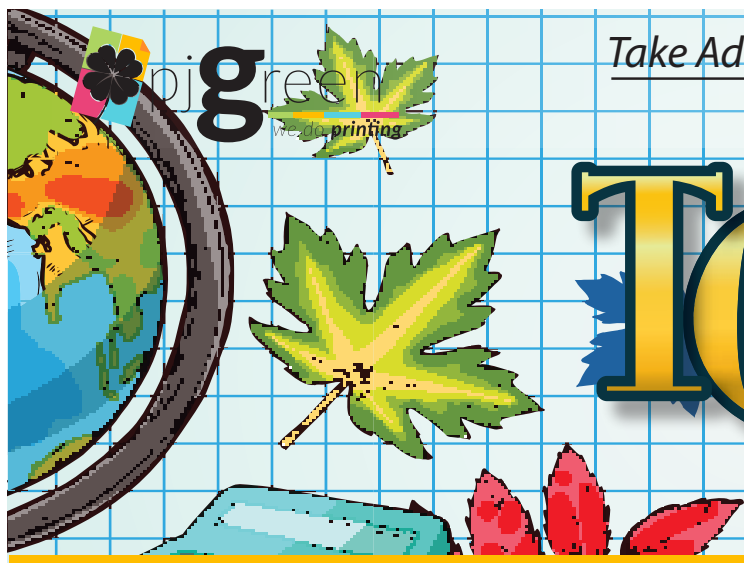


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Vol. 38 No. 9
September 2024

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51st Annual Spartan Spectacular

The New Hartford Marching Band will host their annual home show Saturday September 21st at Don Edick Field at the New Hartford High School.

Doors open at 5pm and the show starts at 6pm. It will feature eight high school bands in competition including the NH Marching Spartans. Other local bands will include Westmoreland and RFA.

There will be concessions, a bake sale and a basket raffle. Everyone is welcome!



Drive Thru Chili Dinner
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St. Stephens Episcopal Church,
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Church Rummage Sale

First United Methodist Church
105 Genesee Street,
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Thurs. Oct. 10th 5-7pm
Fri. Oct 11th 9am-3pm
Sat. Oct. 12th 9am-Noon
Bag Sale \$5 each

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Fall Is Calling

submitted by Shelley Corey of The Mum Farm

Even though we may not be ready to answer the call, Fall is calling! I hope everyone was able to better manage the watering and fertilizing of their summer annuals. I believe watering is the number one determining factor of success in growing any type of plant. Just think of the calming experience that comes over us when we are tending to our plants! It truly brings us into the present moment. Isn't that where the experts keep telling us to live for a happy life? So, now to keep us all present, I'm going to go over mum care! Amazingly enough, it's not the same as summer annuals!

Mums are perennials, that may or may not over winter in our zone. That's an entire article by itself for another time. Similar to all perennials, they have a bloom season. They bloom beginning in the fall with shortening daylengths. Can they possibly get any smarter? They form buds and flower once and do not rebloom like annuals. As a long-time grower of mums, the entire job of fertilization has already been completed for you when you purchase them. Your job is to keep them well watered throughout their 6-8 week long bloom period and enjoy their display of fall color!

Mums will start to wilt as soon as they need water. If this happens too often in your care, the blossom size will diminish and you won't get that beautiful rounded ball of color you were hoping for. Mums want to stay evenly moist. I recommend watering daily, until the time you begin to wear a coat. When the weather becomes chilly, their need for water decreases and every other day watering will suffice. They are "ready to go" plants and with proper care will grace you with 6-8 weeks of beautiful fall color when most other flowers have already finished their season.

To get the most enjoyment out of your mums, you should always buy them with "swelled" buds or just beginning to "crack" color to enjoy their entire lifespan. The only reason you would buy mums with a lot of color would be if you needed the color right away to decorate for a special event. Buying mums in full color usually disappoints most consumers, because they tell me their mums never last. That disappointment comes from them not realizing they have purchased mums at their peak bloom and they are now headed downhill to the end of their bloom cycle. Mums love as much sun as you can give them and will tolerate shade once the plant is about 25% bloomed.

Fall is calling and bringing a smile to my face, I hope you're smiling too!



