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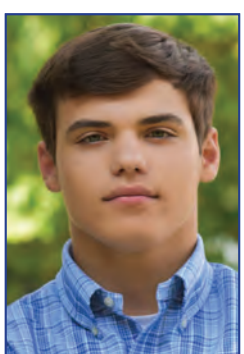
Vol. 38 No. 8
August 2024

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2024 New Hartford Highest Honor Graduates - 96.0 and Higher * Indicates a weighted cumulative grade point average over 100



Nathan Amankwah



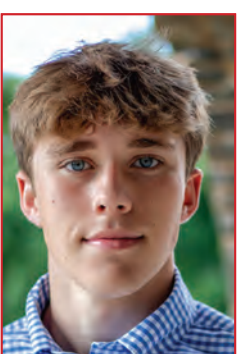
Logan Banek



*Ashley Barmore **



Nicholas Bennett



Cooper Borelli



*Elijah Campbell **



*Michael Caruso **



Seamus Clive



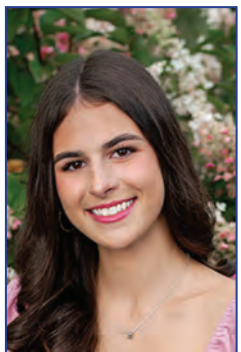
Elizabeth Cordeiro



*Kaleigh Durso **



*Anthony Falvo **



Giulia Fanelli



Kasia Gelfuso



Lillian Goodemote



Evan Gray



Scherezade Haider



Taylor Hilts



*Aishaanya Kaushik **



Abraham Khan



Kenneth Kowalczyk



*Brendan Krol **



Sachithri Kuruwita



*Samuel Kwon **



Beatrice Lafayette



*Kaitlyn Lester **



Nathaniel Matthews



Eve Miller



Anthony Mirabal



Kathryn Noonan



*Juhyun Park **



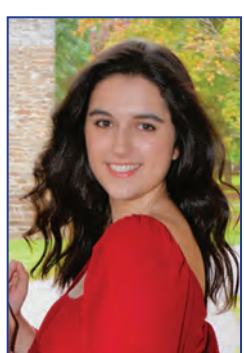
Elise Pauley



Cole Raux



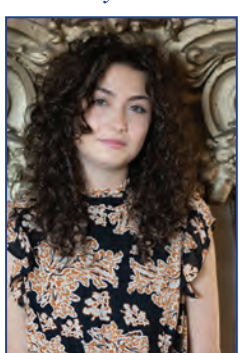
Jack Ruhmel



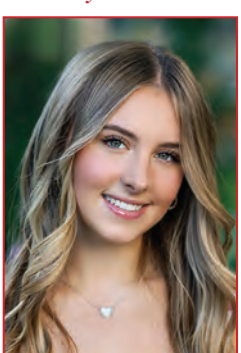
Kaitlyn Schiavi



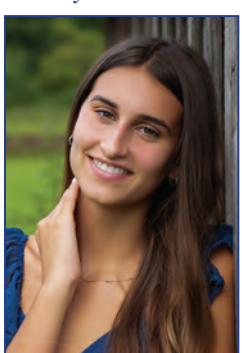
Christopher Sorensen



Sophia Talarico



Lauren Tesak



Emma Wameling



Maria Wassel



Walker Williams

New Hartford Class of 2024 High Honors and Honors Graduates are listed on page 2



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2024 New Hartford High School

Honors Graduates
94.0 - 95.9
 Sofia Beltran Granados
 Salaheddine Bourhim
 Edis Bubalo
 Emmanuel Derima
 Joshua Ellis
 Rowan Gall
 Grace Gehringer
 Justin Goss
 Morgan James
 Jake Knapp
 Ethan Kosowski
 Claire Mitchell
 Dhruv Nayyar
 Giulianna Nole
 Alayna Painter
 Kristina Pejic
 Meredith Porter
 Aly Radwan
 Sarah Saville
 Caleb Scerbo
 Grace Serafin
 Ana Sifre
 Diana Sorensen

Honors Graduates
90.0 - 93.9
 Rachael Aceti
 Emila Alagic
 Kaitlyn Appler
 Thomas J. Arcuri
 Vijay Bapana
 Darian Bateson
 Preston Bernhardt
 Julian Brazier
 Tyler Brennan
 Collin Calhoun
 Harper Callard
 Katharine Carbone
 Angela Chen
 Jordyn Cole
 Elise Courto
 Alana Demkowitch
 Sean Elbrecht
 Trinity Fendsack
 Raquel Fisher
 Rosalia Fornino
 Madilynne Grady
 Dana Hans
 Isabella Hayes
 Elizabeth Hollenbeck
 Sheldon Holmes
 Dylan Joy
 Zaneb Khan
 Adrian Renz Lizardo
 Madison Madore
 Caleb Massoud
 Trinity Mathias
 Jacob McAvaney
 Justin Murphy
 Abigail Northrup
 Gabriel O'Bryant
 Jael O'Donnell
 Leo Padula
 Mark Radel
 Kacey Richards
 Parker Stewart
 Lilianna Stone
 Alyssa Tomassi
 Arman Tresnjo
 Gianni Trevisani
 Jack Tucker
 Nehmeh Wassel

You can have the best of both worlds. Beautiful and stain resistant furniture

Written by: Cassie Grace Miles, 4th generation steward of Grace Furniture, a family-owned business since 1940, on River Road, in Marcy, NY. Cassie received her BFA in Design from The Fashion Institute of Technology in Manhattan and continued her career in design, managing luxury furniture showrooms in the world renowned Miami Design District, along with additional world class hospitality training at 5-star hotels.

Are you dreaming of decorating your home with light colored upholstery but not so sure how it will hold up over time? Well thankfully after performance fabrics were introduced, life just got a whole lot easier. From standing up to daily use to kids, pets and wine nights, our sofas need to work hard while looking incredible.

Performance fabric is a term used in the furniture industry to describe fabrics that are easily cleanable that are durable to withstand the wear and tear of everyday life. The "performance" in performance fabric is defined by specific qualities of the material like water resistance, mold and mildew resistance, and fade resistance. Common threads used for performance upholstery fabrics include acrylic, nylon, olefin, and polyester. There are many different variations of performance fabrics, so be sure to ask your Grace salesperson what you or your family's needs are.

These durable fabrics will make your furniture ideal for everyday use, since it's well-equipped to handle life's many messes, from muddy paw prints to spilled red wine. These fabrics are highly durable and can stand up to heavy daily use without showing signs of wear over time. We know all too well that focusing solely on looks is tempting, but practicality is equally important. Performance fabrics make upholstered furniture check both the "form" and "function" boxes.



Performance fabrics come in a wide range of colors, patterns, and textures so you can find something that fits your style perfectly. Plus, performance fabrics are often easy to clean – simply wipe down or dab with a damp cloth for spot cleaning when needed.

Another major benefit of performance fabrics is their versatility; there are many different types available that can be used for upholstery on furniture such as sofas, chairs, ottomans, and benches, as well as other decorative items like pillows that may even get more use than sofas or chairs given how frequently they are tossed and moved.

Upgrade your furniture today with our high-performance upholstery fabric. Designed for durability and comfort, this type of fabric is perfect for heavy-use furniture and just peace of mind.

We are here for you. Contact us at (315) 735-0732, Write us at cassie@gracefurniture.com, Browse us at www.gracefurniture.com or Visit us in person at 9785 River Road Marcy, NY. We're open seven days a week.

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RED CROSS BLOOD DRIVE


NHFD HOLDS AMERICAN RED CROSS BLOOD DRIVE

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, September 5, 2024, from 1pm to 5pm at the Fire Station. Reservations may be made by calling 1-800-RED CROS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.




New Hartford Class of 1964 60th Class Reunion
September 14, 2024

If you are interested in attending, please email Scott Healy at scott@scotthealy.com



June 2024 - New Hartford Police Department Activity

- 1073- Calls for service/Incident responses
- 52- Arrests
- 304- Vehicle Stops
- 66- Motor Vehicle Collisions Investigated
- 327- Vehicle and Traffic Law Tickets Issued
- 186- Supplemental - Specified Neighborhood Patrols
- 5- Community Policing Details



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You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. This program is free, please register at this link, <https://bit.ly/4eVIpDX> or visit our events calendar at <https://www.iccmv.org/my-calendar/> or leave a message at 315-733-4228 ext.6.



NYS Approved Defensive Driving Course Offered

New York State approved defensive drivers course for insurance and point reduction programs to be given by AARP on Tues. Sept. 24th and Tues. October 29th at the New Hartford Public library from 9am to 3:30pm. For registration and other information please contact Mary Merritt at (315)724-0096. Call early classes fill up fast. Open to all ages.

Celtic Quilting Workshop
Wednesday Aug 7th 5-6:30 PM

Please join us at the H.A.R.P. Museum in the Irish Cultural Center of the Mohawk Valley on Wednesday, Aug 7th at 5pm for our second session of Celtic knotwork stitchery and quilting.

Celtic quilting is a form of applique, in which a Celtic knotwork design is transferred to pre-quilted fabric, then thin bias strips are invisibly sewn (applied) onto the design, keeping to the traditional over-and-under color pattern.

This workshop will outline the basics and provide instructions to make a quilt square, tote bag or throw pillow. You will come away with the information needed to purchase materials for your own custom project. The possibilities are limited only by your imagination!

The workshop will be held from 5:00 to 6:30pm on the first Wednesday of the month, August 7th, and future dates as needed. Feel free to come back with your project to show off or to ask a question – and bring a friend!

The day and time were chosen to allow participants to have dinner, if they wish, and/or enjoy the Craobh Dugan-O'Looney session at 7:00 – and maybe work on your project while enjoying the music!

The workshop fee is “donation only”, however, pre-registering will help us to have sufficient hand-outs prepared.

Famous & Infamous Irish of Troy NY

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, August 21, 2024 at 7:00 pm to learn a bit about three colorful Irish folks who spent some time in Troy NY.

James Connolly is known far and wide for his part in the Easter Uprising, and his cruel death whose backlash ended the executions. But what about the years he spent in Troy, New York?

And who was John Morrissey – besides the man who founded Saratoga Race Course? He has several additional “claims to fame”.

