica Art Association will present a Members Exhibition at the Kirkland Town Library from September 5th - 29th, 2023. This members only show invites all artists to join prior to or at drop off date to enter the show. Download the artist prospectus or become a member at [www.uticaartassociation.org](http://www.uticaartassociation.org). Drop off on Friday September 1, 2023, 3-5pm at the Kirkland Town Library 2nd Floor Art Gallery, 55 1/2 College Street, Clinton, NY. Fill out the Entry Forms in prospectus. \$10 for one entry, \$15 for two entries, third entry is free. A judge will choose five Artistic Merit awards and one work for Best of Show Award.

Public Reception: Thursday September 28, 2023, 4 – 6pm. The exhibition is an eclectic mix of art created in various media by UAA members.

The Utica Art Association is a nonprofit originally organized in the 1830's serving the Central New York arts community. They provide information and support to regional artists. Member artists work in a wide variety of medium. Visit [www.uticaartassociation.org](http://www.uticaartassociation.org) for more info.

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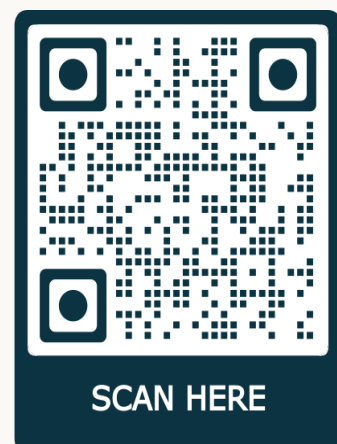
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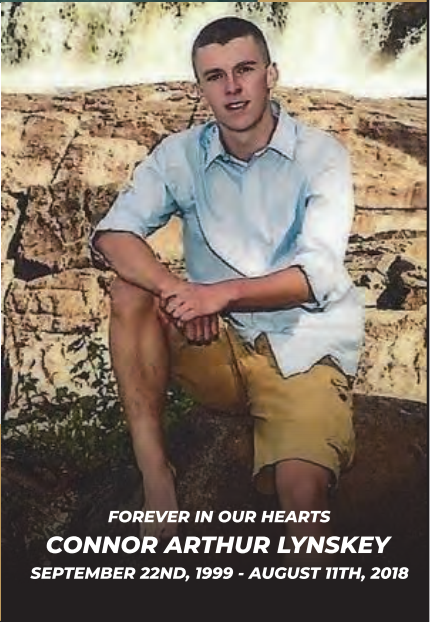
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### Exercise and It's Discomforts

submitted by James LaFountain, All American Fitness  
Center

Soreness is a part of the fitness package. What may be considered “good” soreness is much different than what is labeled, “bad” soreness. Soreness or temporary discomfort during exercise is still another byproduct of intense exercise.

Delayed Onset Muscle Soreness (DOMS) usually occurs 24-48 hours after what is considered “novel” exercise. “Novel” is a word used to describe a mode of exercise you have not done in awhile (a week-several weeks). Last week, I engaged in some vigorous yard work and experienced DOMS the following evening. Another example would be a runner, who runs only once a week. In some cases, novel would be considered a type of exercise not done for as frequently as 96 hours. The best recipe for ridding oneself of DOMS is to repeat the mode of exercise that caused the soreness. I have clients who are disappointed when they aren't sore following one of our workouts. I consistently change the movements I have them perform in each workout in order to satisfy quest to be sore.

Lactic Acid is the most misunderstood type of exercise induced discomfort. Lactic Acid is actually the body's way of protecting itself. High level athletes actually strive for the discomfort that comes during a difficult set of an exercise. It's safe to say, little progress is made without Lactic Acid's appearance during exercise. I had the opportunity to work with America's Biathlon team a few years ago. Their focus was on improving their “Lactate Threshold.” Lactate Threshold is the point where blood lactate spikes, relative to their training heart rate.

For example, during very high intensity exercise, heart rate and blood lactate levels run parallel to each other, until the body performs at an intensity that's unfamiliar (beyond their current level of fitness) and blood lactate spikes. An endurance athlete's goal is to

move their Lactate Threshold to a higher heart rate.

Now for the bad news of what is defined as “bad soreness.” Pain lasting more than 4-5 days is associated with a musculoskeletal injury. An injury to connective tissue (ligaments or tendons) or a fractured bone needs time to be immobilized for 6-8 weeks and heal. Stress fractures are usually not an acute injury, but transpire over time. The human body develops a tolerance for stress fracture discomfort, until it becomes intolerable. Again, immobilization and recovery is in order. Seasoned athletes have the unique ability to “read” their body, in order to ward off such injuries before they require serious treatment. A retired orthopedist once told me “I made a career out of treating overuse injuries, primarily in over distance runners.”

Listen carefully to this. Exercise does nothing to produce improved physical fitness. Only recovery elicits results. Intense exercise causes microscopic damage to muscle tissue, In 40-48 hours the temporary damage heals microscopically thicker and stronger. Although thickness and strength are microscopic, over time, muscle fibers are noticeably bigger and produce more force. I recommend resistance training in the form of weights, machines or rubber tubing to be done on three, non consecutive days a week, training the entire body in each session. Split routines, where specific body parts are addressed in each workout are for competitive bodybuilders.

Recovery from cardiovascular exercise should also be a consideration. I would suggest engaging in a variety of modes of cardio. Active rest, where a very light cardio workout is performed in order to recover from an intense bout is a good idea. At least one day/week of complete rest assures that you recover, two rest days/week may even be better. Remember, recovery produces the results. Over training actually halts results and could possibly cause an overuse injury. Monitoring your resting pulse each morning will detect over training. Five or more beats above your normal resting pulse indicates that your not recovered and a day of rest is in order. Hopefully, this helps you distinguish between good and bad soreness.



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Genaro is NSCA Certified Strength and Conditioning Specialist (CSCS). He is a former College and High School Football Coach and Player.



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### Zephyr Studio Arts

Zephyr Studio Arts is like... A gym. No, really. Have you ever been working out and thought to yourself “man, this would be a lot more fun if I wasn’t sweating and I could make a cool picture of a horse?” That’s why you should go to Zephyr Studio Arts: No sweating. More horse drawing. Visiting an art studio may sound intimidating, but Zephyr is meant for all artists of all kinds and backgrounds. Whether you’re a seasoned painter or just want to make a nice craft you found on Pinterest – You’ll find everything you’ll need here and a supportive environment to help you create.