Celebrating 84 Years of Quality Furniture with Grace Furniture

Since 1940, when Frank and Estella Grace first opened their doors during the onset of World War II, Grace Furniture has been a pillar of quality and commitment in our community. What began in a modest two-stall garage, selling appliances to the newly electrified residents of Marcy, has grown into a 22,000 square-foot destination for fine furniture. The early days saw Frank adapt to the challenges of the era, partnering with a Brooklyn furniture maker to supply sofas with metal springs when war-time shortages made other materials scarce.

Throughout these eight decades, Grace Furniture has evolved and adapted, yet our dedication to excellence has remained constant. Change has been a driving force in our success, but some things have always stayed the same. We still offer complimentary home visits to help you select the perfect furniture and provide free local delivery once you've found the ideal pieces.

Quality has always been at the heart of our mission. From the moment the High Point furniture market opened in North Carolina, the Grace team has been there, carefully selecting the best furniture lines that reflect current trends, complement various styles, and uphold superior construction standards. Unlike some stores that embed hidden fees into long-term financing plans, we prioritize transparency with six months of free financing and a straightforward layaway program. We believe that the value of your furniture should outlast the payments.

As the industry has shifted towards overseas manufacturing, we've witnessed the impact on quality and pricing. We often see customers who expect today's lower-end furniture to match the durability of the pieces their parents bought years ago, but that's simply not the case. At Grace Furniture, we emphasize the importance of quality and longevity. We proudly showcase the craftsmanship of eight-way hand-tied construction, which stands in stark contrast to the flimsy chipboard, rubber straps, and zigzag springs found in lesser products.

For more than fifty years, Bill and Barbara Grace, alongside their daughter June, granddaughter Cassie, and this year's newest addition, grandson-in-law Liko, have continued the Grace legacy. Our family remains committed to upholding the traditions of quality furniture and exceptional customer care that have been our hallmark for generations.

Join us in celebrating 84 years of dedication, craftsmanship, and community at Grace Furniture. We look forward to serving you for many more years to come.

We invite you Saturday September 21st through October 14th, to celebrate this exciting 84th Anniversary with storewide savings, gift with purchase, giveaways and complimentary refreshments.

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July 2024 New Hartford Police Activity:

- 961- Calls for service / Incident responses
- 48- Arrests
- 302- Vehicle Stops
- 53- Motor Vehicle Collisions Investigated
- 235- Vehicle and Traffic Law Tickets Issued
- 235- Supplemental - Specified Neighborhood Patrols
- 4-Community Policing Details



New Hartford Softball 12u All Stars Named League Champions

The New Hartford Girls Softball 12u All Stars team competed in a summer league where they finished as champions. The local league took place in Ilion during the months of July and August. The Spartans finished with an overall record of 8-2 and won the playoff bracket by winning three games in one night. Throughout the summer, New Hartford faced teams from Frankfort, Central Valley, Whitesboro, and Mount Markham.

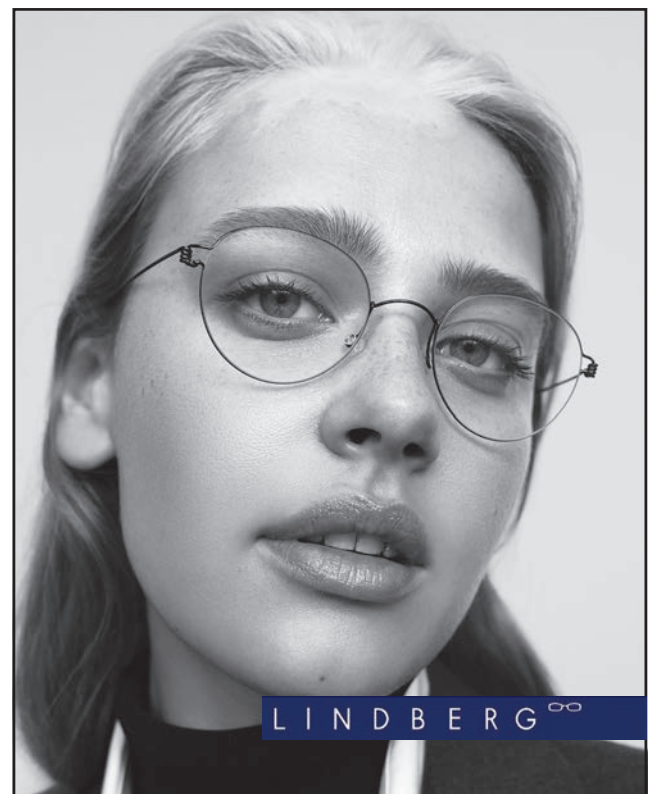
Team members include: Natalie Ballesteros, Bianca Bansner, Sofia Circelli, Neve Galiulo, Eissen Gooldy, Shea Gooldy, Ava Green, Kinsley Green, Natalie LaLonde, Remy Leist, Cara Luley, Mya Russo, Abby Stevens, Evelyn Taylor, and Sophia Winegard.