And Margaret Fahey, a/k/a Mame Fay, Troy's famous madam. It's said that everyone in Troy has a Mame Fay story.

ICC Program Team member Patty Foley will share some of her research into the lives of all three of these people in what promises to be both entertaining and educational.

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible. There is no charge for this event, however donations are most appreciated. Please register at this link <https://bit.ly/3LkIt2y> or leave a message at 315-733-4338 ext. 6.



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5th Annual

Summer Band Festival

Saturday, August 3rd, 2024

Hosted by the New Hartford Citizens Band



Come and enjoy a FREE concert at the Village Green in New Hartford, NY
make sure to bring a chair

Performances and Times:

- 10:45 am: Welcome from the Mayor
- 11:00 am: Dolgeville Community Band
- 12:00 pm: Lyncourt Community Band
- 1:00 pm: Phoenix Community Band
- 2:00 pm: La Banda Rossa
- 3:00 pm: New Hartford Citizens Band

Also: 50/50 Raffles, Basket Raffles, Food Trucks, and Special Intermission Ensembles



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NH Public Library 2 Library Lane 315-733-1535

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

Labor Day Weekend

We will be closed on Sunday, September 1st and Monday, September 2nd for the Labor Day holiday.

Summer Hours

Just a friendly reminder that we are closed on Sundays in August. You can still get materials from us by using our book locker! If you opt to place your holds for our book locker, you will have access them to 24/7. Not sure how to place a hold for the locker? Call 315-733-1535 and the Library staff can assist you.

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 2024 Meeting

The NHPL Board of Trustees will be meeting on Wednesday, August, 7th at 4:30 in the Sammon Room.

New Technology

We are happy to announce that we have updated the patron and staff computers at the Library. We have also purchased smart screen displays for community organizations to use for the meetings they host at the Library. These upgrades were made possible through a grant designated to benefit the New Hartford Public Library.

Mid York Library System App

Did you know there's a NEW app for all your library needs? Download the Mid York Library System App from your app store to search our catalog, place holds, view your account, and even see what's happening at any Mid York library!

The new app allows you to log in with one or more Mid York library cards, search for items, place holds, see library locations, check out OverDrive books, read OverDrive books, check out OverDrive magazines, read OverDrive magazines, search and filter library programming, bring up a digital library card, and much more.

The app is available in the Apple App Store as well as the Google Play Store.

Book Locker

Did you know you can now pick your reserved items up at a time that is convenient for you, regardless of our hours? When placing a hold online, please choose NHLOCKER as your pick up location. Picking up your items is easy! All you will need to do is scan your library card or manually enter your library card number.

Our outdoor book locker is made possible through the Mid York Library System and a grant through the Central New York Resources Library Council (CLRC).

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

Due to the success of our free tech help on Tuesdays from 11am-2pm, New Hartford Library and LiteracyCNY have decided to switch the drop-in structure to appointment-based. Community members will want to call the library (315)733-1535 to sign up for a 45-minute appointment with our Digital Literacy Volunteer.

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

Frankfort United N-Track Model Railroad Club

The Frankfort United N-Track Model Railroad Club will be the featured exhibit during the month of August at the New Hartford Public Library. Group members -- who also call their organization "Fun Track" for short -- will show their N-Gauge and HO-Gauge railroad cars and engines in the display case at the main entrance to the library.

In Person Story Time

Regular Monday, Tuesday, Thursday Story Time will be on pause during our Summer Reading Program. Check out our Children's Summer Programming for all the fun to be had this summer including a weekly Story Time and Craft. We hope to see you there! Regular Story Time will resume Tuesday, Sept. 3rd.

Lego Club : From Book to Block

Back by popular demand...Lego Club!

Each month a passage from a book is read aloud from a pre-selected book. Using their imagination, children are asked to build what they see when visualizing that scene. This club meets on the 1st Saturday of the month at 11:00am.

The next meeting is August 3rd in the Corasanti Room. (Geared for 7-12yrs)

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 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 will meet on August 24 at 11:00 via Zoom. This class, led by Janet Hoover, is for those who love mysteries or just want to know more about them and those who write them. This year we're looking at the history of mystery over the last 2 centuries--a good way to add to your "to be read" stacks. During this session we will focus on authors and mysteries written during the 1970's including Catherine Aird and Marion Babson. New members are always welcome...call the New Hartford Public Library (315-733-1535) to get the Zoom link.

TBR Book Group

Are you on Facebook? Are you always looking for your next book? We have the perfect group for you. We have created a group called the To Be Read (TBR) Book Group where readers can comment what they're reading and look for suggestions for their next book. With over 100 members, you will never wonder what you should read next!

Join here:

<https://www.facebook.com/groups/1532390520153487/>

Yoga for seniors

Join Bill Skinner every Monday at 3:00pm for a Yoga program geared towards seniors!

Chair Yoga Class

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

From the Friends of the New Hartford Public Library

Please check the library website under Friends for latest news and meeting dates. Hope to see you.

Hannaford Community Bag Program

We are so excited to share that, for the entire month of August, the Friends of the New Hartford Public Library has been selected by store leadership at Hannaford's 4593 Commercial Drive, New Hartford NY location to receive a \$1 donation from every purchase of the \$2.50 Community Bag. This is a great way to broaden awareness and help them support the New Hartford Public Library.

The Community Bag Program facilitates community support with the goal of making a difference where shoppers live and work.

To learn more about this program, please visit hannaford.2givelocal.com.

Annette Barber Used Book Room

ACCEPT: hardbound and paperback books, magazines as well as records, DVDs, children's books, puzzles

DO NOT ACCEPT: moldy/damaged books (WE have to throw them out!!!), textbooks, medical books, National Geographic Magazine, Reader's Digest, multi-volume book sets. No longer accepting audio cassettes, VHS tapes and computer games/books or CDs.

The library and community greatly appreciate your "gently" used books but please limit your donations to one box/bag at a time and drop them off at the circulation desk.

DO NOT drop them off in the hallway, at drop boxes, or outside the door when the library is closed. Thank you.



NHPL Children's Programming: August 2024

28 CLOSED	29 Music Movement Garden Club	30 PreK Playdate Storytime&Craft	31 CLOSED	1 STEM+A Dog Man Bookclub	2 FreeStyle Lego Book Buddies	3 Book 2 Brick Lego Club
4 CLOSED	5 Music Movement Garden Club	6 PreK Playdate Storytime&Craft	7 CLOSED	8 Magic Show Dog Man Bookclub	9 FreeStyle Lego Book Buddies	10
11 CLOSED	12 Music Movement Garden Club	13 PreK Playdate Storytime&Craft	14 CLOSED Find us at the Farmers Market	15 Zoomobile Dog Man Bookclub	16 FreeStyle Lego Book Buddies	17
18 CLOSED	19 Turn in Reading Log	20 Turn in Reading Log	21 CLOSED	22 Turn in Reading Log	23 Turn in Reading Log	24 Turn in Reading Log
25 CLOSED	26 Turn in Reading Log	27 Turn in Reading Log	28 CLOSED	29 Turn in Reading Log	30 Turn in Reading Log	31 Turn in Reading Log

Maker Cart : 10-11

Explore your creativity this summer with our makers cart. We have paper, glue, stencils, markers, crayons and so much more to use. Each Monday will have a special day media (not typically on the cart) to explore/use if you choose. Such as paint, ink stamps, beads, watercolor, etc.

Music & Movement : 10-11

If you like to move and grove join us outside (weather permitting) while we get Library Loud. We will start out each session with a few some simple nursery songs and shift into some light stretching/follow the beat. Rounding the hour off with a freestyle dance party! Don't forget to grab one of our Library Loud Shakers to really get into the groove of things.

PreK Playdate : 10-11

Designed for Preschool age children and under. Join us in the Children's Area for some little library users fun! There are plenty of toys, puzzles, educational tablets and of course friends to play with. While this is a freestyle program, there will be planned mini activities not typically offered in our play area.

Storytime & Craft : 11-12

Designed for Preschool age children and under (all are welcome). Join us in the Corasanti Room for an exciting/silly story followed by a related craft. Don't forget to mark this time on your reading log. Reading alone, together, quiet or out loud all count!

STEM+A Together : 2-3 (select Thursdays)

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

Summer Lego Club : 10-11

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

Book Buddies : 11-12

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



Support the New Hartford Public Library with a Membership in the Friends

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

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Important Information:

June 24, 25, and 27 are the last Regular Storytimes. They are on PAUSE and will resume Sept. 3. Adult and Child Grab & Go Crafts will also be on pause at this time.

NEW THIS SUMMER

Ready. Set. Grow!

Children's Garden Club : 11-12

Ready. Set. Grow! is a fun and educational gardening club for children ages 4-11. This program will run initially for 6 week starting July 8th and concluding August 12. Each Monday children will get their hands dirty planting, watering, weeding, and working together while learning about that weeks plant. We hope to see you there!

Dog Man Book Club : 3-4

Dog Man Lovers unite! In this club we will talk and do activites each Thursday relating to our favorite crime fighting hero. Activites each week will be different. We would love to have long time Dog Man lovers, as well as, never read the series before. For any questions feel free to contact Cheryl at the Library. Dog Man is geared for grades 2-5.

Book 2 Brick : 11-12

Each month a passage from a book is read aloud from a pre-selected book. Using their imagination, children are asked to build what they see when visualizing that scene. This club meets on the 1st Saturday of the month Book 2 Brick is offered all year- including summer!

Summer Special Guests

July 11 - Zoomobile

Join us at 2:30pm in the Sammon Room as the Utica Zoomobile visits our library. This event is always a crowd pleaser. Registration is required.

August 8 - Magic Show

Join us at 2:00pm in the Sammon Room as the amazing Jeff the Magic Man performs tricks to dazzle the young and old at heart. Registration is not required but preferred.

August 15 - Zoomobile

The Zoomobile returns at 2:30pm in the Sammon Room. The Utica Zoo will be bringing different animals this time around, so you will not want to miss it! Registration is required.

Find us in Town

July 10, 24

August 14 - New Hartford Farmers Market

While you're at the Farmers Market at the Village Green, be sure to stop by our table. Snap a Summer Selfie and do a specially planned activity with us. If you have any questions about our library or services feel free to ask. We can't wait to see you there!