So, by now, you’ve got it in your head that you want to draw a horse really bad. Cool. But you’re probably thinking “wait, why should I join a shared studio?” Firstly (and bestly), you may have friends at work, school, the gym, church, and all that – But do you have any art friends? Even if you’re not an artsy person, coming to Zephyr and meeting others who share your passion for crafts or drawing can be a relief. You may know how to draw already, but painting could be something you’re not very confident with – So, when

you come to the studio, you can ask your new friends and staff members to get tips, tricks, and hints from them. Secondly, the shared tools and equipment. Art equipment is expensive! Having the right tool at the right time saves time and frustration. We have a wide variety of tools for your use with more arriving every month! We’ve got brushes and easels for painters. We have all manner of hand tools, glue guns, and resin molds for crafters and DIYers. Adobe creative suite, professional video editing software, animation software, and professional assistance for digital artists. We have cricut, silkscreen, heat press, and a wide format printer for those who want to make prints or merchandise like mugs, tees, and keychains. And more that we can’t even fit here! And, believe it or not, all our tools and equipment don’t even take up a lot of space, so there’s lots of room for you and your projects.

Join us at Zephyr Studio Arts -- An art studio where you can make whatever you want. With a supportive environment of professionals and the equipment to help get you from step one to done.

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Richard Sherman

### New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

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

As summer draws to a conclusion, I and your Highway Crew want to thank the many residents who helped with placing brush pick-up at the curb for easier collection. Our brush piles have been overwhelming at times resulting in a scheduling slowdown. Our Town’s last brush pick-up will occur as follows: Ward 1 will be September 25th; Ward 2 will be September 26st; Ward 3 will be September 27th; and Ward 4 will be September 28th. Please plan to get your brush to the curb for the set dates.

We need to be finished on these dates for the 2023 season so that your Highway Crew may then finish the balance of the year’s special projects such as small paving repairs, culvert installation and continued new street sign installation. We will not pick up any brush after these dates unless we experience storm damage that brings tree limbs down. Any large items in which you are looking to have collected, please purchase your tags by Friday, August 25th for a Tuesday, September 5th pickup. The last trash disposal drop-off day for the season at the Highway Garage on New Hartford Street will be Monday, September 25th.

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

The sign crew will continue putting up new street signs as they arrive throughout the Town.

The Applewood Community sewer pump stations are in the final stages of getting done. The generators are taking a great length of time to get delivered.

The majority of our large paving projects have been completed this summer and next up will be our road striping. There has been a shortage of contractors for stripping our roads. Six other towns and villages are having the same issue hiring a contractor to do this, we are still trying to find a contractor.

Leaf removal will begin as warranted in the months of September and October. So please get your leaves to the curb early, don’t wait. Please do not place leaves in plastic bags or containers such as plastic garbage cans. The 4 leaf trucks will be out picking up the leaves. PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLES, NO STICKS, STONES, PUMPKINS, GREEN WASTE, JUST LEAVES. THE DEBRIS WILL CAUSE DAMAGE TO THE MACHINES IMPELLAR FAN CAUSING DOWN TIME DURING OUR BUSIEST SEASON. MIXED LOADS WILL NOT BE PICK UP.

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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At a recent Greater Utica Chamber of Commerce Business After Hours event at The Utica Zoo, Rotary Club of Utica Members presented Zoo officials with the ceremonial check for \$17,291 to wrap up a very successful Gala Event held in June. The Rotary Gala Committee would like to thank the sponsors, attendees and supporters for helping to make this event a great success. The committee has already begun planning for next year’s Gala!

### Rotary Club of Utica Donates to The Utica Zoo

The Rotary Club of Utica’s Second Annual ‘Service Above Self’ Gala was a big hit, not only with the sold-out event itself, featuring Soul Injection at The Stanley Theater and a delicious dinner on stage, but also with the grand total raised: \$17,291. That donation will be used by The Utica Zoo for their ongoing renovation of the Red Panda Exhibit.



New Hartford Historical Society  
Annual Dinner  
October 11, 2023  
5:30 PM – 9:00 PM  
Valentino’s Banquet Hall  
Washington Mills



Social Hour

5:30 -6:00 PM: Select Appetizers, along with a cash bar.

6:00-7:00 Dinner: Roast Beef, Baked Ham, Candied Sweet Potatoes, Mashed Potato with Gravy, Vegetable Medley, Pasta with Sauce, Cheese Tray and Fresh Baked bread.

6:30-9:00 Presentations and New Hartford Trivia

Cost: - Reservations by September 23th.

Members	\$30.00
Non-Members	\$35.00

Reservations received by September 24-October 6, 2023

Members	\$35.00
Nonmembers	\$40.00

Walk in on October 11<sup>th</sup>

Members	\$40.00
Nonmembers	\$45.00

Please make all checks payable to: New Hartford Historical Society

Mail reservations to:

New Hartford Historical Society  
PO Box 238  
New Hartford, NY 13413

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

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

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

City: \_\_\_\_\_ NY: \_\_\_\_\_ Zip: \_\_\_\_\_

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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.

Also, visit us at Facebook or our website at [disasterservices.us](http://disasterservices.us) for a complete list of our emergency and non-emergency services.

Hold your phone camera over the “scan me” to the right, and tap the link to keep our number handy.

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The Sitrin Riggie Run, Walk & Riggiefest is the major fundraiser for Sitrin’s Military Program

### Sitrin Foundation to Host First-Ever Riggie Run, Walk & Riggiefest

The Sitrin Foundation is excited to announce the first-ever Riggie Run, Walk & Riggiefest to support Sitrin’s Military Program. This event will take place on Sunday, October 8, 2023, at the SUNY Polytechnic Institute campus.

