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Vol. 37 No. 11
November 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

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 Hartford Presbyterian Church
45 Genesee Street, New Hartford

Saturday
November 11, 2023
9 am—3 pm



Crafts, lunch, bake sale, used books, attic treasures & more!



TAKE OUT CHICKEN AND BISCUITS DINNER

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Nov. 4th 12-2pm or gone

St. Stephen's Episcopal Church,
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Holiday Crafts & Gift Fair

Christmas Holiday Craft Fair
Clark Mills American Legion Post #26
7683 Main Street
Saturday Nov. 4th 11am-4pm

Two floors of unique one of a kind Christmas, Sports Fans, Babies, Birthday or 'Just because' gifts under one roof. Featuring: Nancy Rouillier's Artwork, Together Crafts, Tee's Wood & Wreaths, Joanne's House of Hip, Rocky Creatures, Scentsy, Marykay, Tastefully Simple plus many crafters of handmade jewelry, woodworks, tumblers & mugs, crochet & knitting from baby blankets to hand bags, jams & breads and so much more!

Many raffles, raffle baskets and 50/50 and food will be available for purchase.

Thank you for shopping local.

This is our annual fundraiser helping our military families & community events

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The Goldmine Jewelers is Going Out of Business

Tom and Nancy Lennon Announce Their Retirement

After serving the Greater Utica area for 44 years, Tom and Nancy Lennon, founders of the Goldmine Jewelers, are retiring. The Goldmine Jewelers has been an enduring presence in the Utica area since 1979, known for exceptional in-house jewelry making, reliable repairs, and stellar service. The Lennons invite you to their farewell sale, which will offer unprecedented prices on everything in the store starting October 2nd.

Tom is a third-generation jeweler, following in the footsteps of his grandfather, father, and uncle. Tom and Nancy met in 1976, at Bowman Technical Institute's Jewelers School in Lancaster, Pennsylvania. Tom found the love of his life, soulmate, business partner, and wife in Nancy, a fellow jeweler student from Baltimore, Maryland.

After graduating as accomplished jewelers in 1979, Tom and Nancy founded the Goldmine Jewelers, which became the first store at the former Charlestown Mall. They quickly became a hit and stayed in that location for 13 years. They moved to their current location, 4662 Commercial Drive in New Hartford, New York, in 1991, where The Goldmine became the longest-standing establishment in the Men's Warehouse Plaza.

The Goldmine Jewelers became known as a one-of-a-kind shop featuring an elegant selection of custom jewelry, engagement rings, wedding rings and timeless pieces. Their expert team has always served the community with their knowledge, care, and dedication to every customer experience.

Please visit The Goldmine Jewelers to bid a happy retirement to Tom, Nancy, and The Goldmine Jewelers team during their final liquidation sale. During their closing sale, the store will offer once-in-a-lifetime prices on diamonds, gold, gemstones, and more.



Welcome Lori D'Onofrio Hamlin

The Town Crier would like to 'Welcome Lori D'Onofrio Hamlin'. Lori has been a full-time realtor since 1984 and is presently working for Coldwell

Banker Prime Properties.

She has 39 years of experience and has been honored to receive numerous accolades in the real estate industry. Lori received her Bachelor of Science, business degree with a concentration in Financial Management from Syracuse University/Utica College. During her multitude of decades in the real estate industry, she has strived to make her clients' needs met with the least amount of difficulties.

Lori is a lifelong resident of New Hartford where she resides with her husband Bill Hamlin and raised their two sons. Dan Hamlin has followed in his mother's career choices and is a real estate broker in Breckenridge Colorado. David Hamlin is a "Certified Financial Planner" with Caruso and McLean.

Honesty, integrity and hard work have been the backbone to Lori's success.



New York State Approved Smart Drivers Course

New York State approved defensive driving class for insurance and point reduction to be given on November 14, 2023 at the New Hartford Public Library. Sponsored by AARP and is open to all ages. Please contact Mary Merritt at (315)724-0096 for registration and other information on the class. Call early classes fill up fast.



T5
INSURANCE
SERVICES

Local Company's Growth Leads to a Homecoming Expansion

T5 Insurance Services is excited to announce that they are relocating their office to Clinton, NY. "I am thrilled to return to my hometown of Clinton, NY and expand our presence here," said owner Stephen Turnbull. "Born and raised in this community, it means a lot to have the opportunity to bring our agency to town and help insure and protect Clinton's community members and their most valuable assets."

T5 Insurance Services is a locally owned, independent insurance agency proudly owned by Stephen Turnbull, who formed the agency in May of 2022.

This relocation to Clinton not only brings them closer to their owner's roots, but also positions them to engage more deeply in local community initiatives, charitable organizations and events that matter most to their neighbors, clients and surrounding communities.

The new office location at 2 Williams Street, Ste 1 Clinton, NY 13323 is open for business immediately. Their phone number 315-737-1458 and email address will remain unchanged, ensuring a seamless transition for their clients.

T5 Insurance is your locally owned, independent insurance agency that provides individuals and businesses with exceptional coverage and personalized service. They are committed to helping their clients protect what matters most to them. For more information about T5 Insurance, please visit their website www.t5insurance.com or social media channels.

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Christmas Open House

December 9th from 11am to 6pm

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9am-noon



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Broadway Theatre League of Utica Presents Winter Bundle Up and Save Broadway Series: Three Spectacular Shows to Warm Your Heart This Season

The Broadway Theatre League of Utica is thrilled to announce its Winter Bundle Up and Save Broadway Series, featuring three sensational productions that promise to light up the cold winter months with magic, laughter, and heartwarming moments. Audiences of all ages can enjoy these Broadway classics, including “Rudolph The Red-Nosed Reindeer,” “Illusionist Leon Etienne in Magic Rocks!” and “Shrek The Musical.”

Rudolph The Red-Nosed Reindeer – Monday, December 4, 2023 | 6:30 pm

Kick off the holiday season in style with the beloved classic, “Rudolph The Red-Nosed Reindeer.” Join Rudolph and his friends as they embark on a magical adventure to save Christmas. This enchanting production is sure to warm the hearts of young and old alike with its timeless tale of friendship, courage, and the power of being true to oneself.

Illusionist Leon Etienne in Magic Rocks! – Saturday, January 27, 2024 | 7:00 pm

Prepare to be dazzled and amazed by the incredible illusions and mind-bending feats of “Illusionist Leon Etienne in Magic Rocks!” Leon Etienne, a Utica native, returns to his hometown to amaze audiences with his world-class magic, combining mystery and comedy for a show that’s sure to leave you spellbound.

Shrek The Musical – Saturday, February 24 | 7:00 pm and Sunday February 25, 2024 | 2:00 pm Get ready to journey to the magical world of Far Far Away with “Shrek The Musical.” This Tony Award-winning production brings everyone’s favorite ogre, Shrek, to life as he embarks on a hilarious quest to rescue Princess Fiona. Packed with unforgettable characters, catchy songs, and a message of acceptance and friendship, “Shrek The Musical” is an experience the whole family will cherish.

Bundle Up and Save!

To make this winter season even more delightful, the Broadway Theatre League of Utica is offering a special bundle deal for theatergoers. Purchase tickets for all three shows in the Winter Bundle Up and Save Broadway Series, and you’ll receive a fantastic 15% discount on your tickets. It’s the perfect opportunity to experience the magic of Broadway right here in Utica

while enjoying significant savings.

Ticket Information:

Tickets for the Winter Bundle Up and Save Broadway Series are available for purchase now at The Stanley Theatre Box Office located at 259 Genesee St., Utica or by calling 315-724-4000. Don’t miss this chance to create lasting memories with friends and family as you enjoy these exceptional productions together.



What is the Color of Freedom?

poem submitted by Lisa Libby

The color of freedom is **red**.
It is tears and blood that are shed.
Sacrifice and pain,
Of hearts that remain.
The color of freedom is **red**.
The color of freedom is **white**.
It’s the courage to stand for what’s right.
Purity of heart,
And doing your part,
The color of freedom is **white**.
The color of freedom is **blue**.
It is something that’s bigger than you.
Devoted and loyal,
Defending our soil,
The color of freedom is **blue**.
Whatever color,
You stood by your brothers
And sisters of every hue.
And to this we say, **THANK YOU!**



In Concert - Emerald Rae

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Friday November 10 at 7:00 PM for an eclectic evening of music with Emerald Rae - traditional fiddler and folksinger.

Emerald Rae is an American Fiddler & Folksinger based in Nashville. Hailing from the seaside town of Gloucester, Massachusetts, Rae began her musical journey deep in the world of traditional Celtic music. With her 2018 self-titled release, Rae broke the boundaries of fiddle-singing with a wide palate of experimental techniques. With her powerhouse vocals, groovy percussive fiddle and eclectic songwriting style, she has delighted audiences at legacy folk festivals and concert stages across North America.

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. Advance sale tickets cost \$15; at the door tickets cost \$20. Please visit our events calendar at <https://www.iccmv.org/my-calendar/> for the link <https://bit.ly/46gAbSr> to purchase tickets for this event or leave a message at the ICC 315-733-4228 Extension 6. Tickets are also available at the 5 Points Pub in the Irish Cultural Center.