July 25 - Connected Community Schools Family Fun Fair

If you're planning to be at this years Summer Fair we hope you swing by our Library table. Time to get Library Loud with a fun surprise!

Summer Reading Logs/Bingo Cards

Fill out your Summer Reading Logs and turn them in August 19 - August 31 to receive a FREE BOOK from our Summer Table or Used Book Store.



Summer Hours

Sunday	-Closed-
Monday	10:00-8:00
Tuesday	10:00-8:00
Wednesday	-Closed-
Thursday	10:00-6:00
Friday	10:00-6:00
Saturday	10:00-2:00

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Stanley Theatre Series



Malio Cardarelli

Over the next several months, we would like to share some of Malio Cardarelli's descriptions of artists who have appeared at the Stanley Theater.

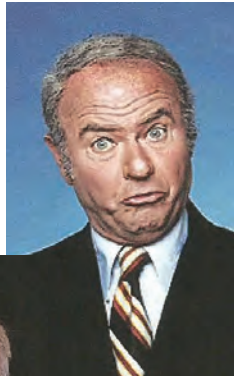
Best remembered and certainly most celebrated are their appearances on the Carol Burnett Television Show. Both Harvey Korman and Tim Conway were perfectly in tune with the Burnett comedic concept and both enjoyed much success from it and were widely known and appreciated.

Thus, on June 17, 1999 when they appeared at the Stanley Theater, it was a most celebrated event in Utica, and perhaps an even greater event for the Stanley Theater to have such renowned entertainers on its stage. Appearing on behalf of the Masonic Research Laboratory in Utica, the two comedians staged a memorable show for those in attendance. Harvey Herschel Korman as an actor appeared in many movies, perhaps the most notable being 'Blazing saddles' and 'High Anxiety'. He was booked on the Burnett show at its inception circa 1967.

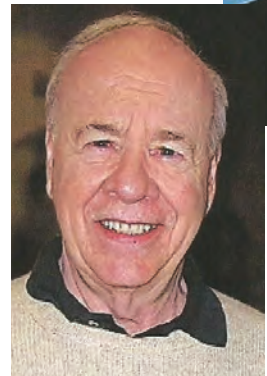
Thomas Daniel 'Tim' Conway with a long list of TV appearances, joined the Burnett cast in the mid 1970s, and he too fit in well with the format. Of his many other television appearances, Conway is likely best remembered for his role as Ensign Parker on the TV hit McHale's Navy. After the Burnett show, Korman and Conway teamed together, to stage comedic performances throughout the nation, providing the opportunity to engage them at the Stanley Theater.

Master of Ceremonies for the Korman-Conway Stanley appearance was Hank Brown, well-known longtime Utica-area Radio and TV personality. Brown died on 5-9-22

Harvey Korman
 1928-2008



Tim Conway
 1933-2019



Some Fascinating Irish & Irish-Americans of Central New York

The Irish Cultural Center, 623 Columbia Street, Utica will be hosting a presentation that will focus on three people – one who is very well known and two others that are less so.

Learn a little more about all three of them at the
Irish Cultural Center
 623 Columbia Street, Utica
 Wednesday, August 21st, at 7:00 pm



James Connolly is known far and wide for his part in the Easter Uprising, and his cruel death whose backlash ended the executions. But what about the years he spent in Troy, New York?



And who was John Morrissey – besides the man who founded Saratoga Race Course? He has several additional "claims to fame".



And Margaret Fahey, a/k/a Mame Fay, Troy's famous madam. It's said that everyone in Troy has a Mame Fay story.

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Exercise - Nutrition

submitted by Jim LaFountain, All American Fitness Center

John, Rick, Sue, Mary...and the list could go on forever, identifying people who struggle to “stick with” exercise. Recent data says Exercise Compliance hovers around 23-30%. That means a vast majority of Americans do NOT exercise or are consistently dropping out. Those are troubling numbers, considering heart disease is still the leading cause of death in this country. Experts tell us, by 2030, half of Americans will be obese and 1 in 4 Americans will be severely obese. I can't imagine the cost of health care in 2030. I did a graduate school project several years ago and I'd like to share some of my findings about those who exercise regularly and follow a prudent diet.

EXERCISE

- *They are committed to always “showing up” even when they don't feel like it.
- *On a similar note, they commit to “show up” and “warm up.” That usually leads to an unexpected quality workout.
- *They set realistic goals.
- *Never compare themselves with others, focus on their physical assets and seldom on their limitations.
- *Being a “life long” learner. They become a student of credible exercise information, not “quick fix gimmicks.”
- *They change their program on a regular basis, usually every 6-8 weeks.
- *Regular exercise must become a habit. Days turn into weeks, weeks months and months, eventually turn into

years.

*Every workout has a specific purpose. Students of exercise, tend to engage in purposeful workouts on a regular basis.

*They know that more is NOT better, when it comes exercise. Intensity beats volume every time.

*They know that one mode of exercise isn't magic. They learn to enjoy a couple modes that fits their body type.

*Sharing regular exercise with a friend leads to compliance. Not showing up would let their partner down. I had a training partner in college who would show up even when he was sick, not to workout, but to provide moral support.

Some events that tend to be a motivator are:

- *A spouse or friend is committed to regular exercise.
- *Recovering from a serious medical incident. I have a friend who made fun of anyone committed to regular exercise, until he had a heart attack. Now he's probably the most committed exerciser I know.

*As a 6th grader, I asked for a barbell weight set for Christmas. I seldom used them until I was mugged by some high school seniors, prior to a 7th grade dance. I suffered a broken nose and two cracked ribs. As a mouthy, 78 pound middle schooler, I needed some muscle and have been working out regularly for 57 years.

*A less than favorable medical checkup may get a “non complier's” attention and at times get them on track.

NUTRITION

Another graduate school project required that I visit several restaurants to observe eating behavior. Some of my findings include:

- *Lean people put their utensil down frequently, those who were overweight did not.
- *Lean people engaged in dinner conversation, those who were overweight spoke with their partner infrequently or not at all.
- *Almost all overweight people ordered an appetizer, lean people seldom did.
- *For the most part, overweight people completely finished their meal, while those who were lean, packaged about half their meal to finish later.
- *Dessert was not included in most lean people's meal,

while it was thoroughly enjoyed by most overweight diners.

*Water was the beverage of choice for most lean diners, while soda or alcohol was most popular among overweight folks.

It is my sincere hope these graduate projects help you “stick with” regular exercise and follow a prudent diet.

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B Sharp Musical Club Mary and Sheila McGinty Piano Scholarship

B Sharp Musical Club is pleased to announce the 2024 recipient of the Mary and Sheila McGinty Piano Scholarship. Michael Guarneiri, of Verona, NY, will receive \$750 from the McGinty Scholarship fund to further his education in piano. Michael was recommended by his piano instructor, Sar-Shalom Strong, of Hamilton College. In the fall Michael will attend Syracuse University to major in Pipe Organ Performance, but will continue to study the piano "...to keep improving my technique and deepen my appreciation for the instrument." He continues, "...The piano has been crucial in building my musical foundation, and it continues to play a significant role in my growth as a musician...piano brings me great joy."

The Mary and Sheila McGinty Scholarship was established by the McGinty family in honor of Mary and Sheila McGinty, of New Hartford, NY. B Sharp is honored to facilitate this award, which is given each year to a graduating high school senior from Oneida, Herkimer, or Madison County who plans to study piano in college as either a performance, music education, or music therapy major, or another pianistic musical endeavor. Students must be recommended by a music teacher, write a brief essay of their future plans, and submit a video. Applications are due June 15th and the application can be found on the B Sharp website.

Founded in 1903, the B Sharp Musical Club has supported music and the arts in the Greater Utica area for over 120 years. The organization performs free public concerts in the Mohawk Valley and provides more than \$6,000 in scholarships every year to students grades 9-12.



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10 Mile Family Ride! Minimum age to ride: 13 yrs old

Fundraising is voluntary but highly encouraged! All proceeds go to the **American Cancer Society** for breast cancer initiatives.

Participants raising over \$750 will be invited to a post-event VIP Reception

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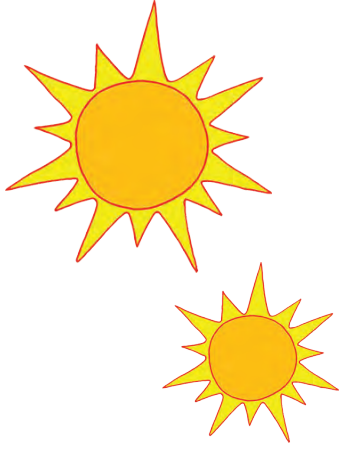
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Hospice & Palliative Care, Inc. to Host 'Art of Condolence' Workshop

Hospice & Palliative Care, Inc. is delighted to announce an enlightening workshop titled "Art of Condolence," designed to provide guidance and education on how to better support and comfort those who are grieving. The workshop will be led by Melissa Gulick, MSW, a seasoned bereavement counselor, and will take place on Tuesday, August 6th, from 10:30 a.m. to noon at the Root Farm, located at 2860 King Rd, Sauquoit, NY 13456.

Expressing condolences and offering support to someone who is grieving can be challenging and often uncomfortable. This workshop aims to equip participants with the skills and understanding needed to approach such delicate situations with empathy, sensitivity, and confidence.

Key topics to be covered include:

- Understanding Grief: Insights into the grieving process and the various ways individuals may experience and express their grief.
- Effective Communication: Learning the do's and don'ts of communicating with someone who is grieving.
- Practical Support: Offering tangible ways to provide comfort and assistance during times of loss.
- Creating a Supportive Environment: Understanding the importance of presence and active listening.
- Interactive Exercises: Engaging in role-playing scenarios to practice and refine condolence skills.

Melissa Gulick, MSW, brings a wealth of experience and compassion to her role as a bereavement counselor. Her expertise in supporting those who are grieving will provide participants with invaluable tools and perspectives.

"Condolence is an art that requires sensitivity, empathy, and a genuine desire to support those who are grieving," said Melissa Gulick. "Our goal with this workshop is to empower individuals with the knowledge and skills to make a positive impact in the lives of those who are navigating loss."