People of all ages and abilities are invited to participate, as the Run and Walk will feature a 5K run, 5K wheelchair race, 2-mile walk as well as a free 1-mile Kids run. Registrants of the 5K run and 5K Wheelchair race will have the opportunity to partake in a Riggie Challenge in which they will be required to consume one bowl of riggies at the halfway point of the 5K before continuing the race. In addition, both the 5K run and wheelchair race will be chip timed, providing runners and wheelchair racers with accurate times and instantaneous race results! Prizes will also be awarded to the top three female and male runners and wheelchair racers.

Additionally, a Riggiefest will commence at the conclusion of the Run and Walk in the Student Center where local restaurants will showcase their version of this famous Utica dish. All registrants will be invited to taste the various entries, at no additional cost, and cast a vote to determine the area’s best chicken riggies. Community members are also invited to attend for a \$5 entry fee.

The event kicks off with registration at 8:30 a.m., which includes a continental breakfast. The 1-mile Kids run will begin at 9:30 a.m. Following the National Anthem, 5K wheelchair racers will start at 10:05 a.m., 5K runners at 10:10 a.m., and 2-mile walkers at 10:15 a.m.

The registration fee for the 5K Run, 5K Riggie Challenge, 5K Wheelchair Race, and 5K Wheelchair Riggie Challenge is \$30. The 2-Mile Walk is \$30 and free for children 12 and under. Everyone who preregisters by September 8th will receive a free commemorative t-shirt! (Only applies to paid registrants).

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

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

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

“The Riggie Run, Walk & Riggiefest is the major fundraiser for Sitrin’s Military Program, and we are very grateful to our sponsors, event teams, businesses, and veteran organizations for their support,” Marc DePerno, vice president, Sitrin Foundation and Communications, said.

Presenting Sponsor for the 11th consecutive year is Adirondack Bank. Additional sponsors to date include Mohawk Valley Association of Realtors, The Good News Center, The Bank of America Charitable Foundation, WKTV News Channel 2, Booz Allen Hamilton, Harland J. Hennessey VFW Post 5538, Mastrovito Hyundai, Sodexo, BAE Systems, Fuller Tool Incorporated, New York Central Mutual Insurance, Bond, Schoneck & King, Hilton Estate & Elder Law, LLC, and Baird Private Wealth Management The Earl Savery Group.

For more information or to register, visit [www.SitrinRiggieRunWalk.com](http://www.SitrinRiggieRunWalk.com).

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.

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## BACKPACK SAFETY TIPS

The new school year is just around the corner and we're here to help keep your student in tip-top shape! Here are some helpful tips on how to keep your back health during the school year.

### Wear Both Straps

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

### Position the Backpack Over the Strongest Mid-Back Muscles

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

### Lighten the Load

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

### How a Physical Therapist Can Help

Consult a physical therapist if your child complains of neck, shoulder, or back pain. Some children have physical limitations that might require special adaptations. A physical therapist can help determine the best fit to help avoid further injury or pain.

**CALL US AT 315-738-1671 TODAY!  
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The 1890 House Museum

## The Landmarks Society of Greater Utica announces a Bus Trip to Historic Cortland, NY!

Reservations are being taken for a motor coach trip to Historic Cortland on Thursday, September 14th, 2023. The Hale Bus will originate in Utica and leave the North Utica ("Price Chopper") parking lot on Herkimer Road at 6:45 a.m. sharp, and will pickup at the Canastota Thruway exit park and ride at approximately 7:30 a.m.

We will take a 90-minute professionally-guided tour of the 1890 House Museum, a magnificent historic preservation treasure in Cortland. From there, we will tour the New York State Country Music Hall of Fame museum, followed by a wonderful dinner show that features a tribute to the late, great Charley Pride. On display are artifacts and memorabilia from such notable nationally-known celebrities as Kenny Rogers, Hank Williams, Johnny Paycheck, Merle Haggard, Jeannie C. Riley, Hank Snow, Ernest Tubbs, The Statler Brothers, Roy Clark, The Oak Ridge Boys, Loretta Lynn, Tammy Wynette, Dolly Parton, Elvis, and many others. All of this is included in the ticket price.

The bus will also swing by a few of the other notable historic sites in Downtown Cortland.

Cost is \$80 per person, and the trip is open to anyone who is interested. For more information/reservations, please contact Mike Bosak at 315-254-1080.



## When it Comes to Grandparents Day, Did you Know...

<https://www.scanmyphotos.com/blog/2020/08/4-fun-facts-you-didnt-know-about-grandparents-day.html>

There's an official song. The U.S. has an official Grandparents Day song called A Song for Grandma and Grandpa, by Johnny Prill. We wouldn't expect anything less for the two people who always make sure the grandkids have plenty of hugs, candy, and fun.

There's also an official flower. Forget-Me-Nots are the officially recognized flower for Grandparents Day. While the flowers' namesake is a nice sentiment, there's one small issue—Forget-Me-Nots typically bloom in the spring, but the holiday happens in the fall. Not to worry though, Grams and Gramps will be more than happy to receive any type of flower that's in season. It is, after all, the thought that counts.

This U.S. holiday is almost 40 years old. President Carter designated the first Grandparents Day on September 10, 1978. His goal was to encourage all citizens to plan activities that will recognize the many contributions grandparents have made to our lives. Pretty sweet, huh?

The holiday always lands on the Sunday after Labor Day. This nifty little fact makes the holiday a bit easier to remember. Combine this factoid with the official flower, and it should now be a breeze to remember when Grandparents Day happens each year.



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**September 8 & 9, 2023**

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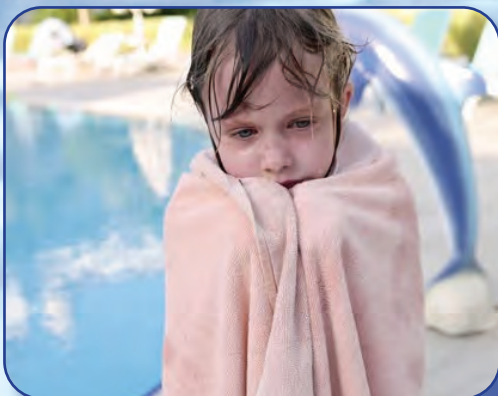
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# NEW HARTFORD PAST TIMES

September 2023

## NEW HARTFORD HISTORICAL SOCIETY

### The Legacies of Anthony “Tony” D’Apice



Recently the Historical Society hosted the New Hartford Class of 1973 on the occasion of their 50<sup>th</sup> High School reunion. During their tour, what stood out most were the marvelous scale model buildings of Anthony “Tony” D’Apice. This is not unusual as most, if not all, visitors to the society are almost immediately awestruck upon seeing the displays.