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Hospice & Palliative Care Presents Star Light Star Bright Cocktail Party: A Night of Warmth, Joy, and Giving

Hospice & Palliative Care is thrilled to invite you to the Star Light Star Bright Cocktail Party, an enchanting evening designed to fill hearts with warmth and joy. This delightful event will take place at the elegant Harts Hill Inn on Wednesday, November 15th, from 6 p.m. to 8 p.m.

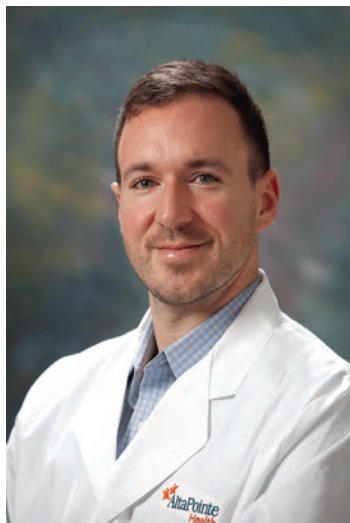
Embrace the spirit of the Light Up a Life Holiday season by joining us for an evening of festivities. Your attendance at this event not only promises an enjoyable experience but also supports a worthwhile cause. The Star Light Star Bright Cocktail Party promises an exquisite atmosphere with an open bar, delectable food stations, passed hors d'oeuvres and desserts. Guests will be treated to an array of entertainment, including performances by talented pianists Robert Montecalvo and Ben Kidwell. Additionally, there will be exciting raffles to add to the evening's charm.

The Star Light Star Bright Cocktail Party is more than a social gathering; it is an opportunity to make a real difference in the lives of those in need. Your presence and support enable Hospice to provide essential care and compassion to individuals and families when they need it most.

Tickets are \$75 each and are available now! To secure your place at this heartwarming event, please call 315-735-6484 or visit www.hospicecareinc.org.

Let us come together and illuminate the lives of others during this season of giving. We eagerly anticipate your presence at the Star Light Star Bright Cocktail Party. Join us for an unforgettable evening filled with gratitude, community, and the joy of making a difference.

Hospice & Palliative Care provides compassionate and quality care to individuals facing serious and life-limiting illnesses. With a team of skilled professionals and a focus on enhancing the quality of life for patients and their families, Hospice & Palliative Care strives to make a meaningful difference in the communities it serves including Oneida, Herkimer, and eastern Madison counties. To learn more about our services and initiatives, visit www.hospicecareinc.org.



Jeffrey Tisch, DO

Jeffrey Tisch, DO Completes His Fellowship

Dr. and Mrs. Ira Tisch proudly announce their son, Dr. Jeffrey Tisch, has completed his child and adolescent psychiatry fellowship at the University of Rochester Medical Center.

Jeffrey Tisch, DO is a 2007 graduate of New Hartford High School. He earned his bachelor's degree in philosophy from Siena College in New York, graduating Magna Cum Laude with honors in philosophy. His academic pursuit led him through a post-baccalaureate program in the biological sciences, followed by medical school at the Lincoln Memorial University - DeBusk College of Osteopathic Medicine in Tennessee. Dr. Tisch then successfully completed a general psychiatry residency at the University of South Alabama. To enhance his clinical skills, Dr. Tisch underwent specialized training through a Child and Adolescent Psychiatry Fellowship at the University of Rochester Medical Center in Rochester, NY, where he served as Chief Fellow. He is board-certified in general psychiatry by the American Board of Psychiatry and Neurology.

Dr. Tisch is practicing in Mobile, Alabama.



Symeon's Greek Restaurant Celebrates 50 Years

The Mohawk Valley got its first taste of authentic Greek cuisine in 1973 when the doors to Symeon's Greek Restaurant were opened. Symeon Tsoupelis and his wife, Ann, were the first to establish a restaurant on Oneida Street in the city of Utica, near the Parkway intersection. The building seated about twenty guests! While Symeon operated the restaurant, Ann was busy at home crafting all the desserts and being a full-time mother to two young children.

In 1982, Symeon and Ann purchased their current Commercial Drive property in Yorkville—formerly Riley's Place and Goetz's Diner. In 2001, Symeon sold the business to his youngest son, Symeon Jr. and his wife, Shelli, who now continue to carry the success of the business. Symeon Jr. says, "The legacy is that we are a business that has done well, our customers and the community respect us, and we continually give back. My parents always taught us that it's better to be in the giving line than in the receiving line."

This month marks the 50th Anniversary of Symeon's Greek Restaurant and the Tsoupelis' invite devoted customers, as well as those new to Greek food, to join their team for a Greek Cuisine Celebration. The restaurant is located at 4941 Commercial Drive, Yorkville and is open every day. More information and the menu can be found at www.Symeons.com.

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3rd Anniversary with
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Irina Hamlin from Carolina Sunrise Designs

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Ninja Xtreme Gym Open
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Thrive Athletic Center is thrilled to announce the opening of Ninja Xtreme—the first and only Ninja Warrior gym in the greater Utica area! Ninja Xtreme is modeled after the blockbuster hit television show “American Ninja Warrior.” Ninja Xtreme is appropriate for all ages and fitness levels and is designed to test your physical abilities, balance, agility, and endurance.

Participants will conquer challenging obstacles, race against time, and have a blast in a safe and supervised environment. Ninja Xtreme can help enhance your athletic abilities no matter what sport you play. Join us and push your limits in this fun, action-packed adventure.

Don't miss the opportunity to take your fitness journey to the next level with Ninja Xtreme! Whether you're new to ninja or a pro, you'll find Ninja Xtreme a fun and challenging experience.

Classes and open gym sessions are offered weekly. To register for classes and secure your spot, visit thriveac.com/new-members today.

Visit us and unleash your inner ninja today! Where fun & fitness meet!

Thrive Athletic Center is located at 8387 Seneca Turnpike.

For more information, call 315-738-1205 or email membership@thriveac.com.



Fall Back
Nov. 5, 2023

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Thank you for giving children hope and turning wishes into smiles. We wish you and your family a cheerful and joyous holiday season!

Want to give children hope all year long?
Look for the SPIRIT OF JOSH special insert in this month's issue.

Questions? Contact:
Bonnie Lynch at 315.235.7770 or email yvonne1@hgsutica.com

"Let's eat cake and talk about death!"



Clinton Death Café

is coming to
Kirkland Town Library
55 ½ College St.,
Clinton, NY
Wednesday, November 1, 2023
7:00 – 8:15 pm

Come join us for coffee, tea, cake, and compelling conversation!

Death Cafe is a global movement to get people talking about death and end of life issues in a comfortable, relaxed (dare we say fun!) environment with the view of making the most of their finite lives.

A Death Cafe is a group-directed discussion with no agenda or objectives. The aim is to shift the conversation about end of life from avoidance to one of familiarity and comfort.

There's no obligation to talk; many people just come to listen...and eat cake!

For more info on Death Cafes go to deathcafe.com or our Facebook page (Clinton Death Cafe)

Questions? Contact us at clintondeathcafe@yahoo.com

There is no charge for attendance but we will be accepting donations

Please Note: This is not a support group



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Closed on Wednesdays

Thursday and Friday 10am-6pm

Saturday 10am-2pm

Sunday 1-5pm

Curbside Pickup Remains an Option

Library Closures

We will be closed on Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving. We will be open on Saturday that week.

Stay Connected With Us!

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

Facebook:

www.facebook.com/newhartfordpubliclibrary

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

NHPL Board of Trustees 2023 Meeting

NHPL Board of Trustees

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.

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.

Literacy CNY

Need some tech help? We have a volunteer at the Library each Monday and Tuesday 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 a/t 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

Grab & Go Projects Adults

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

November 6th –Wine Charms (4 pack)

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.

November 2nd– Kindness Rocks! (rock painting)

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 Sept. 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.

November 6, 7, 9 - Scarecrow

November 13, 14, 16 - Kindness

November 20, 21 - Turkey

November 27, 28, 30 - Pie

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 on 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, November 25 at 11:00 as Janet Hoover leads us discusses books classified as Cozies: Lucy Burdett, Earlene Fowler, Susan Wittig. Call the New Hartford Public Library (315-733-1535) for the Zoom link.

The After Breast Cancer (ABC) Group

Join us November 4th at 11:00 am for the monthly After Breast Cancer group meeting. Dean Moffa will talk about the newly formed wellness center at Faxon Campus. It is a clinic for cancer survivors. The clinic provides wellness coaching, a gym, space for group support meetings, and a designated nurse practitioner to help you overcome issues during and after cancer diagnosis & treatment. There are several exercise machines to get us on the right track to wellness. Dean will talk about the services that are offered in this program.

Donate Blood and Save a Life!

The American Red Cross will be hosting a blood drive on Friday, November 3rd from 11:30-4:30. Please call 315-733-1535 to register. Walk ins are welcome as well!

AARP Smart Driving Course

We are offering another AARP Smart Driving Course on Tuesday, November 14th from 9:00-3:30. Please call 315-724-0096 to register.

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.

There will also be a class Friday, November 10th at 11:00am.

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.

November 4, 2023

December 1 @ 10:00am - Decorate the library for the holidays. Come one, come all!