This workshop is open to anyone interested in learning how to offer meaningful support to grieving individuals, including friends, family members, caregivers, and community members. There is no cost to attend, but space is limited, so early RSVP is encouraged. Please RSVP by calling the Hospice Bereavement line at 315-735-6484 x 1214.

Event Details:

- **Date:** Tuesday, August 6th
- **Time:** 10:30 a.m. - 12:00 p.m.
- **Location:** The Root Farm, 2860 King Rd, Sauquoit, NY 13456
- **RSVP:** 315-735-6484 x 1214

Hospice & Palliative Care, Inc. remains committed to providing compassionate support and education to the community. Join us for the "Art of Condolence" workshop to enhance your ability to offer comfort and support during times of grief.

For more information, please contact Hospice & Palliative Care, Inc. Bereavement Department at 315-735-6484 ext 1214.



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Lunch & Learn - Stories of Amazing Irish Women

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, August 14, 2024 at 11:00 am for Stories of Amazing Irish Women. After the program you can enjoy a delicious lunch in the beautiful Five Points Pub designed and built by Dublin craftsmen.

They stood up to monarchs, built a flying machine, wrote science books, and saved thousands of children's lives. They were all Irish women and

their stories will delight and inspire you.

If you like exciting stories of heroism, daring, and innovation, you'll enjoy "Stories of Amazing Irish Women." It's a program presented by Sue Romero at the Irish Cultural Center of the Mohawk Valley on August 14 at 11:00 am.


Sue is a freelance writer, substitute teacher, and musician with Craobh Dugan-O'Looney.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included. A menu will be sent along with your registration. Please register at this link, <https://bit.ly/4cRe1ZQ> or leave a message at 315-733-4228 Ext 6.

You can attend this presentation at the H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica. All are welcome to attend this program and the museum is wheelchair accessible.


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Victor Fariello Jr.

ANTIQUE TALK

“From The Mailbag”

Q. I inherited this rocking chair from my grandmother. She called it a “Lincoln rocker” and prized it highly, as do I. Can you tell me anything about it and its value? Although I would never sell it, it would be nice to know.

A. Your lovely cane rocker is considered to be in the Lincoln style, although the rockers that first bore that name were mostly upholstered or had a solid seat and back. The name comes from the rocking chair Lincoln was sitting in at Ford’s Theater when he was assassinated. Your rocker dates from around 1890. I would value it at \$150.

Q. I came across this cowboy cookie jar while clearing out my mother’s things as she passed away a few months ago. She had a paper inside it that indicated it was purchased in the 1990’s. Can you tell me if it has any collectible value?

A. That’s not just any cowboy, that’s the legendary Roy Rogers, one of the most famous cowboys of all time. Your mother’s cookie jar was produced by McMe Productions of Simi Valley, CA, which is well known for producing these limited edition items. The Roy Rogers cookie jar was released in 1994 and chances are your mother paid a hefty price for it as they went for \$400-450 back then. This item has multiple appeal to both Roy Rogers collectors as well as cookie jar collectors. I think that \$250 would be a more realistic price for it today.

Q. First I want to say thank you for writing this column every month. It’s the first thing I look for when the Town Crier comes. I recently was given over 50 pieces of Depression glass from a dear friend. I am anxious to do research on the pieces and was wondering if you could recommend a book that would help me with this task?

A. Thank you for your kind comments. Two very good books that should be helpful are Warman’s Depression Glass Handbook by Ellen Schrog and Pam Meyer and Mauzy’s Depression Glass by Barbara and Jim Mauzy. Both are available on Amazon. Good luck with your research.

Happy collecting!

Bouckville Antique Week is Here!

August 12-18, 2024 are the dates for the iconic Madison-Bouckville Antique Week. Here more than 2,000 dealers display antiques and collectibles of every size and description. The hours are 8 a.m. to 5 p.m. You will definitely want to plan more than one day for this outstanding event. For more information visit Madison-bouckville.com.

Support Your NH Historical Society

The New Hartford Historical Society needs your support. The cost of membership is \$15 for an individual, \$20 for a family and \$5 for students. Make your check payable to ‘NH Historical Society’ and mail to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. Your support is appreciated.

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 vjafariello@gmail.com. Any photos submitted will be returned upon request.



This collectible cookie jar is in the image of iconic American cowboy Roy Rogers



This lovely rocking chair is in the Lincoln style















SUMMER BUCKET LIST

B I N G O

Color in each square after you complete the activity throughout the summer! What was your favorite one to do?

 SLEEP IN A TENT	 MAKE A NEW FRIEND	 EAT SMORES	 WATCH FIREWORKS	 SEE A MOVIE
 SWIM IN A LAKE	 LEARN A NEW SKILL	 WISH ON A STAR	 DANCE IN THE RAIN	 GO ON A PICNIC
 ATTEND A CONCERT	 PLAY BEACH VOLLEYBALL	 FIND A GEOCACHE	 HOST A GAME NIGHT	 PAINT WITH SQUIRT GUNS
 WRITE A STORY	 MAKE POPSICLES	 BUILD A BIRD HOUSE	 TAKE A SILLY PHOTO	 BLOW GIANT BUBBLES

Share your adventures! Remember to share your photos on social media using the hashtag **#gvrackthesummer!**

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NHFD News

Your New Hartford Volunteer Fire Department responded to 94 alarms during the month of June 2024 as indicated by the monthly call report listed below by category:

- Fires = 1
- EMS = 51
- Hazardous = 6
- Service Type = 12
- Good Intent = 7
- False Alarms = 17
- Overpressure = 0
- Weather Related = 0
- Other = 0



Total Calls for the Month of June 2024 = 94.

Of the 94 alarms, 78 were in the town and 14 were in the village. The above alarms include 2 mutual aid alarms for the month of June.

Total alarms year-to-date through June 30, 2024= 620.

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.

New Hartford Volunteer Fire Department Schedules Memorial 9/11 Village Walk

On Sunday, September 8, 2024, the members of the New Hartford Fire Department will again be participating in the department's annual 9/11 memorial walk through the village of New Hartford. This event will commemorate the 23rd anniversary of the September 11th 2001 terrorist attacks. Members of the department will be walking in memory of all of those that lost their lives on that day and for the people still suffering from the effects of that day.

Please take a moment to remember those that were lost and their families who miss them still today. This year we will invite the following departments to join us, The Willowvale Fire Company, Clayville Fire Department, Sauquoit Fire Department, New York Mills fire Department, Westmoreland Fire Department, Yorkville Fire Department, Whitesboro Fire Department and Clinton Fire Department, along with the Hew Hartford Police Department and Edwards Ambulance in honor of the nearly 3,000 people lost on September 11, 2001.

The route for the 9/11 memorial walk is as follows:

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

This will total 3.43 miles, which will honor the 343 FDNY members whose lives were lost on 9-11-2001.

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

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

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

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

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

All the Volunteers walking in remembrance of 9/11 appreciate the support of our community

"No Day Shall Erase You from The Memory of Time"

Assistant Chief Richard Alexander Jr., 9/11 Committee Chairperson

NHFD HOLDS AMERICAN RED CROSS BLOOD DRIVE

The New Hartford Volunteer Fire Department will host an American Red Cross Blood Drive on Thursday, September 5, 2024, from 1pm to 5pm at the Fire Station. Reservations may be made by calling 1-800-RED CROSS (1-800-733-2767). Reservations are appreciated and walk-ins are always welcome.



Sue DeLaire, president of the Lioness, presents the scholarship to Ivy Thomas. Ivy was accompanied to the dinner by her mother Kristen Thomas

Lioness Club of Greater New Hartford Presents Scholarship

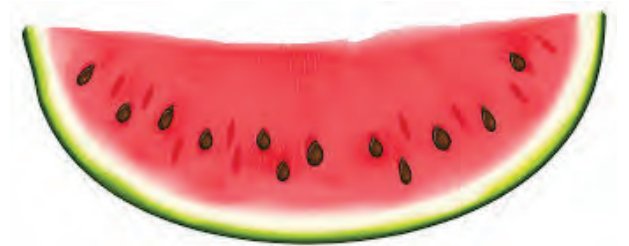
The Lioness Club of Greater New Hartford presented their annual \$1,000 scholarship at their July dinner meeting. The scholarship is given to a visually impaired high school graduate who will be continuing their education. This year's recipient is Ivy Thomas, the daughter of Kristen Thomas of Morrisville, NY and is a graduate of Morrisville Eaton Central School. She will be attending a transition program at the Carroll Center School for the Blind before transitioning to college to pursue her interest in linguistics and languages.



Left to right MaryJane Mahon, Sheila Ryan, Cheryl Bowen, Joseph Ancona (pantry Director), Joanne and Richard Fountain

Feed Our Vets Donation

On July 10th, a donation was made to Feed Our Vets \$1500.00 by the New Hartford American Legion Auxilliary Post 1376. The money was raised with bottle and can donations over the past 10 months. We are continuing collecting bottles/cans for our future donations to support our veterans in need.



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NEW HARTFORD PAST TIMES

August 2024

NEW HARTFORD HISTORICAL SOCIETY



Cook's Dry Cleaning, in the New Hartford Shopping Center, is the only original store still in operation!

This month marks the 67th anniversary of the opening of the New Hartford Shopping Center. On August 21st, 1957, Sears, Roebuck & Co. opened their new store in the center of the new retail shopping mecca. A few short months later, 33 more businesses those original stores is still in operation today. Daniel R. Cook's Cleaners.

Cook's had their beginnings in Syracuse in 1914 when Henry L.A. Cook (1887-1979) opened his Tailor Shop. He would quickly expand to Dry Cleaning & Pressing, and soon his business grew rapidly. By 1928 he would expand to 4 locations. Things were looking good for Cook's. However, good things don't last forever. By 1938, Henry was dealing with foreclosure. Whether Depression related or expanding too soon? But he bounced back and soon his son Henry L. "Harry" Cook would be in the family business.

Once again, the Syracuse business would be thriving, even surviving a second foreclosure proceeding in 1950. Then, in 1957, Harry would strike out into a new market in a brand new and modern Shopping Center in New Hartford. Harry would open a store and dry-cleaning plant. The store would be between Daw's Drugs and Fanny Farmers Candies.