Mr. D’Apice passed away ten years ago this coming December in Tampa Florida. He was born and raised in Utica and was a graduate of T.R. Proctor High School. A member of the Greatest Generation, Tony proudly served his country during World War II from 1941-1945 as a member of the United States Army Air Corps, rising to the rank of 2nd Lieutenant Medic. He married the former Ena Marquis Robb with whom he shared 63 wonderful years prior to her passing in 2009.

Tony, along with his brother Charles, owned and operated the D & D Advertising Agency located on Conkling Ave. He would later relocate to Tampa where he accepted a position in the Hillsborough County School District. He was a man who could work on and fix anything when he put his mind to it. He enjoyed woodworking and creating miniature buildings of exacting scale and detail. Today, some of his work can be seen on display at the New Hartford Historical Society where he was a long-time member. One of those models was of the Old St. John the Evangelist Church where he was a communicant. As a faithful member of the church, he would go on to become an Altar Server for many years.

We are so grateful for the ability to care for and display his precious works of art.



**Original St. John  
the Evangelist Church**  
1883-1966

Model constructed by Tony D’apice  
and titled “A Love from Yesteryear”

The model honored “three of God’s  
servants that helped make it so”.

Msg. Thomas J. Hayes (1910-2001),  
his brother Father John A. Hayes  
(1908-1989) and Father Thomas E.  
Skinner (1909-1974).



**Jedediah Sanger’s  
Grist Mill**



**Tony’s One-Room  
Schoolhouse**



Tony D’Apice



**New Hartford Presbyterian  
Church**

Model constructed by Tony D’apice  
and donated by him in 2006.  
The model was made from a photo of  
the church in 1792  
and it was constructed from normal  
household materials.

### BECOME A MEMBER!

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

### Planning a Class Reunion?

Make the Historical Society Museum a part of your itinerary! Schedule the Saturday of your reunion for your group to explore our collection of yearbooks, scrap books, local relics and photos. Look up your New Hartford home! Call 315-724-7258 to schedule your group.

### Museum is Open To the Public

Currently by appointment.

### FREE ADMISSION

Village Point Apt. Building  
2 Paris Road – 315-724-7258



### New Hartford Historical Society ~ Membership Form ~

Please check one of the following:

<input type="checkbox"/>	\$15 <sup>00</sup> Individual	Name: _____
<input type="checkbox"/>	\$20 <sup>00</sup> Family	Address: _____
<input type="checkbox"/>	\$25 <sup>00</sup> Contributing	_____
<input type="checkbox"/>	\$50 <sup>00</sup> Corporate	Phone: _____
<input type="checkbox"/>	Renewal	E-Mail: _____
<input type="checkbox"/>	New Member	

Please send check made payable to:

New Hartford Historical Society  
P.O. Box 238  
New Hartford, N.Y. 13413





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I have been loving this opportunity for 3 years. I am currently in the process of building a team of greatness to move into directorship.

My mission is to help women see their beauty and to change lives, one face at a time. I live in New Hartford with my husband, 2 children and our puppy!

Join Us for Two Upcoming Chamber Events:

JOIN US

For a special presentation in collaboration with  
New Hartford Chamber of Commerce

Thursday, September 28, 2023  
Welcome- 8:00am | Presentation- 8:30-9:30am  
Homewood Suites by Hilton  
185 Woods Park Drive, Clinton, NY 13323

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BUSINESS AFTER HOURS

Networking, Refreshments, Local History

Thursday, Sept. 14, 2023  
5 pm-7 pm

Location  
Oneida County History Center  
Exhibit Gallery  
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Utica, NY 13502

RSVP  
John Hobika  
hobika50@gmail.com

\$5 PER PERSON

Join us for this networking opportunity! Meet business owners, chamber members, explore local history, and enjoy light refreshments.

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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!

Topics may include:

- 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.

Current and Prospective 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.

For a submission form, please email vintagejunebugco@gmail.com.

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



Can you believe Fall is almost here?  
The Autumn Solstice begins  
Saturday September 23, 2023!



## NHFD News

Your New Hartford Volunteer Fire Department responded to 121 alarms during the month of July as indicated by the monthly call report listed below by category:

- Fires = 4
- EMS = 66
- Hazardous = 7
- Service Type = 8
- Good Intent = 14
- Other Alarms = 21
- Weather Related = 0
- Over Pressure = 1

Total Calls for the Month of July 2023 = 121.

Of the 121 alarms, 101 were in the town and 18 were in the village including 2 mutual aid calls.

Total calls year-to-date through July 31, 2023 = 744.

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.

## NH Volunteer Fire Department Schedules Memorial 9/11 Village Walk

On Sunday, September 10, 2023, the members of the New Hartford Volunteer Fire Department will be participating in our annual 9/11 Memorial Walk through the village of New Hartford to commemorate the 22nd anniversary of the September 11th 2001 attacks. Department members will be walking in memory of all of those that lost their lives on that day and for the people still suffering from the effects of that day.

Please take a moment and remember those individuals and their families who miss them still today. This year we will be joined by the members of The Willowvale Fire Company, Clayville Fire Department, Sauquoit Fire Department and Clinton Fire Department, along with the Hew Hartford Police Department and Edwards Ambulance in honor of those lost on September, 11, 2001.

This year's Village Walk route has changed slightly due to construction on Genesee Street.

- Station to Genesee St. • Genesee St. to Paris Road
- Paris Road to Overbrook Cres • Overbrook Cres to Sanger Ave • Sanger Ave to Pearl St. • Pearl St. to Park St. • Park St. to Oxford Rd. • Oxford Rd. to Graham Ave • Graham Ave to Bonnie Ln. • Bonnie Ln. to Bohling Rd. • Bohling Rd. to Oxford Rd. • Oxford Rd. to Hoffman Rd. • Hoffman Rd. to Hartford Terr. • Hartford Terr. To Sherman St. • Sherman St. to Oxford Rd. • Oxford Rd. to Station

This will total 3.43 miles, which will honor the 343 FDNY members who lost their lives on 9-11.