A Note from Friends of NHPL:

Mitten Tree Knitters!

Don't forget to warm up your knitting needles. The Mitten Tree will soon be up waiting for mittens of love to warm little hands at the Thea Bowman House.





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.

FRIENDS MEMBERSHIP FORM

NAME _____

ADDRESS _____

PHONE _____

Annual Membership \$15 Life Membership \$100

Membership is tax deductible. Please make checks payable to: Friends of the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413



Photo (L-R)- Darby O'Brien (Rotary Treasurer), Jane Domingue (Thea Bowman House), Jerry Kraus (Rotary Golf Chair), Linda Iannone (Rotary President)

Rotary Club of Utica Helps Thea Bowman House

The Rotary Club of Utica recently presented The Thea Bowman House with the proceeds from their August Golf Outing. A check for \$3,138 was delivered to their DeSales Center and members of The Rotary Club got a chance to meet some young Pre-K students and their teachers in the classrooms. ‘We were glad to help The Thea Bowman House with our golf outing funds this year, knowing the great work they do here in our community’ said Rotary President Linda Iannone.

EARLY DETECTION SAVES LIVES

Upstate University Hospital makes it easy to get your annual mammogram.

Our mobile mammography van will be in your area soon!

New Hartford Public Library

2 Library Lane

New Hartford

Friday, November 3rd

10 AM to 4 PM

WOMEN 40 YEARS AND OLDER ARE ELIGIBLE TO USE THE VAN IF:

- They have not had a mammogram in the past year
- They show no signs or symptoms of breast cancer

Appointments are preferred. Register now!

BY PHONE: 315-464-2588 ONLINE: www.upstate.edu/noexcuses

We welcome insured and uninsured women.

UPSTATE

UNIVERSITY HOSPITAL

Mobile Mammography

Angels Among Us Food Pantry

Nov 4 & 18 • Dec 2 & 16

Hours of Operation: 10am - Noon

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

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

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

We Are Looking For Volunteers!

TEFAP: The Emergency Food Assistance Program

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

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

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New Hartford Historical Society
~ Membership Form ~

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- ☐ \$20⁰⁰ Family
- ☐ \$25⁰⁰ Contributing
- ☐ \$50⁰⁰ Corporate
- ☐ Renewal
- ☐ New Member

Name: _____
Address: _____

Phone: _____
E-Mail: _____

Please send check made payable to:
New Hartford Historical Society
P.O. Box 238
New Hartford, N.Y. 13413

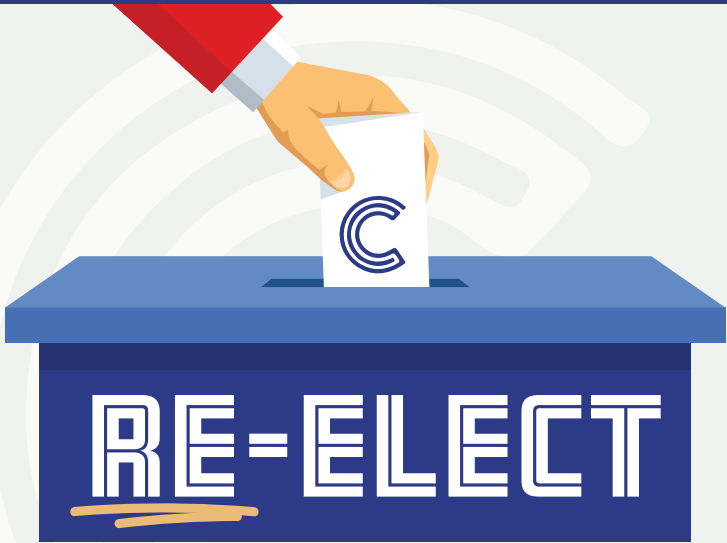
New Hartford Sport - Home Games

**subject to change without notice*

Date	Start time	Sport	Level	Opponent	Location
11/20/2023	6:00 PM	Volleyball (Girls)	Varsity	Cooperstown	HS Gym
11/20/2023	6:00 PM	Volleyball (Girls)	JV	Cooperstown	HS Gym
11/25/2023	12:00 PM	Basketball (Boys)	JV	ESM	HS Gym
11/25/2023	2:00 PM	Basketball (Boys)	Varsity	ESM	HS Gym
11/27/2023	5:30 PM	Volleyball (Girls)	JV	RFA	HS Gym
11/27/2023	7:00 PM	Volleyball (Girls)	Varsity	RFA	HS Gym
11/30/2023	5:30 PM	Volleyball (Girls)	JV	CVA	HS Gym
11/30/2023	7:00 PM	Volleyball (Girls)	Varsity	CVA	HS Gym



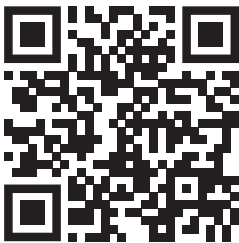
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STEP
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主廚推薦 CHEF'S SPECIALS Served with rice.

龍鳳配 Q.1.	Dragon & Phoenix.....	\$14.99
Jumbo shrimp, vegetables, white sauce, and General Tso's chicken in hot brown sauce.		
蜜汁雞 Q.2.	Honey Chicken.....	\$14.99
Special honey sauce with broccoli.		
左宗雞 Q.3.	General Tso's Chicken.....	\$14.99
Boneless chicken chunks, marinated and crispy fried, then sauteed with scorched red peppers and broccoli in our special sauce.		
陳皮雞 Q.4.	Crispy Orange Flavored Chicken.....	\$14.99
Deep fried chunk chicken, sauteed in orange peel, hot peppers sauce.		
芝蔴雞 Q.5.	Golden Sesame Chicken.....	\$14.99
Deep fried chunks of chicken with broccoli in sesame brown sweet sauce.		
芝蔴蝦 Q.6.	Sesame Shrimp.....	\$15.99
Jumbo shrimp lightly fried to crispy in spicy sauce, served with roasted sesame seed and under layer with broccoli.		
什錦雲吞 Q.7.	Subgum Wonton.....	\$17.99
Lobster meat, chicken, shrimp, and roast pork with mixed vegetables in our chef's brown sauce with fried crispy wonton on top.		
炒四季 Q.8.	Four Seasons.....	\$15.99
Chicken, beef, shrimp, and roast pork, all sauteed with mixed vegetables in our chef's brown sauce.		
陳皮牛 Q.9.	Orange Beef.....	\$15.99
Crunchy chunks of beef sauteed with orange peel and hot peppers in sweet hot sauce.		
魚香干貝牛 Q.10.	Beef with Fresh Scallops.....	\$16.99
Beef and scallops with assorted vegetables, served with our chef's special sauce.		
夏威夷五樣 Q.11.	Hawaii Five "O".....	\$16.99
Chicken, beef, shrimp, roast pork, and scallops with mixed vegetables.		
醬爆什菜雞蝦 Q.12.	Chicken & Shrimp.....	\$14.99
Chicken and shrimp with mixed vegetables in our chef's brown sauce.		
四川三樣 Q.13.	Szechuan Triple Crown.....	\$14.99
Beef, chicken, shrimp, vegetables, snow peas, baby corn, broccoli, and red pepper in spicy red sauce.		
海鮮大燴 Q.14.	Seafood Delight.....	\$19.99
Lobster, king crab meat, jumbo shrimp, and fresh scallops deliciously sauteed with assorted Chinese vegetables in special white wine sauce.		
湖南兩樣 Q.15.	Hunan House Special.....	\$17.99
Lobster, beef, and chicken with broccoli, snow peas, baby corn, Chinese vegetables, and Chef's special sauce.		
蓋克牛排 Q.16.	Gaikew Steak.....	\$15.99
Sliced beef and breaded chicken with chestnuts, mushrooms, baby corn, snow peas, broccoli, and vegetables.		
全家福 Q.17.	Happy Family.....	\$17.99
Beef, chicken, lobster, shrimp, and roast pork with mixed vegetables.		
本樓兩面黃 Q.18.	House Special Pan Fried Noodles.....	\$14.99
Shrimp, chicken, and pork with selected vegetables, on top of pan fried noodles.		
魚香牛蝦 Q.19.	Beef & Shrimp.....	\$15.99
Beef and jumbo shrimp sauteed with mixed vegetable, in garlic sauce.		

魚香干貝雞 Q.20.	Chicken & Scallops w. Garlic Sauce.....	\$16.99
Chicken and scallops sauteed with mixed vegetables in garlic sauce.		
湖南雞蝦 Q.21.	Hunan Chicken & Shrimp.....	\$14.99
Chicken and shrimp with vegetables in Hunan spicy sauce.		
魚香干貝 Q.22.	Scallops with Garlic Sauce.....	\$16.99
帝王雞 Q.23.	Empress Chicken.....	\$14.99
Chicken pieces dipped in egg batter and lightly fried, then sauteed with vegetables in sweet sauce with a dash of hot oil.		
核桃蝦 Q.24.	Walnut Shrimp.....	\$15.99
核桃雞 Q.25.	Walnut Chicken.....	\$14.99
棒棒雞 Q.26.	Bourbon Chicken.....	\$14.99

特別套餐 DINNER SPECIALS \$14.99 Served with roast pork fried rice.