Congratulations on a fantastic season, girls!



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.



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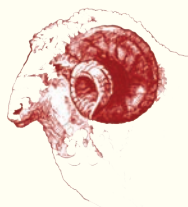


NHFD HOLDS AMERICAN RED CROSS BLOOD DRIVE

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.



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New Hartford Sports - Home Games

*subject to change without notice

Date	Start Time	Game Type	Sport	Level	Location	Opponent	H/A
Sep 3, 2024, Tue	4:30 PM	Scrimmage	Field Hockey (Girls)	Varsity	HS Turf Field	Clinton	H
Sep 3, 2024, Tue	6:00 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Clinton	H
Sep 6, 2024, Fri	6:00 PM	Regular Season	Football (Boys)	Varsity	HS Turf Field	Adirondack	H
Sep 7, 2024, Sat	12:05 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field, Columbia HS	Xaverian	H
Sep 8, 2024, Sun	12:05 PM	Regular Season	Soccer (Girls)	Varsity	Columbia HS, HS Turf Field	Sacred Heart Academy, Hempstead	H
Sep 9, 2024, Mon	3:30 PM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Camden	H
Sep 10, 2024, Tue	4:30 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Liverpool	H
Sep 10, 2024, Tue	4:30 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Liverpool	H
Sep 10, 2024, Tue	4:30 PM	Regular Season	Swimming/Diving (Girls)	Varsity	HS Pool	Holland Patent	H
Sep 11, 2024, Wed	4:30 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Vernon-Verona-Sherrill	H
Sep 11, 2024, Wed	4:30 PM	Scrimmage	Football (Boys)	Junior Varsity	Perry JH Football/Lacrosse Field	Central Valley Academy	H
Sep 11, 2024, Wed	6:00 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Vernon-Verona-Sherrill	H
Sep 12, 2024, Thu	4:15 PM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	Utica Proctor	H
Sep 12, 2024, Thu	5:30 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	Utica Proctor	H
Sep 13, 2024, Fri	4:30 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Little Falls	H
Sep 13, 2024, Fri	6:00 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Little Falls	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Boys)	Varsity	Cross Country Course (Perry JH)	Dolgeville, Mount Markham	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Girls)	Varsity	Cross Country Course (Perry JH)	Dolgeville, Mount Markham	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Girls)	7th/8th	Cross Country Course (Perry JH)	Mount Markham, Dolgeville	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Boys)	7th/8th	Cross Country Course (Perry JH)	Dolgeville, Mount Markham	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Boys)	Varsity	Cross Country Course (Perry JH)	Whitesboro	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Boys)	7th/8th	Cross Country Course (Perry JH)	Whitesboro	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Girls)	Varsity	Cross Country Course (Perry JH)	Whitesboro	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Girls)	7th/8th	Cross Country Course (Perry JH)	Whitesboro	H
Sep 14, 2024, Sat	9:00 AM	Regular Season (New Hartford Invitational)	Cross Country (Girls)	Varsity	Cross Country Course (Perry JH)	Clinton	H
Sep 14, 2024, Sat	10:30 AM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	Oneida	H
Sep 14, 2024, Sat	10:30 AM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	Oneida	H
Sep 14, 2024, Sat	1:00 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Sauquoit Valley	H
Sep 16, 2024, Mon	4:30 PM	Regular Season	Football (Boys)	Junior Varsity	Perry JH Football/Lacrosse Field	Homer	H
Sep 16, 2024, Mon	5:00 PM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	East Syracuse Minoa	H
Sep 16, 2024, Mon	6:00 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	East Syracuse Minoa	H
Sep 17, 2024, Tue	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Oneida	H
Sep 18, 2024, Wed	3:30 PM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Utica Proctor	H