We will sound the station horn and start our walk at 8:46 a.m., the same time that American Airlines Flight 11 crashed into the North Tower. The station horn will also sound again at the following times:

9:03 a.m. – United Airlines Flight 175 crashed into the South Tower,

9:37 a.m. - American Airlines Flight 77 crashed into the Pentagon.

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

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



## Thank You from the New Hartford Firemen's Benevolent Association Inc. of the Town of New Hartford, Oneida County

*Submitted by Your New Hartford Firefighters and New Hartford Benevolent Association, Inc.*

The New Hartford Firemen's Benevolent Association Inc. would like to thank all residents and businesses for their generous contributions to our 2023 annual fund drive. Your generosity and continued support are greatly appreciated!

Each year, the Benevolent Association distributes a letter to the residents and businesses of the New Hartford Fire Department fire district, requesting a contribution. Your donations are utilized to host a variety of events throughout the year and to provide for the purchase of specialized emergency equipment. This year we plan to continue with the many events the community looks forward to.

So far this year, your New Hartford firefighters have conducted several fire prevention events for New Hartford schools. High School, Middle School, Elementary School, and several pre-school programs. Several fire house tours have also been conducted. The annual Memorial Day parade and open house was held on Memorial Day, concluding with our annual memorial service. Several blood drives have also been held at the fire station. Our annual Fire Truck Spectacular was held in July with over 60 units in attendance. Thousands of people attended, both young and old. Truly a popular event for the entire community.

We are currently updating our website NHFD.COM so we encourage you to visit it for fire safety tips and other fire department news and photos. Feel free to also visit our Facebook page and Instagram.

### Upcoming Events

On September 10th, the New Hartford Fire Department and Benevolent Association will host our annual 911 walk through the Village. Members from adjoining community fire departments will join us to honor those that paid the ultimate sacrifice on September 11, 2001.

On October 31st, our annual Halloween parade and open house will take place. The parade will start at the station on Oxford Rd., followed by individual and family costume judging.

In November, the fire station will adorn our holiday decorations in anticipation of the Holiday season and the arrival of Santa and Mrs. Clause on November 18th.

On Saturday, November 18th, the second annual "Believe" Christmas celebration will be held in the Village Park. Last year's event was a huge success, attended by hundreds. This year we anticipate a "breakfast with Santa" scheduled to start at 8:00am at the fire station. A short parade will take place at 12:30pm, with Santa and Mrs. Clause being delivered by horse and sleigh. Santa and Mrs. Clause will greet children (young & old) until 4:00pm. Several crafters and food trucks will be available for all. Truly a very festive celebration!

Your New Hartford Fire Department and Benevolent Association Inc., through your support, are truly excited to bring these events to the community.

Your New Hartford Fire Department and Benevolent Association. Inc. is 100% Volunteer. These proud, dedicated men and women volunteer thousands of hours to the community.

As of August, the New Hartford Fire Department has answered over 600 calls for service, well on our way to over 1000!

Again, we sincerely thank the many businesses and residents who have contributed to our 2023 Fund Drive thus far. We also want to thank you for the many notes of thanks and appreciation included in your returns.

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

**\*\*\*As a reminder, and safety concern, the New Hartford Firemen's Benevolent Association, Inc. never uses telephone solicitation for funding!**

## Please Remember...

A reminder from your friends and neighbors of the New Hartford Volunteer Fire Department that with fall fast approaching, and schools about to open, it would be a good time to check your house and/or business to make sure your street address numbers are clearly displayed on the front of your home and on your mailbox. These numbers should be a minimum 3" high made from a reflective or contrasting material, and should be visible from the street, not just on a sunny day, but also during inclement weather or at night. If responders cannot quickly and clearly see your address help is likely to be delayed and school children may miss their bus. Let's help each other and our community to remain safe.

Don't play hide and seek with emergency services!

## The New Hartford Volunteer Fire Department's 19th Annual Fire Truck Spectacular Results

The 19th annual New Hartford Volunteer Fire Department's Fire Truck Spectacular proved to be another great success that featured 42 departments and over 69 pieces of both new and antique equipment.

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

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

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

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

- Best Appearing Pump/ Engine: Willowvale FD;
- Best Appearing Ladder Truck/ Tower: Clinton FD;
- Best Appearing Tanker: Willowvale FD;
- Best Appearing Rescue: Westmoreland FD;
- Best Appearing Squad: Frankfort Center FD;
- Best Appearing Ambulance: Central Oneida County Ambulance Service;
- Best Appearing Antique: Privately Owned 1951 (Former NHFD's) Mack;

The department traveling the farthest distance: Fairmont FD.

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

Mark your calendars now for next year's event which is scheduled for Thursday, July 18, 2024. For additional information please visit [www.nhfd.com](http://www.nhfd.com)





# Why BLOG?

## The Benefits of Blogging for Business and Marketing

by Lisa Burline Roser  
Vice President of Business Development  
lroser@promediaonline.com

With almost 4 billion people worldwide currently connected to the internet, there has never been a better time for businesses to include blogging in their marketing strategy.

Not only does blogging drive website traffic and promote your products and services, but it also helps you build trust with your potential customers.

### The Benefits of Blogging for Business

One question many people ask after starting a business is whether blogging is worth the time and effort.

Short answer: *Yes!*

And here are the reasons why we say so.

1. It helps drive traffic to your website.
2. You can repurpose blog content for social media.
3. It helps convert traffic into leads.
4. It drives long-term results.
5. Blogging helps with link building.
6. It helps you share company news.

Ready to Start Blogging? You've seen the benefits your business blog can get you — more traffic, leads, authority, and a better relationship with your audience. And you're undoubtedly itching to get started.

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ANTIQUE TALK

by Victor J. Fariello Jr.

by Victor J. Fariello Jr.

somewhere close to the stove in order to be handy for cooking. You have an interesting piece of Americana. Happy Collecting!

### Support Your NH Historical Society

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](http://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](mailto: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](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.*



A match safe was a useful item before the advent of lighters



This nutmeg/cinnamon grater helped spice up many a meal in its day.