Harry would have two sons, Henry and Daniel. They too would eventually come into the family business. The dry cleaners would later move down the "arcade" (the passageway/roadway beside the Sears & Roebuck Store). Around 1973 they consolidated the dry-cleaning plants into one Syracuse location. Daniel would take over the New Hartford location and his brother Henry would concentrate on the Syracuse side. The New Hartford location would be called Daniel R. Cook's Dry Cleaning. In 1980 the storefront behind Pumpernickel's Deli.

Daniel is still working today as is his brother Henry in Syracuse. And Henry's son Jeffrey is also in the business. Perhaps, when Dan is ready to retire, Jeffrey will run the longest running store in the New Hartford Shopping Center.



BECOME A MEMBER!

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

Planning a Class Reunion?

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

Museum is Open To the Public

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1958 Utica Daily Press Ad



1957 Utica Daily Press Ad

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- \$20⁰⁰ Family Address: _____
- \$25⁰⁰ Contributing _____
- \$50⁰⁰ Corporate Phone: _____
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Richard Sherman

New Hartford Highway News

submitted by Superintendent, Richard Sherman

As summer is in full swing, there are a lot of projects going on in the Town of New Hartford. The brush crews and green waste crews are out every day picking up. Remember, please keep the piles separate, because the green waste and brush go to different places. Please don't put out dirt or stones, as the town doesn't have a dump site to get rid of them.

Our crews are finishing up the new fountain at the Veteran's Memorial Park with 98% finished. When you are out for a ride in the town, please stop by and take a look at the new fountain and newly installed stamped concrete that was poured and finished by our town employees, along with the Village of New

Hartford concrete team as we work together on large projects like this one. The dog park at the Sherrill Brook Park is under construction with new drainage and pipe installed. The next step is to put down fabric and sand dust and then put down the artificial turf that was obtained from a high school football field. The maintenance will be minimal with no mowing and trimming around the new installed fence. Information was obtained and questions asked to the manufacture, if dog urine would hurt the turf. They assured us that the turf is made to let rainwater through and can be rinsed if needed.

The Roman Rd drainage ditch was cleaned out and large rip rap stone placed, per plan. This was the first step to get done before starting to form and dig the detention ponds. The machines are on site to start digging the detention area.

The Chadwicks project has started with the surveyor plotting out the roadway and right of way measurements. This will give us the measurements for green space and new sidewalks to be installed with curbing and drainage. This project will be starting very soon and going into this fall. The start of another detention pond is in the early stages of conversation with homeowners on the Mallory Rd Project. This will help the lower Mallory Rd residences with their flooding issues, by holding the water back in this detention basin. I will keep everyone informed with the updates as we move along with this project.

The paving contract was sent out to bid, with Heidelberg winning the over several other companies. The winning bid was \$896,295.00.

Chris Moran and I, along with input from the council members, looked at the condition of the 164 lane miles of town owned roads and compiled the 2024 paving list for roads to be milled and paved. The list of roads along with their lengths are as follows: Mallory Rd 7400', Smithport Rd 1920', Concord Blvd 2250', Lincoln Dr 400', Taber Rd 1500', Beechwood Rd 2560', Washington Dr 1060', Westwood Lane 1075', Ironwood Rd 4300', Danberry Circle 1720', Merritt Pl 6875', Forest Rd 2300', Francis Rd 625', Alexandria Rd 1025', Watts Rd 400'. The Town Park at Sherrill Brook will be getting some paving as well. Be patient as roads will be closed with detours in place as we pave. If you have any questions, please contact me at rsherman@townofnewhartfordny.gov or 315-534-2998.

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**The Stars & Stripes Bike-Run-Walk proudly supports the Sitrin Military Program.*



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10am-3pm NO RAIN DATE

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Women's Choice	Motorcycle Choice	
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by Raymond J. Durso, Jr.,
President/CEO
The Genesis Group

“AI in the Mohawk Valley”

Although sometimes it’s hard to know you’re in the middle of a revolution, other times it feels clear to most. And AI is a revolution. Many small businesses understand that the processes and approaches they’ve grown accustomed to are in flux right now thanks to Artificial Intelligence (AI). How do small businesses -- especially those without large tech departments -- get traction in this new environment?

Readers who remember the advent of the internet might recall their first email or their first time browsing the web and how new and strange it felt. I was floored the first time someone sent me a link in an email to a radio show. Younger readers have likely grown up

with this as normal and wonder what all the fuss is about. In the beginning of the internet, people with a tech focus might have thought about the World Wide Web in terms of DARPA, routers, servers and HTML, but it didn’t take long until inventive users interacted with techies to produce significant social change and dramatically created business value from the interactions. Similarly, many are hard at work innovating in generative AI with similar technical tools: Foundational Models, Variational Autoencoders (VAEs), and Generative Adversarial Networks (GANs). Like many, while our students know how easy it is to produce a term paper or take a bar exam with ChatGPT (but be careful to watch for hallucinations in your references!), moving to the next level of value-creation takes significant work, analysis and exploration.

Many have begun the process of actively engaging with AI by using Large Language Models (LLMs) like Google’s Gemini or OpenAI’s ChatGPT. And even those whose assessment of the power of AI begins and ends with the price of NVidia stock over the last year have the feeling that the revolution catalyzed by AI will be just as transformative as the internet.

At SUNY Polytechnic Institute, faculty and graduate students are both developing next generation software and services and intensely focusing on today’s user experience to understand how people interact with, innovate and create business value through use of AI products.

One avenue for exploring the use of AI tools is the emergent AI/Data Science Commons at SUNY Poly. The Commons is a collaborative space for students, faculty, and industry partners to work on AI and Data Science projects. The Commons includes offices, meeting rooms, and a lounge to facilitate interaction and collaboration. This initiative, led by SUNY Poly Professors Steven Schneider and William Thistleton, will offer local programs and workshops on AI and Data Science topics. We’re particularly interested in forming partnerships with interested Mohawk Valley businesses to develop approaches to AI that help move the business forward.



Dr. William Thistleton,
Assoc Prof of Mathematics,
SUNY Poly



Dr. Steven Schneider,
Professor of Information Design,
SUNY Poly



Mr. Scott Scheible,
Director of Continuing and
Professional Education,
SUNY Poly

Examples of activities in Hilltop gearing up for the academic year include:

Professional/Continuing Education on AI

Focused multi-session courses (both online and in-person) examining social, ethical and organizational aspects of using artificial intelligence in professional work environments.

Introductory AI Workshops for professionals

Workshops for professionals not in the AI business, but who want to see what the fuss is about, and be exposed to some of the off-the-shelf tools, and walk away with an appreciation of the immediate possibilities for their everyday life.

AI Discovery Lunch & Learn

Monthly hands-demo (bring your own device) of new and emergent AI tools for college students, faculty, and staff, as well as any community members to whom our research studies are providing access. Each week we will feature a showcase of accomplishments using AI tools by studio participants, including research subjects.

In addition to the AI/Data Science Commons, SUNY Poly relaunched its continuing and professional education (CPE) office earlier this year. Led by Scott Scheible, SUNY Poly’s Director of CPE, the office is currently partnering with faculty to develop new educational offerings that will focus on a range of emerging technologies—including AI. These offerings will include credit-bearing and non-credit courses, special institutes and workshops, custom programming for professional, business, and community organizations, and workforce development initiatives that will help grow the innovation economy in the Mohawk Valley.

It’s an unprecedented time to exploring AI, and we hope that you will join us. Future articles will look at how to work with Retrieval Augmented Generation (RAG) to fine tune LLMs with proprietary enterprise data, how to generate images particular to your applications rather than networks trained on “the internet”, and other ways to build custom applications from widely available models. We’re very interested in helping small or (large!) businesses in the Mohawk Valley use AI to create value and enhance their operations and profitability.

Girls Night
The Musical

The Stanley Theatre
Utica, NY

September 28, 7:30 P.M.

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Pictured are participants from last year's Bike-Run-Walk before taking off on the bike ride

development and director of Sitrin's Military Program. She can be reached at (315) 737-2435 or jwarmuth@sitrin.com. Individuals can also pick up pledge forms at the VFW Post 5538 in Boonville. Additionally, registration is available online at www.runsignup.com/Race/NY/Boonville/StarsStripesBikeRunWalk.

Vietnam Veteran Paul Fortin, member of the Boonville VFW Post 5538, has been coordinating the Bike-Run-Walk since its inception eight years ago.

"The Boonville VFW is pleased to offer four different activities for veterans and community members to enjoy the outdoors and changing scenery, while also raising funds for local veteran care," Fortin said. "We are proud to support such a necessary cause."

Sitrin's Military Program provides comprehensive, complimentary care to post-9/11 veterans and service members and is funded, in great part, by events such as the Stars & Stripes Bike-Run-Walk.

"We are deeply grateful to Paul Fortin, members of the Boonville VFW Post 5538, and our generous sponsors for supporting local veterans being treated through the Sitrin Military Program," Warmuth said.

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.

8th Annual Stars & Stripes Bike-Run-Walk to be held in Boonville

The 8th annual Stars & Stripes Bike-Run-Walk, a fundraiser for Sitrin's Military Program, will take place on Sunday, September 29, 2024. Hosted by the Boonville VFW Post 5538, this event is open to riding enthusiasts of all ages.

The Stars & Stripes Bike-Run-Walk offers two exciting bike riding options. One is the Boonville-Forestport Canal Towpath. This ride is for mountain bikes and is easy up to a 20-mile pedal. The other is a 30-mile road bike ride through Boonville, Forestport, Alder Creek, and is for experienced road cyclists. Additionally, there will be a scenic walk around Erwin Park, and a non-competitive five-mile run on country roads and towpath trail.

Whatever the choice, all are encouraged to bike, run, or walk at their own pace through the scenic North Country around Boonville, NY.

Registration for the Bike Rides is at 8 a.m., with the road ride taking off at 8:30 a.m. and the towpath at 8:45 a.m. Registration for the Run & Walk is at 10 a.m., with the runners taking off at 10:30 a.m. and the walkers at 10:45 a.m. The entry fee is \$25. Participants who raise \$200 or more are eligible to receive an official Stars & Stripes jersey or an embroidered polo shirt.