無骨排(10)牛肉串(3)雞柳(4)	
S.1. Boneless Spare Ribs (10), Teriyaki Beef (3), Chicken Fingers (4)	
無骨排(10)牛肉串(3)雞翅(4)	
S.2. Boneless Spare Ribs (10), Teriyaki Beef (3), Chicken Wings (4)	
雞柳(4)牛肉串(3)春捲(2)	
S.3. Chicken Fingers (4), Teriyaki Beef (3), Egg Roll (2)	
雞柳(4)春捲(2)無骨排(10)	
S.4. Chicken Fingers (4), Egg Roll (2), Boneless Spare Ribs (10)	
無骨排(10)春捲(2)雞翅(4)	
S.5. Boneless Spare Ribs (10), Egg Roll (2), Chicken Wings (4)	
龍蝦(6)炸蝦(2)雞柳(4)	
S.6. Crab Rangoon (6), Fried Shrimp (2), Chicken Fingers (4)	

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麻辣香鍋 R.1.	Spicy Dry Pot.....	\$21.99
麻辣拌 R.2.	Spicy Cold Dish.....	\$21.99
麻辣海鮮 R.3.	Spicy Seafood Boil.....	\$29.99
夫妻肺片 R.4.	Beef and Tripe in Chili Sauce.....	\$12.99
紅油牛筋 R.5.	Beef Tendon in Chili Sauce.....	\$14.99
毛血旺 R.6.	Chongqing Style Duck Blood In Hot Chili Oil Sauce.....	\$22.99
水煮牛肉 R.7.	Sliced Beef in Hot Chili Oil Sauce.....	\$17.99
水煮魚片 R.8.	Fish Filets in Hot Chili Oil Sauce.....	\$17.99
麻婆豆腐 R.9.	Spicy Tofu.....	\$12.99
酸辣土豆絲 R.10.	Spicy and Sour Chinese Style Shredded Potato Salad.....	\$12.99
火爆包菜 R.11.	Stir-fried Spicy Cabbage.....	\$12.99
番茄炒蛋 R.12.	Scrambled Egg with Tomato.....	\$12.99
蝦仁滑蛋 R.13.	Scrambled Egg with Fresh Shrimp.....	\$14.99
魚香肉絲 R.14.	Fresh Shredded Pork with Garlic Sauce.....	\$14.99
青椒肉段 R.15.	Fried Pork with Green Pepper.....	\$14.99
孜然牛肉 R.16.	Cumin Beef.....	\$17.99
鐵板魷魚 R.17.	Squid Hibachi.....	\$22.99
干煸肥腸 R.18.	Dry Fried Pork Intestine.....	\$22.99
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Musculoskeletal Ultrasound can help Sitrin’s team of physical therapists improve both accuracy of a patient’s diagnosis and treatment options.

New Musculoskeletal Ultrasound Technology Available at Sitrin

Musculoskeletal Ultrasound is a powerful tool that provides real-time imaging of muscles, tendons, ligaments, nerves, and cartilage throughout the body. It is a noninvasive imaging technique that can help radiologists and physical therapists improve both accuracy of a patient’s diagnosis and treatment options. During a musculoskeletal ultrasound, a hand-held scanning device called a transducer is pressed on your skin. The transducer sends out inaudible, high-pitched sound waves that travel through the body, meaning no exposure to harmful radiation.

Sitrin’s team of skilled physical therapists is excited to offer this new technology to help patients receive accurate assessments and improve their individualized care plans.

“This technology will ultimately help us understand how a patient’s injuries are, or are not, healing,” said Dr. James Wallace, director of Clinical Rehabilitation Services at Sitrin. “In many scenarios, offering this technology to our patients can also save them time and money by reducing the need for more intense and expensive imaging, such as an MRI.”

Musculoskeletal Ultrasound is particularly helpful in the treatment of athlete injuries as this technique can pinpoint the exact location of pain and prevent further damage. It can help diagnose sprains, strains, tears, and other soft tissue conditions. This technology can help athletes receive a real-time diagnosis, allowing for immediate treatment planning. As a result, Sitrin’s team can help athletes return to the playing field more quickly.

In addition to the benefits this technology poses to athletes, it can also help seniors living with chronic pain and those recovering from surgery.

As we age, our musculoskeletal system may experience many changes. This may include tendonitis, carpal tunnel syndrome, rotator cuff tears, and even joint problems. By utilizing musculoskeletal ultrasound technology, early detection and intervention may prevent further pain and/or injury.

Individuals recovering from surgery or currently undergoing physical therapy can benefit immensely from this technology. These scans are incredibly helpful to physical therapists in understanding an individual’s healing process. This information allows Sitrin’s team to adjust treatment plans as necessary to ensure a faster and more effective recovery.

A physician referral is required for physical therapy appointments. For more information or to schedule an appointment, call (315) 737-2246.

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

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

Retirement Sale


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James Messa

Oneida County Legislator

15th District

★ VOTE ★

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- New Hartford Resident for 20 years
- Current Town of New Hartford Board Member
- Served 5 years on the New Hartford Police Commission

Proven Track Record

- Nearly 10 years of public service with a strong understanding of government and being the voice of constituents
- Addressing and resolving constituent concerns and community issues
- Established strong working relationship with County and State officials

As your County Legislator I will be especially focused on:

- Continue to advocate for public safety
 - Strategic economic development
 - Kellogg Road redevelopment project
- St. Elizabeth Medical Center – re-purpose/redevelopment of the campus
 - Advocating for flood mitigation funds and projects
 - Continuing to keep County property taxes low
- Ensuring that residents have access to needed local government services and programs

I would be honored to have your vote and support on Election Day!

Early voting is: October 28 – November 5, 2023

Election Day is: November 7th 2023

ENDORSED BY THE REPUBLICAN AND CONSERVATIVE PARTY

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Richard Sherman

New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

As I write this article today October 15, 2023, the leaves have been falling for a few weeks now.

It seems like every year the leaves are falling later in the season. All this tells me that the leaves are going to fall late

again this year. This gives us a very small window if snow arrives early. So please once the leaves start to fall don't wait, get them to the street. This year the four vac style leaf pickers will be out in full force. With four trucks out in all wards everyday there will be no night shifts picking leaves. Please do not place leaves in plastic bags or containers. PLEASE DO NOT PLACE ARTICLES SUCH AS BRUSH, PUMKINS, AND ROCKS IN WITH THE LEAVES. These articles damage the machine's impeller fan causing down time during our busiest season. I noticed in my drives around the town that people are placing brush and branches with the leaf piles. The rainy season is also upon us which brings the leaves down and plugs our catch basins which cause flooding.

Please remove all basketball hoops from the town right-of-ways so that the plows will not hit them and damage the hoops during the winter season. Also remember no all-night parking on Town of New Hartford Highways starting October 1st.

The Highway department winter shifts will start on November 26th 2023. This year the town will continue

to have two shifts 4:00am- 4:00pm and 4:00pm-4:00am for plowing and sanding. The mechanics are working very hard to get the trucks, hoppers and plows ready for the winter months.

The new salt shed is up and ready to be filled with this year's salt and the B's are being delivered. The salt brine is being made and the tanks are full for the start of this winter season.

The detention pond has been started on the upper side of Roman Rd. The highway crew is cutting trees and clearing the area where the pond will be located. The road is also being built so that we can get to the pond location where we will be working. Work will commence in the spring for early construction season. The upper part of Roman Rd will be cut so that we can build a shoulder and place the right of way ditch on town owned property. The street will be 22' wide as most town streets are. Working with the city of Utica the White Pine Rd, Stone Bridge Rd detention area behind the houses have been cleaned, along with Sylvan Way detention pond. These areas that hold water all end up down in Utica by Oneida St Ridge Market. This has been a great shared service project working together with the city.

The new street signs are being installed as they come in for placement on the new sign posts this fall. Also, there will be four new solar powered speed signs added to the Oneida Street corridor from the city line to the Sauquoit town line for speed control.

Please call Rick Sherman Highway Superintendent with any questions at 315 733-7500 or 315 534-2998. Or e-mail rsherman@townofnewhartfordny.gov.



Councilman Richard Woodland to Step down from the New Hartford Town Board After 25 years

Current New Hartford 4th Ward Councilman Richard Woodland is not seeking re-election to the town board this fall. He will step down at the end of his term when it expires on December 31, 2023.

Woodland was first elected in a special election in November 1998 and assumed the office of 4th Ward Councilman in January 1999. He has run successfully for this office, being re-elected six consecutive times and will have 25 years of service when he completes his term at the end of 2023.

Woodland extends his gratitude to the residents of the 4th Ward for "the faith and trust they have bestowed on me these past 25 years to be their representative on the town board. It's truly been an honor and a privilege to serve the residents of New Hartford and an experience I will always remember."

Woodland will be honored for his service at a reception at the New Hartford American Legion on November 13th.