This inkwell hails from days bygone.

### From The Mailbag

Q. I have a glass and silver inkwell that has been in the family for many years. The cover is marked sterling. Could you approximate its value for me?

A. Your very nice cut glass inkwell with sterling silver lid was a popular and necessary item in days gone by. The relief work on the top is known as repousse, a process whereby the design was hammered out from the reverse side. Nice examples like yours are getting harder to find. I would value it at \$100.

Q. I acquired this sterling silver match safe at an estate sale in the 1970’s. If my memory is correct I paid \$50 for it. Can you tell me what you think it might be worth today?

A. Your match safe, also referred to as a vesta case, kept matches dry for some gentleman in the late 1800’s. These are highly collectible and yours has extra value due to its silver content and ornate design. I would estimate that your purchase has increased to \$200 today, and possibly more to the right buyer. It is one of those items whose price will only increase as times goes by and fewer and fewer are in the marketplace.

Q. I have this small tin grater. It is so small and looks like it was meant to be hung so I wonder what it was used for?

A. What you have is a nutmeg or cinnamon grater. Both of those spices came in sticks in those days and they stored neatly inside the grater. It no doubt hung

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### It's Never Easy to Deal with Death

As adults, it overwhelms us. And it's ven harder for children to move through. Though we know it's an inevitable part of life, talking about death is something most of us aren't really good at because the subject is so painful.

As many of us know, death occurs in many ways. It may be sudden, expected, prolonged or accidental. Part of the experience is finding ways to express what's happened, to make sense of what's happened, and finally, to accept what's happened.

Here are some tips to help you talk about death with your child:

Do's

Tell the truth about what happened right away. The truth explains your tears and pain. Being open and emotional can help your child learn how to mourn.

Be prepared for a variety of emotional responses. Realize that however you approach this subject, your child will be upset, and maybe even angry at the loss. Accept your child's emotional reactions. You will have time to address things again after your child's had time to process the initial trauma.

Make sure to use the words dead or died. Many find using the words dead or died uncomfortable - and prefer using phrases like, passed away, lost, crossed over, went to sleep - but research shows that using realistic words to describe death helps the grieving process.

Share information in doses. Gauge what your child can handle by giving information in small bits at a time. You'll know what more to do based on the questions your child asks.

Be comfortable saying, "I don't know." Having all the answers is never easy, especially during a time of such heartache. It's helpful to tell your child that you may not know about certain things, like, "How did grandpa die?" "What happens to Aunt Rita at the funeral home," or other unanswerable questions.

Cry. Cry together. Cry often. It's healthy and healing.

Allow your child to participate in rituals. Let children pick clothing for your loved one, photos for the memorial, a song, or spiritual reading. This will help them gain a sense of control over the traumatic loss.

Let your child grieve in his or her own way. Allow your child to be silent about the death. It's also natural for a child to feel lonely and isolate themselves at this time too. It's also common for children to seem unaffected by the loss. There is no right way to grieve.

Prepare your child for what they will see in the funeral home or service. Tell children what they will see, who will be there, how people may be feeling, and what they will be doing. For young children, be specific in your descriptions of what the surroundings will look like. For example, describe the casket and clothes and that the body will be posed. Or if it's a memorial service, talk about where the body is, if it's been cremated, in a closed coffin or already buried. Bring along someone to care for the child if you are distraught.

Prepare your child for the future without your loved one.Talk about how it will feel to celebrate birthdays, anniversaries, holidays, and special moments without your loved one. Ask your child to help plan how to move through the next calendar event.

Prepare to talk about thoughts and feelings often. It is likely that you'll have to tend to the subject of death for days, weeks and months to come. Check in and be available for ongoing discussions since mourning is a process.

Remember to take care of yourself. As parents, we sometimes forget about taking care of ourselves during this time. Children learn what they see, so be a role model for self-care at this critical time.

Don'ts

Don't hide your grief from your child. Seeing you grieve during and long after your loved ones death will let child know that it's normal and healthy to cry and feel sad after significant loss. Don't be afraid to share memories of your loved one. Sometimes parents feel afraid to talk about the person who has died, thinking it will cause pain to others. Research shows that the pain of re- living memories or sharing

stories actually aids in healing and closure.

Don't avoid connecting with your child because you feel helpless or uncomfortable, or don't know what to say. Sometimes a knowing look can be a powerful connection. Even a touch or a hug can offer great comfort.

Don't change the subject when your child comes into the room. Doing so places a mark of taboo on the subject of death. Instead, adjust your wording and level of information when a child is present.

Don't change your daily routine. Children need consistency. Try as much as possible to keep your usual daily routines at home and at work. Also, try to ensure that your child continues to take part in their usual activities like school and social events.

Don't think that death puts a ban on laughter. Laughter is a great healing tool. Being about to laugh about memories or moments with your loved one signals just how important their presence was in your life.

Don't put a time limit on your child's bereavement – or your own. Everyone grieves in their own way. Recognize that a new normal will have to occur - and that time is needed to readjust to a significant death. If you need additional support, reach out to your child's school, physician, or religious community. Professional help with a mental health therapist trained in bereavement can be sought as well.

A Child's Developmental Understanding of Death

A child's understanding of death corresponds to their developmental age. The basic information below will hopefully guide your understanding of what is helpful to each stage of awareness.