Continuing as Presenting Sponsor of this event is the Lodging Kit Company, a veteran-owned enterprise.

Pledge forms are available from Jackie Warmuth, vice president of clinical

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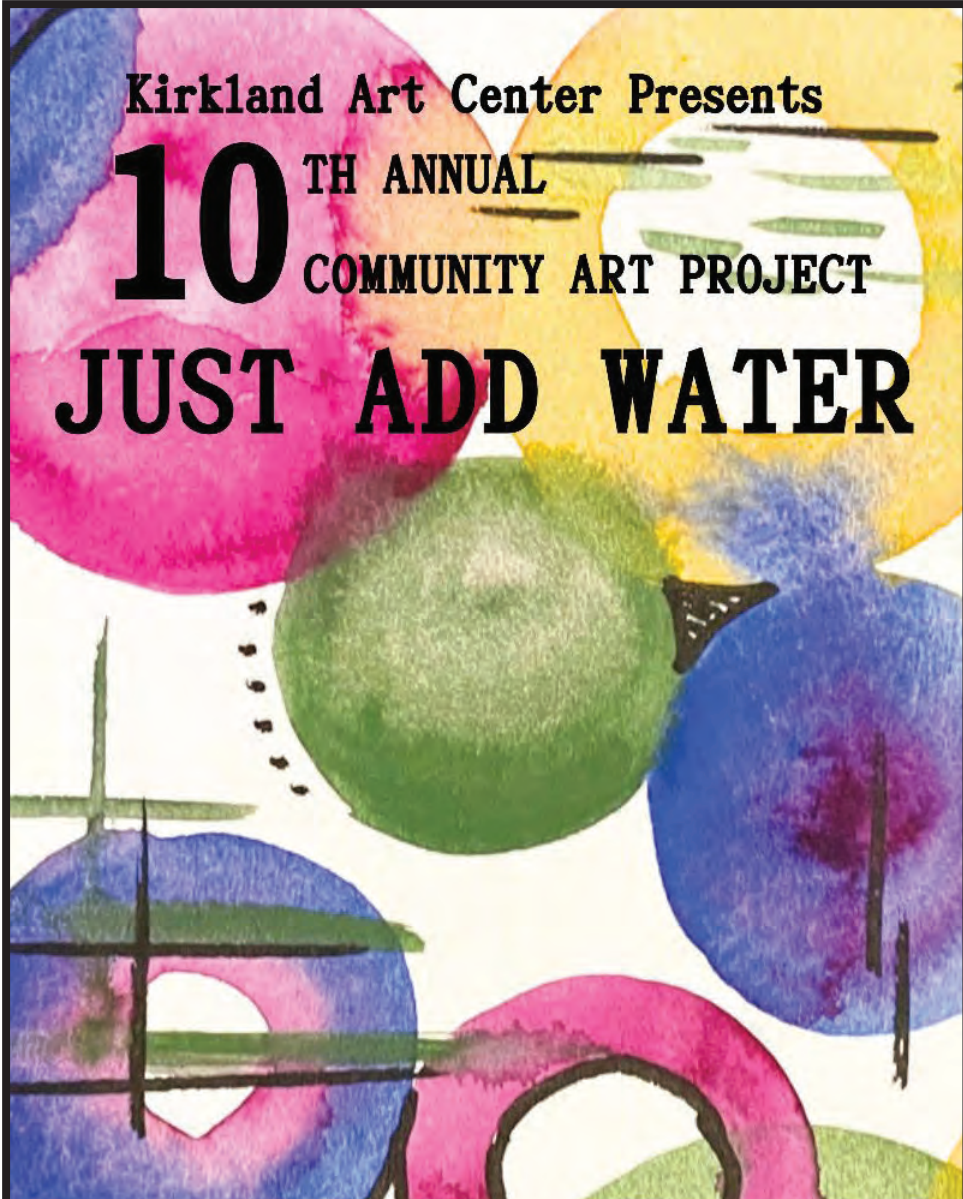
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**“Friends of the H.A.R.P. Museum”
 Membership Drive**

The H.A.R.P. Museum at the Irish Cultural of the Mohawk Valley is kicking off its 2024-2025 “Friends of the H.A.R.P. Museum” membership campaign.

The H.A.R.P. Museum – it stands for “History, Ancestry, Research and Programs” – is located on the Center’s second floor, and houses a variety of artifacts, photos, articles and other items of historical relevance, in a series of permanent and rotating exhibits designed to convey the story of the contributions and cultural influence of the Irish in the Mohawk Valley. It also features a genealogy research center, a reading/reference library, and hosts a continuing slate of cultural and educational programs in its presentation space.

The “Friends of the H.A.R.P. Museum” group was born in 2021, in answer to many requests from the community wondering how they could help build and grow the museum they’d been waiting for years to see come to fruition. While admission to the Museum is free and open to the public, it receives no internal or external funding, and therefore relies heavily on grants, program revenues, donations, and the dues from the “Friends of the H.A.R.P. Museum” to help pay operational expenses.

Membership levels, each with associated benefits, range from \$20 for seniors, students and military personnel, to \$250 for corporate sponsors. Tax-deductible donations are also greatly appreciated. Applications are available at the Irish Cultural Center, or may be requested by contacting the museum at iccmv.museum@gmail.com.

As a 100% volunteer-staffed organization, the H.A.R.P. Museum is also looking to attract volunteers to work in any desired capacity in the museum, or to join the museum committee. Interested parties are asked to send an email to the address above.

The Irish Cultural Center, located at 623 Columbia St. in Utica, is a qualified 501(c)(3) organization. All contributions are 100% deductible under IRS regulations.

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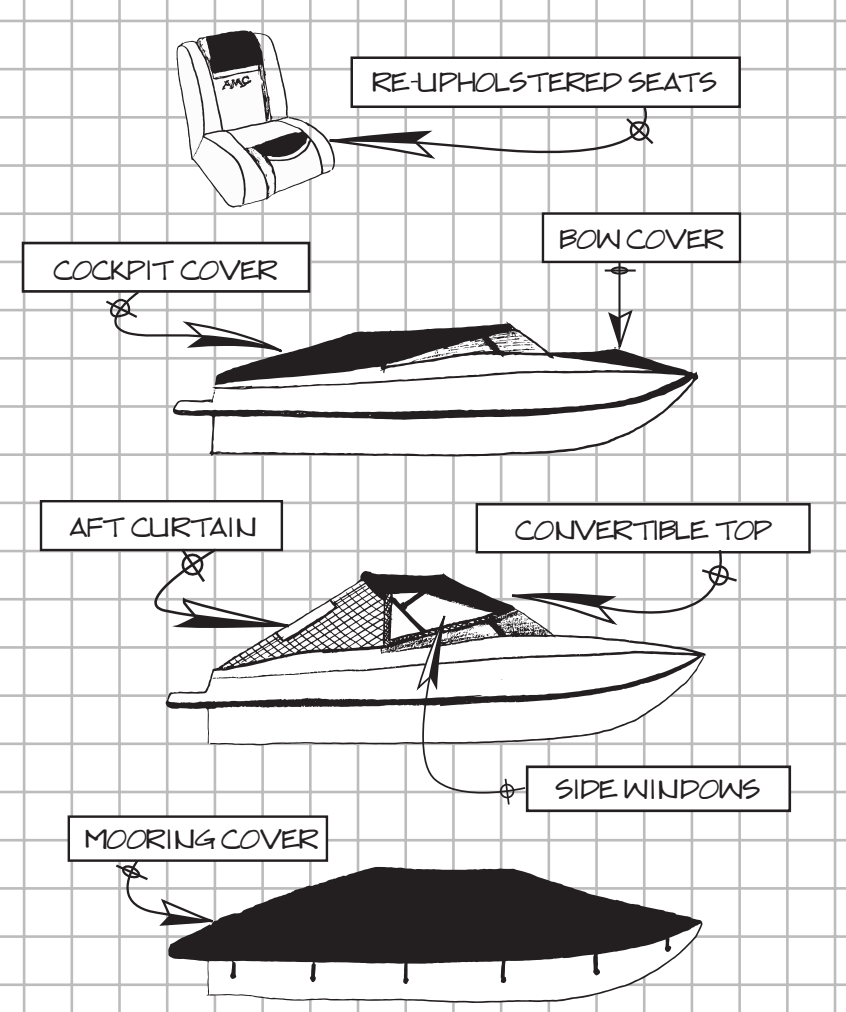


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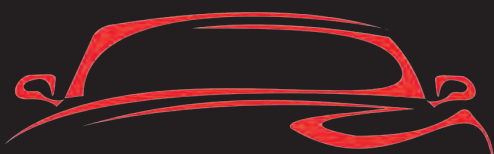
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Ty James – 4pm-7pm

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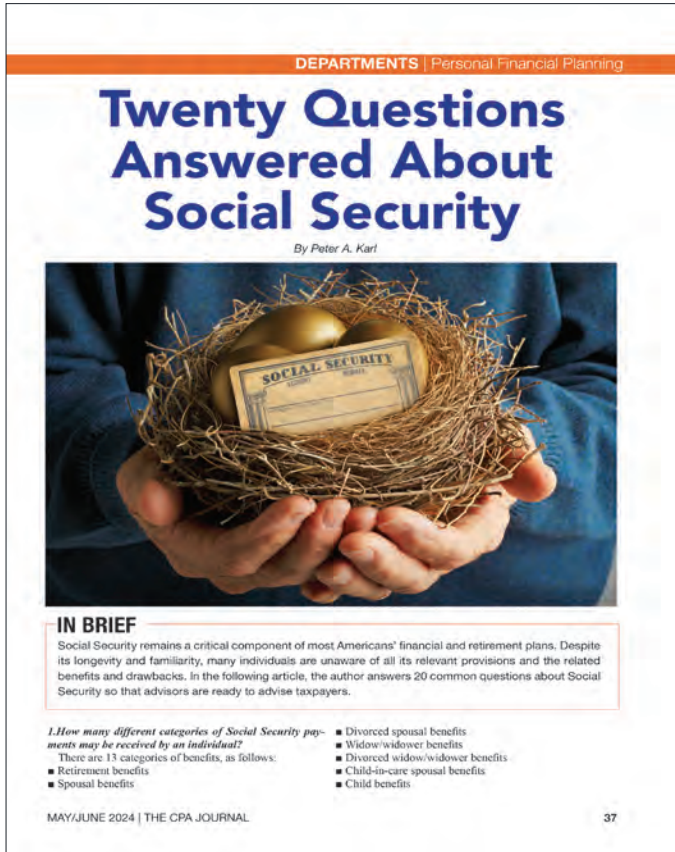
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Karl's 21st Article Published

The CPA Journal has published in its summer issue the 21st article authored by Attorney-CPA Peter A. Karl III. His work is entitled "Twenty Questions Answered About Social Security" which addresses the multitude of legal and tax issues facing Social Security recipients with planning strategies whether married, divorced or being a surviving spouse.