Sep 18, 2024, Wed	4:15 PM	Scrimmage	Soccer (Girls)	7th/8th	Hughes Soccer Field	Central Valley Academy	H
Sep 18, 2024, Wed	4:30 PM	Scrimmage	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Holland Patent	H
Sep 19, 2024, Thu	4:15 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Rome Free Academy	H
Sep 19, 2024, Thu	5:30 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Rome Free Academy	H
Sep 20, 2024, Fri	3:30 PM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Central Valley Academy	H
Sep 20, 2024, Fri	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Rome Free Academy	H
Sep 20, 2024, Fri	4:30 PM	Regular Season	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Central Valley Academy	H
Sep 20, 2024, Fri	6:00 PM	Regular Season	Football (Boys)	Varsity	HS Turf Field	Institute of Technology, Syracuse	H
Sep 20, 2024, Fri	6:00 PM	Regular Season	Cheerleading (Girls)	Varsity (Fall)	HS Turf Field	Institute of Technology, Syracuse	H
Sep 21, 2024, Sat	10:00 AM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Clinton	H
Sep 21, 2024, Sat	10:00 AM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Rome Free Academy	H
Sep 23, 2024, Mon	4:15 PM	Regular Season	Soccer (Girls)	7th/8th	Hughes Soccer Field	Whitesboro	H
Sep 25, 2024, Wed	3:30 PM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Whitesboro	H
Sep 25, 2024, Wed	4:30 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Rome Free Academy	H
Sep 25, 2024, Wed	5:00 PM	Regular Season	Swimming/Diving (Girls)	7th/8th	HS Pool	Rome Free Academy, West Canada Valley, Holland Patent, Utica Proctor (JFK/DMS), Adirondack	H
Sep 25, 2024, Wed	6:00 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Rome Free Academy	H
Sep 26, 2024, Thu	4:15 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	Whitesboro	H
Sep 26, 2024, Thu	4:15 PM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	Whitesboro	H
Sep 26, 2024, Thu	4:30 PM	Regular Season	Swimming/Diving (Girls)	Varsity	HS Pool	Rome Free Academy	H
Sep 27, 2024, Fri	3:30 PM	Regular Season	Tennis (Girls)	Varsity	HS Tennis Courts	Vernon-Verona-Sherrill	H
Sep 27, 2024, Fri	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Utica Proctor (JFK)	H
Sep 27, 2024, Fri	5:00 PM	Regular Season	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Rome Free Academy	H
Sep 28, 2024, Sat	11:00 AM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	West Genesee	H
Sep 28, 2024, Sat	11:00 AM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	West Genesee	H
Sep 30, 2024, Mon	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Camden	H
Sep 30, 2024, Mon	4:30 PM	Regular Season	Football (Boys)	Junior Varsity	Perry JH Football/Lacrosse Field	Vernon-Verona-Sherrill	H



**A Girl Scout Gold Award Project
~ Sunshades Installed at Anita's Stevens Swan Humane Society**

submitted by Elizabeth Cordeiro

I would like to thank everyone in my community that has supported me while working on my Girl Scout Gold Award. A significant part of the project was to install sunshades at Anita's Stevens Swan Humane Society to provide much needed shade for the dogs. After raising funds from a garage sale held last September and researching what materials to purchase, six large sunshades were installed at Anita's Stevens Swan Humane Society with the help of my team on May 18th, 2024. The sunshades were placed just in time before the summer heat arrived in the area.

Part of my Girl Scout Award project was to design a pamphlet and quiz to help educate people on the importance of keeping your dog cool during the hot weather. The final pamphlet

was printed by PJ Green and was distributed to ten local organizations. In addition, I presented a couple of posters along with the pamphlet at four different events throughout my community. An article was also submitted to the Town Crier, "Beat the Heat", that was published in the June issue.