Infants/Toddlers:

Concept of death – will not understand death but will respond to changes in his/her routine that death causes

Grief response – irritability, respond to emotions of adults and caretakers

Signs of distress – regression, changes in eating or sleeping patterns

Possible Interventions – reestablish routine, comfort, touch, hold infant or toddler

Pre-schoolers (ages 3-5)

Concept of death – “engage in magical thinking,” view death as reversible or temporary

Grief response – may ask questions about the death over and over again, may reenact death through play

Signs of distress – regression, bedwetting, separation anxiety, sleep disturbances

Possible interventions – answer questions honestly, use appropriate language to explain death

School Age (6-9)

Concept of death – engage in “magical thinking,” associate death with old age, personify death (such as, a ghost, bogeyman, grim reaper)

Grief response – may regress emotionally or behaviorally, aggressive behavior (especially in boys), may be curious about death and what causes death

Signs of distress – regression, nightmares, violent play, tries to take on the role of the person who died

Possible interventions – give children an opportunity to participate in memory making activities, share stories of person who died, model appropriate grief responses

Pre-adolescent (9-12)

Concept of death – understand that death is final and that it will happen to everyone including themselves, view death as punishment

Grief response – finality of death creates anxiety, fear the death of other people they love, want to know details of how the death happened

Signs of distress – regression, problems in school, withdraw from friends, extreme weight loss or gain, suicidal thoughts

Possible interventions – offer constructive “venting” alternatives like sports or exercise, give as much factual information regarding the death as possible

Adolescents (12 and up)

Concept of death – understand death cognitively, struggle with spiritual beliefs surrounding death, search for meaning behind the death, understand possibility of their own death

Grief response – may act out, may express that “life is not fair,” may prefer to discuss feeling with their friends, may develop an “existential” response

Signs of distress – intense anger or guilt, poor school performance, long-term withdraw from friends, opposition/defiance

Possible interventions – sharing own experiences with loss, explore religious/spiritual beliefs with them.

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The school follows the local public school schedule, September - June

\* now accepting fall registration applications



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Christopher J. Carbone

## Retirement Income Threats – How Should you Respond?

When the daily news is filled with discussions about inflation, interest rates, market volatility, and endless other angst-producing events, how you react could make a difference in your financial outcomes. These tips may help you sort through the noise and create an action plan that fits your situation.

### 1. Evaluate

The first step is to evaluate. Do you have a current retirement income plan that you have been following? If your plan is documented, it is likely that it includes how much cash flow you need to meet your day-to-day expenses as well as for discretionary spending. Pull out your plan and take a look to determine where adjustments might be applied.

If you do not have a plan or it has not been updated to reflect your current circumstances, document your assets, income sources, expenses, and debt. Gathering all the information in one place helps clearly define your total money picture. In the process, you may uncover expenditures that can be reduced or eliminated. A few adjustments may be enough to reduce the pressure on your income flow.

### 2. Retain or adjust

If your plan is addressing your current needs, it can be reassuring to confirm that your plan is working as you had expected.

If your income needs no longer match your income plan, depending on your circumstances, there are actions you may want to consider to get your plan on track. These may include:

- Altering your withdrawal strategy to change the amount in taxes you pay on your retirement income to give you greater spending power

- Reallocating your assets or temporarily reducing withdrawal amounts to address any concerns about drawing down your investments in a down market
- Including inflation-indexed investments or other income-generating strategies in your portfolio
- Adding an annuity with income protection, which may help ensure an income stream that lasts for life, even in the event of poor market performance. A variety of annuities, such as variable annuities, registered index-linked annuities (RILAs), fixed indexed annuities, and immediate annuities, may provide income protection. One of these products may be appropriate for a portion of your assets, depending on your specific needs and risk tolerance.

Your advisor can help you explore how alternatives such as these may fit into your strategy. Indeed, both your tax advisor and financial advisor can be helpful partners in assessing your situation.

### 3. Periodically revisit and adjust again, if needed

Regular reviews of your income flow and income strategy are helpful to identify if changes are needed in your strategy or to confirm that things are working as planned.

These are just a few examples of changes that could help your retirement income deliver on your strategy. Contact your financial advisor and legal and tax advisors to review your specific situation and help address your changing needs.

Variable annuities are long-term investments suitable for retirement funding and are subject to market fluctuations and investment risk.

This article was written by/for Wells Fargo Advisors and provided courtesy of Christopher J. Carbone, CFP®, AWMA®, LUTCF® First Vice President - Investment Officer Financial Advisor in New Hartford, NY at (315) 723-7386

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Deirdre McCarthy

## Grandparents Day at the Irish Cultural Center of the Mohawk Valley

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Sunday September 10 at 2:00 PM for our Grandparents Day Activities.


Grandparents (and parents), are you looking for something different to do with your precious young ones? Why not bring them to the Irish Cultural Center of the Mohawk Valley and learn some fun and different things about Irish culture.

The afternoon starts at 2 PM with writer, musician, and storyteller Deirdre McCarthy who will entertain us with her story about The Rescue of Fairy Queen Maeve and perhaps other stories. Deirdre lives in Central Square and originally hails from Co. Limerick, Ireland.

We will also have a craft activity that the kiddos and adults can work on together to take home a little souvenir as a reminder of your fun afternoon together. We will provide all the necessary supplies and our crack team of crafters will be there to help. Appropriate refreshments will be provided as well. There is no charge for this program, but please register in advance to ensure that we have enough craft materials.

The event will be held at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica, NY. The Irish Cultural Center and the H.A.R.P. Museum are wheelchair accessible and open to all. Please register for free on Eventbrite by visiting our events calendar at <https://www.iccmv.org/events-calendar/>.

The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley is a nonprofit organization that promotes understanding of Irish Culture and the legacy of the Irish people who settled in the Mohawk Valley. H.A.R.P stands for “History, Ancestry, Research, and Programs.”

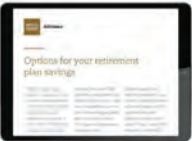


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Request a free copy of Wells Fargo Advisors' 401(k) report and let's discuss ways to help ensure your hard-earned retirement dollars continue to work for you.

It's important that you understand your options so that you can take action now to help ensure your retirement savings continue working for you.

Christopher Carbone, CFP®, AWMA®, LUTCF®  
First Vice President - Investment Officer  
178 Woods Park Drive  
Clinton, NY 13323  
Direct: (315) 801-2546  
[christopher.carbone@wellsfargoadvisors.com](mailto:christopher.carbone@wellsfargoadvisors.com)

Each option has advantages and disadvantages and the option that is best depends on your individual circumstances. You should consider features such as investment options, fees and expenses, and services offered. A Financial Advisor can help educate you regarding your choices so you can decide which one makes the most sense for your specific situation. Before you make a decision, read the information provided in this piece to become more informed and speak with your current retirement plan administrator, and tax professional before taking any action.