Karl is a partner in the Utica law firm of Paravati, Karl, Green & DeBell, LLP located in the Landmarc Building in downtown Utica. He is in his 42nd year as a tenured Professor of Law and Taxation in the College of Business at SUNY Polytechnic Institute teaching in the undergraduate and graduate programs.

Since Karl's first article was published in September of 1991 by the Practical Accountant as a cover story about IRC Section 1031 Tax Free Realty Exchanges, his other 20 works have been in the CPA Journal which is a record number by one author for this publication. Topics have included asset protection, trusts, small business dispositions, and elder planning (with the latter being a cover story for this professional magazine). Karl's latest article will be posted on the CPA Journal website (www.cpajournal.com) which has his recent prior ones. To access these articles from this website, insert the author's name in the search menu (in the upper right hand corner pictured as a magnifying glass).

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BACK TO SCHOOL – BACKPACK SAFETY GUIDE

Back to school shopping has begun and the first day is right around the corner! We have some tips to help keep your kiddo in tip-top shape for the upcoming school year. Consult a physical therapist if your child complains of neck, shoulder, or back pain. Some children have physical limitations that might require special adaptations. A physical therapist can help determine the best fit to help avoid further injury or pain!

1. Wear Both Straps
 - o Use of 1 strap causes one side of the body to bear the weight of the backpack.
2. Positioning
 - o Place the backpack over the strongest mid-back muscles.
 - o Shoulder straps should be loose enough to put on and take off the backpack without difficulty and allow free movement of the arms. But the straps should not be so loose that the backpack extends below the low back, or rest on the buttocks.
 - o Use the chest and waist straps for additional support.
 - o Ideally, the back of the backpack should be padded, and if there are any compression straps, they should be used to bring contents of the backpack closer to the spine.
3. Lighten the Load
 - o Keep the load at 10%-15% or less of the child's body weight.
 - o Pick a backpack that is the correct size for your child.
 - o Carry only those items that are required for the day.
 - o Keep the backpack load evenly distributed.

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Irish Cultural Center Hosts Dedication Ceremony for John C. Devereux Historical Marker

On August 1, 2024, the Irish Cultural and Historical Society of the Mohawk Valley will proudly unveil and dedicate the area's newest New York State Historical Marker, honoring the life and many contributions of one of Utica's pioneers, John C. Devereux.

This marker, made possible through the generosity of the William G. Pomeroy Foundation, cites Devereux's major contributions to Utica, including the formation of the city's first savings bank, the first Catholic church west of Albany, and the Hibernian Benevolent Society; an organization designed to help pave the way for the wave of Irish laborers coming to America to work on the Erie Canal. Devereux – himself an Irish immigrant -- was also the first mayor elected by the public in 1840.

The result of a two-year effort spearheaded by the Irish Cultural Center's H.A.R.P. ("History, Ancestry, Research and Programs") Museum, this NYS Historical Marker will make its permanent home in front of the Irish Cultural Center (623 Columbia St., Utica), directly on the site of the original St. Patrick's Church, which was built by Utica's burgeoning Irish population in 1850.

The dedication ceremony will begin at 5:30 PM, and will feature brief comments from state and local politicians, historians, Devereux descendants and other dignitaries, followed by the unveiling of the marker.

The William G. Pomeroy Foundation® is a private, philanthropic organization located in Syracuse, N.Y. As the nation's leading funder of historical roadside markers, the Pomeroy Foundation has awarded more than 2,400 grants for markers and bronze plaques in 48 states and Washington, D.C. These markers benefit communities by educating the public, encouraging pride of place and promoting tourism. They are the gold standard of historical markers based on primary source research and reviewed by professional historians. To learn more about the Pomeroy Foundation, visit wgpfoundation.org.

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Christopher J. Carbone

What Should you Know About Risk and your Investments?

Risk, and the role it plays in a portfolio, can be among the most difficult concepts to understand fully. Sometimes our view of risk isn't something we consider until there's a sharp market downturn or other activity that compels us to question our tolerances. To help bring the positives and negatives of risk into clearer focus, here are four important risk-related considerations for investors.

1. Risk has many faces

The term "risk" usually refers to investment risk: the idea that you could purchase stock at \$50 a share and it could be worth \$25 a year later. This kind of risk is relatively easy to understand, and it's measurable based on the ups and downs in an investment's price. The more volatile the price has been, the more risky the investment is considered to be.

Investment risk is only one risk investors can face. Others include:

- **Market risk.** This is the risk that the entire market will decline and pull your investment down with it. This happened to stocks during the Great Recession, as well as during the market decline due to the initial impact of the coronavirus pandemic.

- **Inflation risk.** Inflation is the overall increase in prices in an economy. There's a risk that an investment's return won't be enough to overcome inflation's impact. For example, if inflation runs 2% a year and your investment returns only 1%, your investment will buy less at the end of the year than at the beginning.

- **Opportunity risk.** Some investors believe you can avoid risk by investing conservatively. Opportunity risk is the possibility of missing out on the chance to earn better returns because you aren't being more aggressive.

There are other types of risk, too, including some specific to certain investment categories. For example, bond investors face default risk — the risk that the issuer will fail to make interest payments or repay the bond's par value at maturity.

2. Risks are usually linked to expected return

This is possibly the most important thing to understand about risk. Risk and return generally go hand-in-hand: If you put money into a low-risk investment, you should probably expect lower returns. If you choose a higher-risk investment, you're likely seeking higher potential returns.

Of course, things don't always work out the way you expect. A high-risk investment may not get better returns. (In fact, you could lose your entire investment.)

3. You should determine your risk tolerance

Your risk tolerance is how much risk you can comfortably live with in your portfolio. Determining your risk tolerance can be challenging. One indicator that you've exceeded your investment risk tolerance: when your investments' performance keeps you awake at night — especially when there's market volatility.

It's OK to have a relatively low risk tolerance. However, focusing on lower-risk strategies may mean that you need to adjust your objectives (for example, having \$750,000 at retirement instead of \$1 million). Or, you may need to increase the time until you tap into your investments. For example, you may decide to work until age 67 instead of 65 so you have more time to earn money, add to your portfolio, and wait before you begin to withdraw funds.

4. Help is available

Because risk is complicated — and only one aspect of investing — consider looking to a financial advisor for help with building your portfolio. A financial advisor will take the time to get to know your goals and understand your risk tolerance before recommending an investment plan.

All investing involves risk including the possible loss of principal.

Investments in fixed-income securities are subject to market, interest rate, credit and other risks. Bond prices fluctuate inversely to changes in interest rates. Therefore, a general rise in interest rates can cause a bond's price to fall. Credit risk is the risk that an issuer will default on payments of interest and/or principal. This risk is heightened in lower rated bonds. If sold prior to maturity, fixed income securities are subject to market risk. All fixed income investments may be worth less than their original cost upon redemption or maturity.

Equity securities are subject to market risk which means their value may fluctuate in response to general economic and market conditions, the prospects of individual companies, and industry sectors. Investments in equity securities are generally more volatile than other types of securities.

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

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- Go on a Nature Walk
- Read a Book
- Play Tag Football
- Watch the Sunset
- Sip on Fresh Lemonade
- Play Yard Jenga
- Fly a Kite
- Blow Bubbles
- Dance in the Rain
- Climb a Tree
- Nosh on Popsicles
- Play Hide and Seek
- Volunteer to Clean the Park
- Go Rollerblading
- Make Tye-Dye T-Shirts
- Learn Origami in the Sunshine
- Go for a Jog
- Challenge Friends to Basketball
- Sketch a Nature Scene
- Visit the Playground
- Bike the Trails
- Go Geocaching
- Have a Watermelon Eating Contest
- Make a Mural with Chalk
- Play Hopscotch
- Learn to Skateboard
- Write a Short Story
- Fish in the Pond, River or Lake
- Go on a Bug Hunt
- Take Silly Selfies
- Make a Summer Scrapbook
- Enjoy Outdoor Yoga
- Attend a Baseball Game
- Learn to Cartwheel
- Make & Hide Kindness Rocks
- Have a Water Balloon Fight
- Play Board Games Outside
- Go on a Scavenger Hunt
- Compete in a Race with Friends
- Learn to Play an Instrument
- Snooze Under a Tree
- Visit Every Park in Your Area
- Join the Wisconsin Explorers Program and Earn Badges!

Share your adventures! Remember to share your photos on social media using the hashtag **#gvrackthesummer!**

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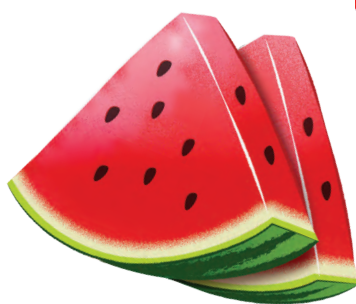
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Pickleball at the J.C.C.!

Inermediate / Advanced Sessions



Mondays, 5:30 - 8 p.m.,
 Thursdays, 5:30 - 7:30 p.m.
 Sundays, 8 - 10 a.m.

Cost: Nonmembers: \$6 per person, per session
Members: \$4 per person, per session

****Beginner Classes****

Mondays, 2:30 - 4:30 p.m., \$6/person
Fridays, 2:30 - 4 p.m., \$5/person

Where: J.C.C. gymnasium ♦ **Who:** 18 and over
 **All equipment provided!