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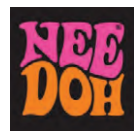
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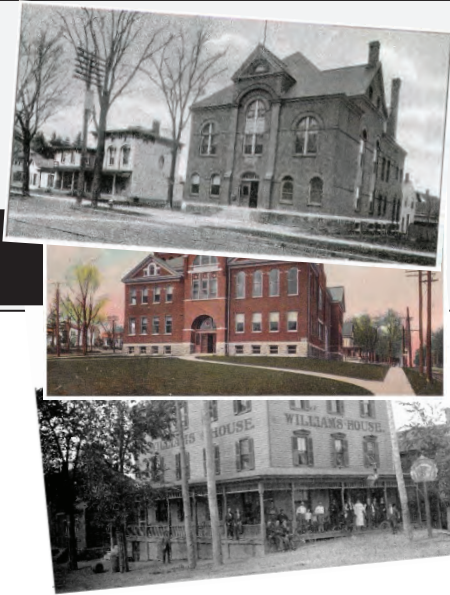
NEW HARTFORD PAST TIMES

November 2023

NEW HARTFORD HISTORICAL SOCIETY

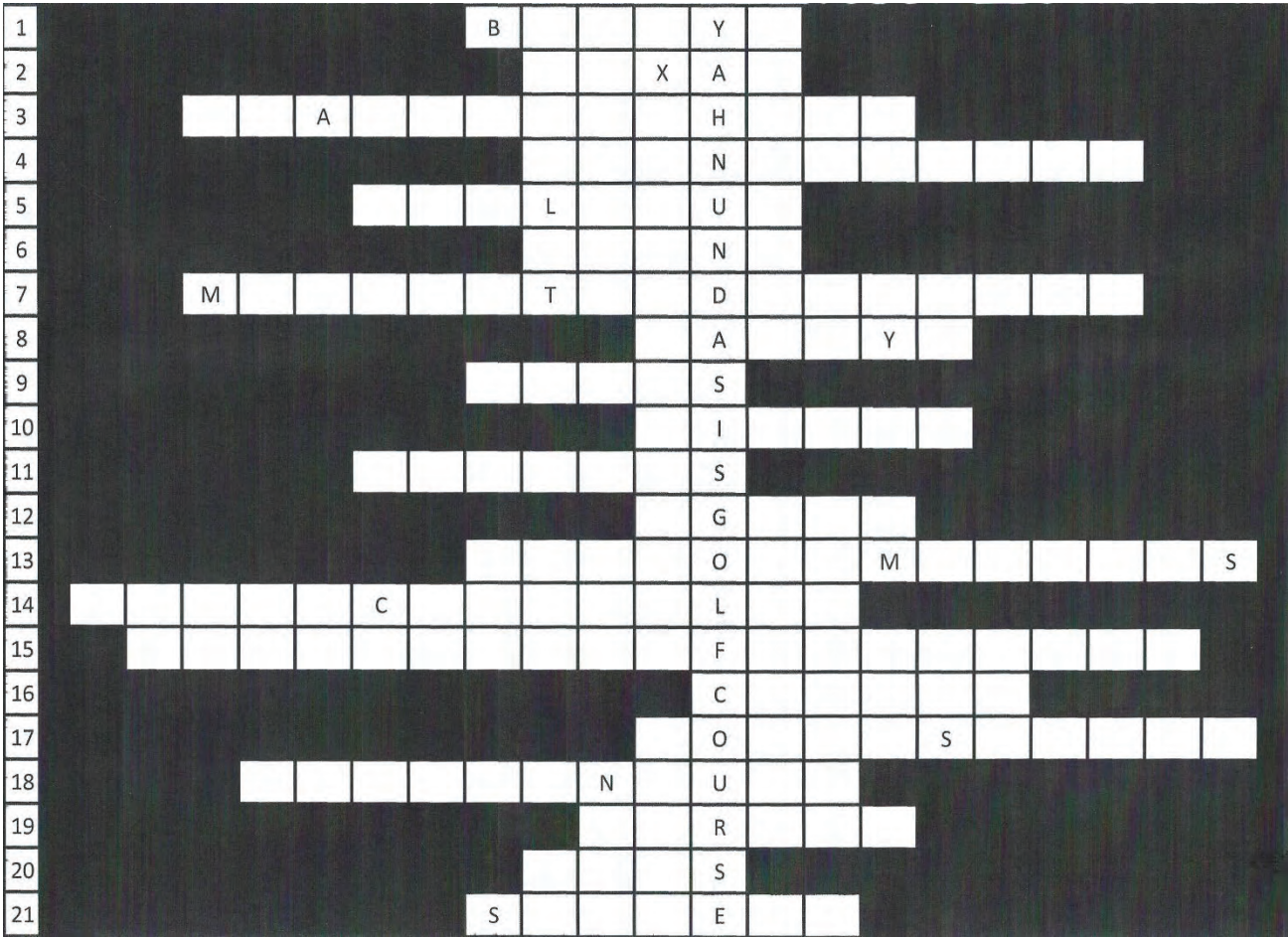
“Almost a Crossword” Puzzle

by Rick Giffune



This month we thought we'd have a little fun with New Hartford History and share a submitted “crossword” puzzle. Since the trivia programs at our last two fall dinners were so well received, this is a wonderful way to highlight some history of “Ole New Hartford”! Follow the clues for all the across answers. The only down clue has already been filled in.

As an extra incentive, the first three people to clip out and mail-in the puzzle with the correct answers (or 1st three with most right) will win a free Historical Society Coffee Mug. You'll be able to choose from 6 mugs: Blumenstok's Mobil, Chicago Market, George's Quality Food Store, Jack & Andy's Diner, Props and the Wy-Knot Drive-In. Good Luck!



Your free Down clue

1. Former Private Golf Course once located at top of Proctor Avenue

Across Clues

- 1. Long time family Printing business in the Village.
- 2. Old time drug store chain on Seneca Turnpike next to #13.
- 3. Former name of our local power company.
- 4. Common name that Myles Elementary was once called.
- 5. Once a popular hang out and food spot on Seneca Turnpike.
- 6. Family name of ESSO station in the Village.
- 7. Sporting Goods store across from Jay-K. Moved to Shopping Ctr. In 1972.
- 8. Locally owned “burger joint” on Seneca Turnpike before McDonalds.
- 9. Long time Tavern on Genesee Street that one time served ice cream.
- 10. Old time Village “watering hole” where Daylight Donuts is now.

- 11. Discount department store Seneca Turnpike and Middlesettlement Road.
- 12. Former Farm store in Washington Mills where Walgreens is now.
- 13. This grocery chain had a store on Seneca Turnpike where Talbots and Verizon are now. (Later it was home to a National Auto)
- 14. Manufacturing firm noted for car emblems and medals.
- 15. Well known family furniture business in the Village.
- 16. Small family owned grocery store where Carmella's is now.
- 17. Long before Village Point Apartments, the building housed the New Hartford High School. In between it was called what?
- 18. This Pearl Street store sold auto supplies and toys among other things.
- 19. Village Drug store and soda fountain where Village Floral also once was.
- 20. Popular bar & restaurant that was located at Genesee and Campion Rd.
- 21. Village hang-out for teens owned and operated by husband and wife. He was a past Fire Chief and they dispatched from there too!



Don't miss our next program
“the history of the Utica Country Day School”
to be held Sunday November 12th @ 2pm
at the New Hartford Public Library



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!

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*The answers to this puzzle will be posted in the December Town Crier issue.
For Membership Information, please see page 8.*

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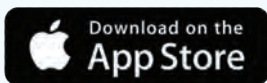
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ATTIC AND BASEMENT MOLD:

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 contaminants 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 for a complete list of our emergency and non-emergency services.

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More is Not Better

submitted by Jim LaFountain, All American Fitness Center

One,1968 best selling book ‘Aerobics’by Dr. Kenneth Cooper, changed the course of Exercise Science for several decades. Early on in the ‘Aerobics’ movement, 12 minute aerobic exercise bouts were the norm. That volume has evolved into 30 minute cardiovascular workouts five days a week, at a pace that keeps you winded, but able to talk. Aerobic may be defined as “in the presence of Oxygen.” Aerobic may not be the most accurate word because the air we breathe is only 21% Oxygen and 78 % Nitrogen. When we opened the All-American Fitness Center 43 years ago, we had one piece of Aerobic (Cardiovascular) equipment, a used Sears stationary bicycle. A year later that number rose to 10 pieces and a couple years later we offered 20 cardio units. Again, each bout lasted no longer than 12 minutes!

I served as a course martial for a 5K run in the early 80’s and thought 3.1 miles to be an enormous distance. Soon, 10K and 15K road races were common and enthusiastic runners were running marathons. Bicyclists, swimmers, rowers and walkers were logging over distance training and racing distances. An orthopedic surgeon friend of mine claims his practice ballooned at about that time. Overuse injuries, sustained during over distance events and training were what he treated most.

At this point in our exercise journey, it’s time to sort through the sales and marketing hoopla and make training decisions that “safely”generate results. Two, essential terms to consider are:

- *Volume: the length of time spent performing exercise
- *Intensity: how hard you exercise

I experienced a severe case of overtraining in 1978. I was working out 3 hours, six days a week and contracted mononucleosis. Teaching, working on my masters degree and training six days a week, left me bedridden for several days and frail for a month. During that period, I researched every type of physical training program available, particularly as it pertained to high volume versus high intensity. Bottom Line: one can either train for long periods at a lower intensity or for brief periods at a higher intensity. In nearly every case, high intensity efforts, for shorter sessions, produced the best results. Only when an athlete was preparing for an over distance event, did longer training sessions be of benefit.