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105 Genesee Street, New Hartford (315)733-4227  
office@firstumconline.org  
Rev. David McKinney  
Sunday Services:  
10am Classic Worship  
Sunday School for children begins around 10:20.  
Adult Sunday school 11-12pm  
Sunday Youth Group 7-8pm  
Praise/Worship Services are the 3rd Wed. of each month.  
Light supper will begin at 5:30 and worship is from 6-7pm  
Our Church Building is open for in-person worship services  
Or watch our livestream service online at  
www.firstumconline.org  
Easily accessible building, sanctuary, and bathroom.

### 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.hopealliancecnny.com  
Rev. Andy Ward, Pastor  
Morning Worship: 9:30am  
Communion First Sunday of the Month.  
Fridays: Christian Service Brigade - 7pm  
Sundays: Jr. & Sr. High Youth Fellowship - 6pm  
Hope Alliance Church is handicapped accessible.

### ST. 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  
The final 10 a.m. worship service of the summer season  
will be held on Sunday, September 3. Beginning September  
10, worship will revert back to the regular time of 10:30  
a.m., in the sanctuary and livestreamed on NHPC's  
Facebook page. Coffee hour in Fellowship Hall will  
follow each service, with an ice cream social scheduled for  
September 10 to celebrate the new church season.  
Adult and children's Sunday School classes will also  
resume on September 10, at 9:30 a.m., as will choir  
rehearsal.  
The Connect Café, offering coffee and conversation to all  
who would like to stop in, will be open every Wednesday  
morning at 10.  
The New Hartford Presbyterian Nursery School will hold  
an open house on September 6 and 7.  
Other activities on the September schedule include:  
9/11 — Nursery School first day of school  
9/11 — 7:15 p.m. NHP Women's Meeting

9/12 — 7 p.m. Ministry Team Meetings  
9/18 — 7 p.m. PEO Meeting  
9/23 — 3 p.m. Hope House Meal Preparation

### 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 our website:  
www.uuutica.org

**Sept 3:** Ken Drake – Moving On Up in a Rigged Economy  
- On this Labor Day weekend, Ken will talk about his  
family's union involvement and discuss the challenges  
facing working families in our rigged economy with an  
update on union activity in America today.

**Sept 10:** Rev. Karen Brammer – Ingathering and Water  
Ritual - Water is central to life and sacred. Ingathering  
invites all who yearn for spiritual and religious integrity  
and freedom, and those who have returned after being  
away for the summer to gather again. Many of us bring a  
sample of water from an important place to contribute to  
the community bowl. This gathered water is used in special  
ceremonies for the next year. This is a joyful ingathering.  
All are welcome.

**Sept 17:** Rev. Karen Brammer –Comfort and Challenge  
- Living as well as possible in this stressful, challenging  
world may require practice becoming more comfortable  
with the unpredictable, unreliable, and the unknown. At  
least comfortable enough to choose the next right thing.  
We'll learn from each other and some ancient sources.  
September 24: Rev. Craig Schwalenberg – A Cooperative  
Game” - UUMinister Craig Schwalenberg is Your Game  
Minister, sharing the fun and wisdom where spirituality  
and play cross paths. Rev. Craig's ministry is one of  
connections, storytelling, hospitality, and games. Would  
you like to play a game? Which game? You choose. The  
game isn't important. If we play together, then they're all  
the same. And we'll win or lose together, cooperatively.

### 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

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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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Rev. Elizabeth Gillett, Chaplain  
The retreat center is open to the public.  
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Includes main + veggies, salad, bread, and dessert  
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**BEIT SHALOM**  
48 Franklin Square, Utica, NY 733-2867  
Rabbi: Stephen Galiley  
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Oneg Shabbat  
Beit Shalom is a Messianic Jewish Congregation.  
All are welcome!



**TEMPLE EMANU-EL**  
2710 Genesee Street, Utica, 315-724-4177  
teuticaoffice@gmail.com  
Rabbi Peter Schaktman  
Friday Evening Shabbat Services 6pm.  
All are Welcome

**TEMPLE BETH-EL**  
1607 Genesee Street, Utica  
Rabbi Gustavo Geier  
Executive Director: Mrs. Mundy B. Shapiro  
In person and on zoom www.tbautica.org  
Fri night - 5:30pm  
Sat morning - 9:30am

**ZVI JACOB**  
Orthodox Synagogue  
110 Memorial Parkway, Utica - 724-8357  
Services are held Saturday at 9am, and on holidays.  
Services may be held at other times if there is a minyan.  
Visit our website www.zvijacob.org. All are Welcome.

**THE JEWISH COMMUNITY CENTER**  
2310 Oneida Street, Utica - 733-2343  
Provides programs for seniors and recreational activities for all ages. Open to people of all races, religions, and nationalities.



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Wednesday Night Prayer: 7:00-8:00 p.m.

Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman

315.736.1161

3995 Oneida Street #4

New Hartford, NY 13413



@NLAC4all

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



**New Art Exhibit at The Other Side Gallery**  
**In The Blood: Peter Leone Metal Sculptures**  
September 8 – October 7  
at The Other Side Gallery, 2011 Genesee St., Utica  
Opening Reception September 8 from 5-7 p.m.  
Artist Talk September 30, 1:00 P.M.  
Regular Gallery hours, Mondays and Thursdays from noon – 2 p.m.  
Exhibit is open and free to the public. For additional information contact Rainer Wehner at 315 395-5235 or rainermariawehner@web.de



Angels Among Us  
Food Pantry

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.

Gospel Corner Café  
Coffee House

Fourth Friday of every Month at 6pm  
May 26 & June 23

Free Music, Beverages & Finger Foods

Have Lunch with us!

Join us on Thursdays  
from 11:30am-1:30pm

All are welcome Free of charge

Location 

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

We Are Looking For  
Volunteers!

TEFAP: The Emergency Food Assistance Program

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

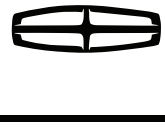
Household Size	Annual Income*	Monthly Income*
1	\$25,760	\$2,146
2	\$34,840	\$2,903
3	\$43,920	\$3,660
4	\$53,000	\$4,416
5	\$62,080	\$5,173
6	\$71,160	\$5,930
Each additional person add	\$9,080	\$756



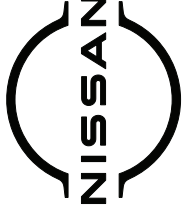
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