For more information, call (315) 733-2343, or e-mail David at dmeislin@aol.com



FIRST UNITED METHODIST CHURCH

105 Genesee Street, New Hartford (315)733-4227
office@firstumconline.org Rev. David McKinney

Sunday Services:
10am Classic Worship
Sunday School for children begins around 10:20
Adult Sunday school 11-12pm
Sunday Youth Group 7-8pm
Supervised Nursery Care during Worship
Fellowship Coffee Hour following Worship Service
Praise/Worship Services are the 3rd Wed. of each month.
Light supper will begin at 5:30 and worship is from 6-7pm
Our Church Building is open for in-person worship services
Or watch our livestream service online at firstumconline.org
Easily accessible building, sanctuary, and bathroom.

ST. JOHN THE EVANGELIST CHURCH

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

CROSSPOINT CHURCH

317 Oriskany Blvd, Whitesboro - 315-797-4520
Senior Pastor, Bobby Allen
Sunday Services:
8:30am – 9:00am Breakfast
9:00am – 10:30am Study Groups
10:30am – 12noon Worship Service
Website: crosspointchurchonline.org
Sunday Morning Services streamed live
Pastor Bobby’s message available at our website
We are handicapped accessible!

ST. STEPHEN’S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)
ststephensepiscopalnhny@gmail.com
Sunday Service of Holy Communion at 10am followed by fellowship
Al-Anon Meetings: Sun. at 5pm & Thurs. at 5:30pm
AA Meetings: Sundays at 8pm
Yoga by Kristy: Tues. 5:30-7pm & Thurs. at 9:30-11am.
more information can be found at www.rootdownwell.com
EGA Meetings: 1st Friday of the Month
St. Stephen’s is handicapped accessible.

IMMANUEL BAPTIST CHURCH

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

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Hannah Ratliff, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Sunday worship will return to the NHPC sanctuary in August, but the start time will remain 9:30 a.m. throughout the month and on the first Sunday in September. Livestreaming of the service on Facebook resumes in August. Sunday School classes remain on hiatus until September.
NHPC will host the St. Margaret’s House Sacred Sites Tour of our Stained Glass Windows on Tues, August 20 at 1pm.
The School Supplies Drive benefiting The Neighborhood Center will continue through August 25.
An early reminder that fall dates to reserve on the calendar are Thursday, October 3, 9 a.m. - 3 p.m. for the Fall Rummage Sale and Sunday afternoons beginning at 3 p.m. throughout October for the return of the Concert Series.
Other items on the August schedule:
8/3 — 12 - 5 p.m. Band Festival on the Village Green
8/4 — 9:30 a.m. Worship (NHPC Sanctuary), Communion
8/6 — NHPC Office Closed
8/7 — 10 a.m. Sew ’n Sews
8/7 — 10 a.m. PEO
8/7 — 2:30 - 6:30 p.m. Farmer’s Market on the Village Green
8/11 — 9:30 a.m. Worship (NHPC Sanctuary)
8/14 — 10 a.m. Sew ’n Sews
8/14 — 2:30-6:30pm. Farmer’s Market on the Village Green
8/18 — 9:30 a.m. Worship (NHPC Sanctuary)
8/20 — 1 p.m. St. Margaret’s Sacred Sites Tour of NHPC’s Stained Glass Windows
8/21 — 10 a.m. Sew ’n Sews
8/21 — 2:30-6:30pm. Farmer’s Market on the Village Green
8/24 — 3 p.m. Hope House Meal Preparation

8/25 — 9:30 a.m. Worship (NHPC Sanctuary), School Supplies Drive ends
8/28 — 10 a.m. Sew ’n Sews
8/28 — 2:30-6:30pm. Farmer’s Market on the Village Green

FIRST BAPTIST CHURCH OF NH

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

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 PRESBYTERIAN CHURCH

Interim Pastor Rev. Dr. Mark S. Caruana
Choir Director Alan Frederick
Worship service: Sunday 11am
714 Washington St., Utica. 315-732-6518
www.wmoutica.org pastor@wmoutica.org
find us on Facebook
Handicapped accessible

ZION LUTHERAN CHURCH

630 French Road, New Hartford
Pastor Janet Griffiths
Sunday Mornings at 10 AM
Al-Anon Meetings, Wednesdays at 12:30 PM
315-732-4110, office@zionluth.com
www.zionlutheranNy.org
Visit us on Facebook at: Zion Lutheran Church, New Hartford, NY
All Are Welcome!

ST. MARGARET’S ECUMENICAL & RETREAT CENTER

47 Jordan Rd, New Hartford, 315-724-2324
info@stmargaretshouseny.org
Please call or email for questions or to register for an event.
We also host retreats. Events are free unless a cost is indicated, donations are graciously accepted.

Weekly Events

Worship Services Wednesdays at Noon: Zoom and In-Person
Worship Services - All Welcome! Please contact St. Margaret’s for the information to join by Zoom
Wednesday Lunch at 12:30 PM: Includes main, sides, salad, and dessert. Please make a reservation by the Friday before - Suggested donation \$13 per person
Volunteer: It Takes a Village | Tuesdays from 2-5 PM
Call or email St. Margaret’s to sign-up to assist for one or more Tuesdays at St. Margaret’s Food Pantry at Grace Church

Monthly Activities

Conversations and Cool Drinks on the Patio with Rev. Jean Skinner
1st Wednesdays at 1:30 PM - Discussions of faith
Grief Support Group
2nd Tuesdays from 6:30 to 8:00 PM
Friends of Emmaus House Meetings
2nd Wednesdays at 10 AM at St. Margaret’s
Conversations with Father John
2nd Wednesdays at 1:30 PM - Discussions of faith
Scrabble Day
4th Wednesdays at 9:15 AM at St. Margaret’s

Special Events

Sacred Site Tours | May - September 2024
We are excited to bring back our popular group tours of local area holy places this summer. This year’s tours will highlight stained glass windows. We will meet at St. Margaret’s at 9 AM and carpool to our destinations, returning to St. Margaret’s around 3 PM. We will also have a lunch stop at area restaurants along the way. Please call or email to register and indicate if you are willing to drive or need a ride.
August 20th - New Hartford area
September 17th - Oneida/Sherrill
Summer Concert | August 1st at 7:00 PM
Join us for an evening of entertainment with the Floyd Community Instrumental Ensemble. Ice cream and refreshments provided. Thank you to Stewart’s for donating funds enabling us to provide this program for free to the public. The rain date for the concert is August 6th at 7 PM.
Safe Church Training with Rev. Deacon Lynne Walton |
August 24th and December 7th from 9:30 AM to 1:00 PM
St. Margaret’s will be hosting Safe Church Trainings with Rev. Deacon Lynne Walton. Please call or email to register yourself or organization to attend one of the training days and times. Drinks will be provided. Please bring snacks to share.

THREE STEEPLES UNITED

2817 Old State Route 12, Paris, NY 13456
315-368-3416 threesteeples@gmail.com
We offer services every Sunday at 10AM!
Three Steeples is a Presbyterian-United Church of Christ hybrid that offers a traditional foundation for progressive

thinking and growth and is open to engaging with all faiths. Three Steeples United is an inclusive and member-driven faith community of active individuals and families who connect with and care for their neighbors and one another through worship, education, and culture. We challenge ourselves and others to discern, embrace, and act upon a relevant understanding of Christ’s message in today’s world.



UNITARIAN UNIVERSALIST CHURCH of UTICA

10 Higby Road, Utica NY 13501
315-724-3179 uuutica.org
Minister: The Reverend Karen Brammer
Join us for Sunday worship service at 10:30 AM. Coffee and hospitality hour follows each service.
Aug 4: Lughnasadh: A Pagan Ritual of Contrasts - Melissa Barlett - Lughnasadh, the point halfway between Summer Solstice and Fall Equinox, is the beginning of the harvest season and the end of the summer. It is a celebration of Lugh the sun god, just at the point that his power is beginning to fade. We will use pagan ritual to explore the contrasts of beginning and end, growth and death, and light and dark.
August 11: Connection - Pilar Lombana - Pilar will explore connections within ourselves, with others, with nature, and with the universe. Pilar will also lead a meditation session after coffee hour for those who desire to deepen their connections.
August 18: Grounding Ourselves Through Tough Dynamics - Rev. Karen Brammer - Eight months ago Rev. Karen led a worship service entitled “Staying at the Table Through Conflict”. Less than 3 months from this August worship service our country will vote for the next President of the United States. What do our UU values tell us - how can we use our covenant - to Be Well through what feels fraught and toxic?
August 25 1130 AM: Church Picnic - at UUUtica.

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
In person and on zoom www.tbeutica.org
Fri night - 5:30pm
Sat morning - 9:30am

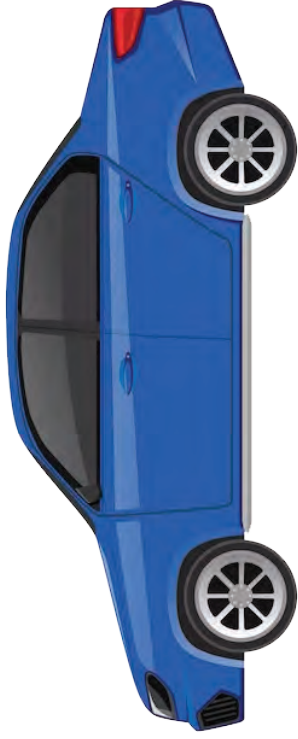
ZVI JACOB

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

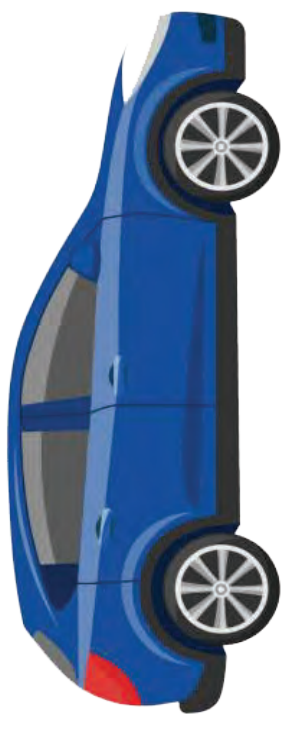
THE JEWISH COMMUNITY CENTER

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

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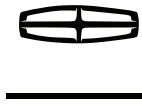
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