After my recovery from mono, I adopted a training protocol that focused on very high intensity workouts for 35-40 minutes, done on three, non-consecutive days a week. In eight weeks, I competed in the 1979 Mr. Kentucky Contest and placed 2nd! Over the next four months, I placed in the top three in other, national events. A question I frequently asked myself during that period was “not how much I needed to exercise (volume) but how hard I could exercise (intensity) for the shortest possible time, in order to generate

maximum results? I have developed a mantra that took over 50 years to formulate. “Exercise does nothing to produce growth, only recovery allows muscles, including the heart and lungs to grow.”

In the 1990’s we ran a successful corporate fitness program at the Utica National Insurance Group. We stress tested and measured individual VO2 max on over 300 individuals, every six months. Participants who experienced the most improvement, over several years, were those who trained intensely for 30-40 minutes and allowed for 48 hours of recovery between workouts. Their bottom line: MORE IS NOT BETTER!

In the 1990’s we ran a successful corporate fitness program at Utica National Insurance Group. Participants who experienced the most improvement were those who trained most intensely, 3-4 times a week for 25-30 minutes per workout.

All American Fitness Center
Introduces Three
New Trainers

Jim and Cindy LaFountain, owners of the All-American Fitness Center would like to announce the addition of three new trainers to their professional staff.



Erik Winberg is a Doctor of Physical Therapy and has been in practice for four years, since his graduation from Utica College’s Physical Therapy Program. Dr. Winberg is also a Certified Strength and Conditioning Specialist, whose focus is on athletes and active individuals of all ages, specializing in Orthopedic and Sports Physical Therapy. Erik’s “service niche” is in the area of endurance athletes and runners and hosts conditioning classes called “Run U.” Dr. Winberg is taking new patients for one on one Physical Therapy Sessions and is an out of network provider for all insurance companies, allowing him to focus on quality care for each patient, without being dictated by insurance company rules and regulations. Please contact him at erik@runurp.com or 315-338-3963.



Aiden Martin is an ISSA Certified Personal Trainer. Aiden was a Utica College Student/Athlete, majoring in Health Studies. While in High School, he received an Academic Achievement Award from New Hartford High School. Aiden is the Assistant Manager at All American Fitness Center. Please contact him for a booking at ajmartin2004@gmail.com.



Genaro Scampone, BS is a NSCA Certified Strength and Conditioning Specialist (CSCS). He is a former College and High School Football Coach and Player. Genaro is available for one-on-one as well as group training with flexible hours. Please contact him at scampone26@gmail.com.





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NHFD News

Your New Hartford Volunteer Fire Department responded to 124 alarms during the month of September as indicated by the monthly call report listed below by category:

Fires = 1
EMS = 53
Hazardous = 6
Service Type = 16
False Alarms = 29
Good Intent = 18
Other Alarms = 1
Weather Related = 0



Total Calls for the Month of September 2023 = 124.
Of the 124 alarms, 106 were in the town and 17 were in the village. There was 1 mutual aid alarm.

Total calls year-to-date through September 2023 = 1.002.

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

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

In Other Department News From the Chief's Desk...

On October 4, 2023, the New Hartford Firemen's Benevolent Association donated a state-of-the-art Emergency Medical Service vehicle to the Village of New Hartford. Mayor Donald Ryan accepted the keys and title from Benevolent Association President Joseph Luker and Chief Thomas Bolanowski.

At the ceremony at the station, the first response EMS vehicle was dedicated to two longtime members of the Fire Department who recently passed away. James Kreutzer who served for 45 years; as a firefighter, EMT, and EMT Instructor who trained countless EMT's in our community and across the area over many years. Dr. John Detraglia was a 41-year-old member of the department and served with distinction as our Medical Director. Both of these volunteer members contributed guidance & knowledge as well as educating our members, and others in Central NY. The 4 decades of service made by these men has left a positive impact on our department and community.

The project's committee was successfully led by Assistant Chief James Monahan. The 2023 Chevy Suburban was painted, lettered, and upfitted with traffic warning devices along with emergency medical equipment. This is the 7th such EMS vehicle the New Hartford Firemen's Benevolent Association membership has bestowed to our community.

In 2022, the New Hartford Fire Department responded to 1494 calls, with 751 of those being EMS related. We currently have 98 members with 24 being certified EMT's. This new state-of-the-art vehicle will enable us to safely and expediently respond to calls of service throughout the Village and Town of New Hartford. For more information on the department please visit www.nhfd.com



Believe A Magical Christmas Festival

The New Hartford Volunteer Fire Department and The New Hartford Firemen's Benevolent Association invite you to a very special "BELIEVE – A MAGICAL CHRISTMAS FESTIVAL" that will take place on Saturday, November 18, 2023. The day will begin with "Breakfast with Santa" at the fire station from 8:00 am to 10 am followed by events at the gazebo on the Village Park from Noon to 4pm.

The 2nd annual celebration event will begin at noon with a holiday parade forming on Graham Avenue, proceeding down Oxford Road, ending at the New Hartford Village Green where Santa and Mrs. Claus will greet the community children and hear their special wishes. Just in case your little one forgets something on their list, a special mailbox for Santa will be located near the gazebo. Music will be provided by our sponsor Roser Communications and others. In addition, there will be plenty of craft vendors and food trucks.

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

Admission to the “Breakfast with Santa” is adults \$5.00 per person, children 5 and up \$2.00 per person, and children under 5 are free. While events in the park are “Free” we encourage everyone to donate a non-perishable food item to “Feed our Vets” and/ or a new unwrapped toy for “Stuff the Bus”.

Come and enjoy the festivities of the season with us!

A Magical Time of the Year

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

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

This year's lights will be turned on for "Believe - A Magical Christmas Festival" on November 18, 2023, for all to enjoy.

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

New Hartford Volunteer Fire Department Fire Chief Tom Bolanowski and New Hartford Firemen's Benevolent Association President Joseph Luker, along with the officers and members extend their very best wishes for a Happy and Safe Holiday Season.

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

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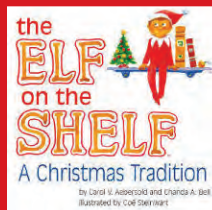
     





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Victor Fariello Jr.



menagerie of animal figures, birds and even children. In 1975 Fenton recruited Robert Barber to be artist in residence, producing a line of limited art glass vases with a return to the hand-blown creations that were the hallmark of their 1920’s success.

By far, Fenton was one of the most prolific glass makers in the U.S. Their creations are highly collectible today and are among the most sought after collectibles in existence. Many examples of their glass, especially the early hand-blown pieces, are among the highest prices of any glass ever made.

Two great books on Fenton are The Big Book of Fenton Glass, 1940-1970 by Joseph Walk and Joseph Gates and Fenton Art Glass: A Centennial of Glass Making, 1907-2007 by Debbie and Randy Coe. Both are available at Amazon.com.

Fenton discontinued all but a few of its more popular lines in August of 2007. Production of this iconic glassware ceased production entirely in 2011. If this is news to you, you are not alone. Despite being out of production for a dozen years, many people believe it’s still being made today. Unfortunately this is a case of wishful thinking.

Happy Collecting!



Animal figurines like this cat became a trademark of Fenton’s line of glassware.



: This Fenton iridescent candy dish was a popular item in the company's collection.

Fenton Glass

Frank L. Fenton and his brother John W. founded the Fenton Art Glass Company in 1905 in Martins Ferry, Ohio. In the beginning they sold hand-painted glass that was produced by other manufacturers, but before long, they decided to make their own glass- and make it they did!

This iridescent glass with a metallic luster over a colored, pressed pattern was originally sold in dime stores. When sales declined they sold their glass wholesale to be used as prizes in carnivals-thus was born what we call carnival glass today. Eventually, Fenton became the top producer if carnival glass and made it in over 150 patterns. The quality and popularity of their glass kept the company very profitable right through the late 1920’s. When the popularity of carnival glass waned, the company introduced stretch glass and opalescent patterns.

During the Depression era Fenton stayed alive by producing functional colored glass tableware and other household items such as water sets, bowls, mugs, plates, perfume bottles and vases. In the 1950’s Fenton continued to diversify its production and became best known for its milk glass, especially the Hobnail patterns. A special order from an Ohio museum in 1969 prompted Fenton to reintroduce its famous carnival glass. They also started making their glass in molds for the first time.

In the 1970’s the company became best known for producing an assortment of figurines which included a

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

Consider Joining Questers

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

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



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Chamber Music Society of Utica Presents
Aris Quartett
Sunday, November 5, 2023

ARIS STRING QUARTETT performs Sunday, November 5, 2023, 2:30 pm, at MUNSON Auditorium, 310 Genesee Street, Utica NY. Their program includes works by Fanny Mendelssohn Hensel, Leoš Janáček, and Franz Schubert. This concert will be live streamed via the Chamber Music Society of Utica (CMSU) website: www.uticachambermusic.org.

For the live concert: General Admission \$25; Students over 18 \$10 with ID; Children & Teens under 18 Free. Cash, Check or Credit Card please. COVID protocols: Masks are optional and distanced seating is available.

For the live stream: log on to the CMSU website www.uticachambermusic.org at 2:15 PM to confirm system compatibility before the performance begins. Suggested \$25 donation for viewers without a CMSU subscription or pay what you are able.

Expressive, dynamic, spectacular—the Aris Quartett has been at home on international stages for more than a decade. With its unmistakable sound, it has long been known as one of the world’s top rank chamber music ensembles. The musicians have performed in venues including London's Wigmore Hall, the Elbphilharmonie of

Hamburg, the Herbst Theatre in San Francisco, and the Philharmonie de Paris.

Founded in Frankfurt am Main in 2009, the members of the ensemble include Anna Katharina Wildermuth and Noëmi Zipperling, violins; Caspar Vinzens, viola, and Lukas Sieber, cello. The Quartet recognizes Günter Pichler of the Alban Berg Quartet as one of their most important mentors. The musicians have been honored as ECHO Rising Stars by the European Concert Hall Organisation, are among the BBC's New Generation Artists, and have won five awards at the ARD International Music Competition in Munich.

The Aris Quartett is frequently a sought-after partner of soloists such as Christiane Karg, Tabea Zimmermann, Daniel Müller Schott, Eckart Runge, Kit Armstrong, and Nils Mönkemeyer. The ensemble also devotes itself to cross-genre projects, including collaborations with the jazz pianist Omer Klein.

From the very beginning, the musicians have also placed a special focus on contemporary music. Composers such as Lukas Ligeti, Gerald Resch, Misato Mochizuki, and Pierre Dominique Ponnelle have entrusted the Quartet with world premieres of their works.

In addition to regular appearances on radio and television, the Aris Quartett has released six CD productions that have received considerable acclaim from critics. Releases on Deutsche Grammophon/STAGE+ will follow this year and in 2024.

For information on this and all CMSU concerts phone 315-794-9741, or see the CMSU website: www.uticachambermusic.org/.

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Back pain is an unwelcome companion that often has multifaceted origins. From muscle strains and ligament sprains to disc issues, the causes are varied and thus demand a unique approach to management and therapy. Our seasoned team provides personalized assessment and tailors a therapeutic approach that is pertinent to the specific functional needs of each patient. This is particularly vital for winter sports enthusiasts, for whom back health is paramount to ensure optimal performance and enjoyment on the slopes and rinks.

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Notre Dame University Father Hesburgh Lecture Series - An Irish Christmas at Kylemore

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday November 29 at 7:00 PM for our first Notre Dame University Father Hesburgh Lecture Series speaker.

Our speaker is Dr. Mark Doerries. Doerries will virtually transport us to Kylemore Abbey in Ireland for some Christmas cheer with readings, performances, and recipes. This lecture celebrates the Yuletide by showcasing choral choirs, art textile and painting, fiction, and a Victorian Christmas at Kylemore.

Doerries is the Head of the Graduate Conducting Studio and an Associate Professor in the Practice of Conducting for Sacred Music at Notre Dame. Doerries serves as the Artistic Director of the Notre Dame Children's Choir, Children's Organ Training Program, and the Sacred Music Academy, the community engagement arm of Sacred Music at Notre Dame.

With the Notre Dame Children's Choir, Doerries recorded five albums: O Emmanuel, released in the fall of 2016, debuted at #1 on Billboard's Chart of

Traditional Classical Music; O Day of Peace, released in the spring of 2017; Arturo Sandoval's Christmas at Notre Dame a collaboration with 10-time GRAMMY winner and jazz trumpeter Arturo Sandoval; Magnificat: Evening Prayer with the Notre Dame Children's Choir, a collection of commissioned Vespers and Evensong liturgies, and A Ceremony of Carols for Christmas 2021.


Doerries is the co-recipient of a \$1.6 million Lilly Endowment Grant for sacred music and a \$500,000 Presidential Circle Award that supports the Sacred Music Academy, Notre Dame Children's Choir, children's Organ Training Program, and graduate studies in Sacred Music at Notre Dame. He was recognized by the Chamber of Commerce of the City of South Bend for his work at the University and in the community with the Notre Dame Children's Choir and inducted into the 2019 class of 40 Under 40 leaders in the region.

A signature academic program, the Father Hesburgh Lecture Series was inspired by Father Hesburgh's example of lifelong learning and is being sponsored by the Notre Dame Club of Mohawk Valley and the Notre Dame Alumni Association.

The event is free and open to the public. It 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 visit our events calendar at <https://www.iccmv.org/my-calendar/> for the link <https://bit.ly/3rO9ANp> to register for this event or leave a message at the ICC 315-733-4228 Extension 6.



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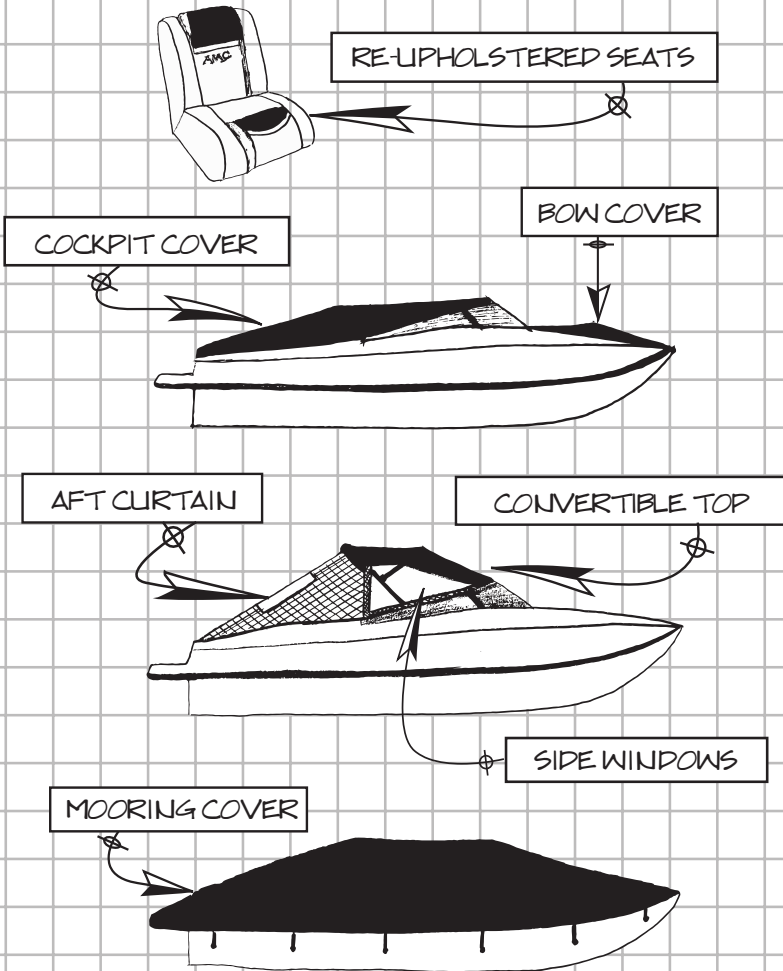
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Christopher J. Carbone

Active Funds vs. Passive Funds. Which is Better?

Are active funds better than passive funds or vice versa? The debate rages on. To help determine which may be better for your portfolio, it helps to understand how they differ.

Active investing involves the skills of an investment manager who seeks to generate greater returns than a market benchmark or index and may pursue other goals, such as reducing risk and enhancing income. Active investing includes substantial research and, possibly, a fair amount of trading, and the manager generally passes these expenses on to the investor.

A passive manager’s investment strategy, on the other hand, is designed to track the performance of an index, an asset class, or market segment (benchmark) and achieve returns that closely correspond to the returns of that benchmark. The goal of this type of investing might be, for example, to track the performance of the S&P 500 Index, which means owning a basket of stocks that mirrors the index’s composition. Once the basket’s contents are determined, the manager generally steps back and lets market forces do what they will.

With this type of investing, the manager will not sell securities to take advantage of changing market conditions and may have less flexibility to react to price declines in the securities but will continue to hold the same securities as the benchmark it is designed to track.

The expenses for a passively managed fund, such as an exchange-traded fund (ETF), are usually low, making it comparatively inexpensive for investors to own. It is important to note that although these funds trade relatively infrequently, keeping administrative expenses relatively low, this means the fund’s performance probably will not match the benchmark’s performance exactly.

Investors may find these low expenses attractive, but actively managed funds could have an advantage during periods of market volatility. While a passive manager’s hands are essentially tied during these times, an active manager is able to make adjustments to the portfolio in an attempt to improve its performance. Although there’s no guarantee these efforts will prove successful, the active manager — unlike the passive manager — at least has room to maneuver.

Active vs. passive snapshot

Active	Passive
<ul style="list-style-type: none">• Ongoing research and frequent trading• Relatively high expenses• May focus on, for example:<ul style="list-style-type: none">◦ Large-, mid-, or small-capitalization companies◦ Value vs. growth◦ Dividend-paying (income) companies	<ul style="list-style-type: none">• No ongoing research and little, if any, trading• Relatively low expenses• Generally more tax efficient• May seek to track the performance of an index, such as the S&P 500

Wide range of alternatives

Because there are literally thousands of funds on the market, deciding on active investing opens the door to a broad range of additional choices.

There are funds concentrated on a specific level of capitalization, or cap — a term used to describe a company’s size. It’s determined simply by multiplying a company’s stock price by the number of shares in the market. In addition to large-cap, such as those in the S&P 500, there are also mid-cap and small-cap companies.

In addition, there are funds focused on different investing styles. Growth funds invest in companies that appear poised to grow faster than their market sector or the market in general, although growth may not be realized. Value funds, on the other hand, look for companies that investors appear to be overlooking for one reason or another and show promise for a comeback, but there is no guarantee the overall market will recognize such value.

Some funds look to generate income by investing in companies that pay dividends. Investors can receive that income as cash or reinvest it in additional fund shares. However, keep in mind that reinvested income generally is taxable in the year it’s paid unless it’s held in a tax-advantaged account, such as an IRA.

Remember to diversify

The debate over active vs. passive is somewhat pointless because you don’t have to choose between the two. In addition to spreading your money across a variety of different asset classes (stocks, bonds, and cash), market capitalizations (large, medium, and small), and investing styles (growth and value), you can also diversify by including both passive and active investments in your portfolio. For help with building a portfolio designed to help you reach your goals, consider turning to a professional financial advisor.

Exchange-traded funds are subject to risks similar to those of stocks. Investment returns may fluctuate and are subject to market volatility, so that an investor’s shares, when redeemed, or sold, may be worth more or less than their original cost. Exchange- traded funds may yield investment results that, before expenses, generally correspond to the price and yield of a particular index. There is no assurance that the price and yield performance of the index can be fully matched.

Asset allocation and diversification cannot eliminate the risk of fluctuating prices and uncertain returns nor can they guarantee profit or protect against loss in declining markets.

All investing involves risk, including the possible

loss of principal.

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 inNew Hartford at (315) 723-7386

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and livestreamed on NHPC’s Facebook page.
Adult and Children’s Sunday School classes precede wor-
ship and start at 9:30 each Sunday morning. The choir re-
hearses each Sunday at 9:10.
A fellowship/coffee hour for everyone follows the Sunday
worship service.
The Connect Café, offering coffee and conversation to all
who would like to stop in, is open every Wednesday morn-
ing at 10.
The annual Christmas Star Bazaar will be held from 9am
until 3pm on Saturday, November 11, offering unique crafts,
attic treasures, used books, lunch, a bake sale and more.
Other November activities include:
11/1 — 12:30 p.m. Adult Study Group
11/1 — 6 p.m. 4-H
11/1 — 7 p.m. PEO
11/7 — 12:30 p.m. Adult Study Group
11/11 — 9 a.m.—3 p.m. Christmas Star Bazaar
11/12 — 6 p.m. Girl Scouts
11/14 — 12:30 p.m. Adult Study Group

11/15 — 6 p.m. 4-H
11/18 - 12-4 p.m. BELIEVE Christmas Festival on the Vil-
lage Green
11/21 — 12:30 p.m. Adult Study Group
11/25 — 3 p.m. Hope House Meal Preparation
11/26 — 6 p.m. Girl Scouts
11/28 — 12:30 p.m. Adult Study Group
11/29 — 6 p.m. 4-H

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
Office: 315-737-7505 email: sauquoitvallyumc@aol.com
Pastor: Robbin Harris
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.

ST. GEORGE ORTHODOX CHURCH

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

**WESTMINSTER-MORIAH-OLIVET PRESBY-
TERIAN 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

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. Abel Roy Office Phone: 853-3358
Sunday Worship Service 9:30 AM
Sunday school during worship following children’s time

**PLYMOUTH BETHESDA U.C.C/CORNER-
STONE COMMUNITY CHURCH**

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

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

REIMAGINED CHURCH

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

NEW LIFE APOSTOLIC CHURCH

3995 Oneida Street #4, New Hartford
315-736-1161 Facebook: NLAC4all
Paster Mark Waterman
Sunday School
Sunday Adult Services 10am
Wed Night Prayer 7-8pm
Thursday Evening Bible Study 7pm

**ST. MARGARET’S ECUMENICAL & RETREAT
CENTER**

47 Jordan Road, New Hartford – 315-724-2324
stmargaretshouseny.org info@stmargaretshouseny.org
Rev. Elizabeth Gillett, Chaplain
The retreat center is open to the public.
All are welcome! For more information or to register for any
event, please call or email St. Margaret’s: 315-724-2324 or
info@stmargaretshouseny.org
On-Going Weekly Activities
Worship Services Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Please contact us for the information to join by Zoom.
Wednesday Lunches at 12:30 PM - Includes main, sides,
salad, and dessert. Please make a reservation by the Friday
- Suggested donation \$13 per person
It Takes a Village | Tuesdays from 2-5 PM
Tuesdays from 2 PM - 5 PM at Grace Church Food Pantry
Call or email us to sign up for one or more Tuesdays
On-Going Monthly Activities
Friends of Emmaus House Meetings
2nd Wednesdays at 10 AM at St. Margaret’s
Grief Support Group - November 14th from 5:30 to 6:15 PM
followed by the Tools for Working through Holiday Grief
Workshop at 6:30 PM (see under Special Events)
December 12th from 6:30 to 8:00 PM
Scrabble Day -Nov. 22nd at 9:15 AM at St. Margaret’s
Monthly Dinners

3rd Wednesdays - Suggested Donation \$17 - Please make
your reservation by the preceding Friday. Take Out at 5:30
PM and Dine In at 6 PM.
November 15th: Meatloaf w/ Mashed Potatoes & Gravy,
sides, salad, and dessert
Dec. 20th: Beef Stew w/Hearty Bread&dessert (ToGo only)
Special Events

It Takes A Village | Tuesdays from 2:00 to 5:00 PM
Our social action-oriented initiative volunteers at the Grace
Church Food Pantry on Tuesdays. If you would like to sign-
up to help one or more Tuesdays a month, please reach out
to St. Margaret’s. If you would like to assist, but are unable
to help on Tuesdays perhaps you would consider donating
toiletries, reusable bags, or shelf stable foods (canned veg-
etables, coffee, coffee filters, peanut butter, jam and jelly,
canned fruits, canned meats, mayonnaise, pasta, and the
like). Gift cards to Aldi’s or BJ’s are also appreciated. Thank
you for your generosity and Thank you to the Episcopal Dio-
cese of Central NY for supporting this program!
Monthly Meetings at St. Margaret’s: It Takes a Village will
also hold monthly meetings for those wishing to learn more
about the project and for current members to connect. Meet-
ings will be held November 1st and December 6th at 10:30
AM at St. Margaret’s. All are welcome! Future meetings
will be held based on availability of group members.



Life with Humor by Rev. Deacon Barbara Groves | November 13th & 20th at 1:30 PM. We live in a beautiful world filled with pleasure and humor. Come and join in conversation about taking time to appreciate some of what God has provided for our pleasure and enjoyment. We will be using a book called Tickle Your Soul by Anne Bryan Smollin. Please register by November 6th.

Tools For Working Through Holiday Grief | November 14th at 6:30 PM

The holidays are challenging times for individuals grieving the loss of loved ones. This workshop is designed to provide hope, support, comfort, and tools to help those working through holiday grief. Dave Roberts, MSW, LMSW, will be facilitating the workshop with guest panelists. Please register by November 7th. Donations graciously accepted.



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UNITARIAN UNIVERSALIST CHURCH of UTICA
10 Higby Road, Utica 315-724-3179 uuutica.org
Minister: The Rev. Karen Brammer
November Services, 10:30 AM
Find up-to-date info and learn more about us at our website, www.uuutica.com.

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

BEIT SHALOM
48 Franklin Square, Utica, NY 733-2867
Rabbi: Stephen Galiley
Friday Evening Shabbat Services: 7:00 pm
Oneg Shabbat
Beit Shalom is a Messianic Jewish Congregation.
All are welcome!



TEMPLE EMANU-EL
2710 Genesee Street, Utica, 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.tbetutica.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.

Gospel Corner Café

Coffee House

Fourth Friday of every Month at 6pm
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

Turkey time

Nearly 88% of Americans eat turkey as part of their Thanksgiving dinner

16.0

The average US citizen ate 16 pounds of turkey in 2012

46 million turkeys are eaten in the United States on Thanksgiving

Fun fact The weight of the largest turkey ever raised is 86 pounds

5 most popular ways to serve leftover turkey:

sandwich

stew

chili

casseroles

burger

79% of Americans value their Thanksgiving leftovers more than their Thanksgiving meal

Believe

A MAGICAL CHRISTMAS FESTIVAL

PRESENTS

Breakfast with Santa

THE NEW HARTFORD VOLUNTEER FIRE DEPARTMENT AND BENEVOLENT ASSOCIATION
INVITE YOU TO HAVE BREAKFAST WITH SANTA AND FRIENDS!

Saturday November 18th 2023
8am until 10am

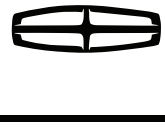
\$5 ADULTS
\$2 KIDS
5 AND UNDER ARE FREE

PANCAKES, SAUSAGE, HOMEFRIES

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