A ribbon cutting ceremony was held on June 27th, 2024, at Anita's Stevens Swan Humane Society to celebrate the installation of the sunshades. The event was hosted by the Greater Utica Chamber of Commerce.

A personal thank you to my family, friends, neighbors, my Girl Scout Troop, Mr. Fitzgerald, Anita's Stevens Swan Humane Society staff members, Dr. Keegan Kalies, Charlie Haynes, Calabria Coffee, Mr. and Mrs. Kamp, PJ Green, and to all the others involved with my project. Because of their support the project was a success!



What is the Purpose of Zonta Club?

Zonta International not only advocates for women's rights and gender equality in all facets of life, we also partner with UN agencies such as UNFPA, UNICEF USA and others to financially support projects to empower women and girls to understand their rights and realize their full potential.

Chamber Music Society of Utica

27 October 2024	Lysander Piano Trio
17 November 2024	Castalian String Quartet
26 January 2025	Horszowski Piano Trio
23 February 2025	Escher String Quartet
30 March 2025	Rastrelli Cello Quartet
04 May 2025	Poulenc Trio

Concerts take place at MUNSON • 310 Genesee Street • Utica NY 13502
Sunday afternoons at 2:30

Bonus Concert for Subscribers:

Friday, 27 September 2024 at 7:30 PM "The Westerlies"
Wellin Hall, Hamilton College • Clinton NY 13323

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ATTN Tickets	Senior Subscription	\$70
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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. We will reopen on Tuesday, September 3rd.

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, September 18th 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 at the Library's main entrance is available without charge for community groups or individuals to display works of art, collections or educational displays. Exhibits must be in keeping with the Library's mission to meet the educational, cultural and recreational needs of the community. Exhibits may not be for entrepreneurial or commercial purposes, for the solicitation of business for profit or for fundraising. Religious proselytizing and partisan political recruitment are similarly prohibited. Applications for the case are on a first come, first served basis and are limited to one month, with displays also limited to one per year per individual, group or organization. Exhibits will be reviewed in advance before being displayed. Applications for use of the case are available at the Library's front desk. If you have any questions or are interested in using the display, please call the Library and ask to speak to our Display Case Coordinator, John. 315-733-1535

Suzanne Mulvihill Firsching

Sculptor Suzanne Mulvihill Firsching's work will be featured at the New Hartford Public Library during the month of September. The New Hartford native has won honors at local, regional, and national levels for a variety of works, including realistic, abstract and caricature sculptures. She is a seven-time winner of the Henry DiSpirito Award. The exhibit will be on display in the showcase at the library's main entrance.

In Person Story Time Returns Sept 9th

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.

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 September 7th 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 September 28 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 1990's including Laura Laura Lippman, Robert Barnard, Anne Perry, Dorothy Cannell, and Dennis LeHane 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:

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.

After Breast Cancer Group

Join us for our September 7th meeting which will start at 11:00 am in the Sammon Room.

Juliana Hardy : September Move, Breathe, Live.

Sitting and standing to do parts of the program, gentle breathing and mindfulness exercises.

American Red Cross Blood Drive September 13th 12:30-4:30

New Hartford Public Library is committed to strengthening our community and helping meet hospital and patient needs through blood donations.

Blood is a perishable product that can only come from volunteer blood donors. With someone in the U.S. needing blood every two seconds, blood products must

be constantly replenished, according to the Red Cross.

We urge community members to donate blood and help ensure that patients in local hospitals have a supply of blood ready and waiting before an emergency occurs. There's no better feeling than knowing that your blood donation may give someone a second chance at life.

According to the Red Cross, donors with all blood types are needed, especially those with types O negative, A negative and B negative.

Walk ins are welcomed or register here: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=NHPLibrary>

From the Friends of the New Hartford Public Library

Friends of the NHPL Meeting
September 21th at 10:00am (note change in time) in the Corasanti Room. Refer to our website for any changes. All are welcome.

Murder in the Library!

Drama and mystery are coming to the New Hartford Public Library. Details to follow in September.

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.

Special Thanks

THANK YOU to our outstanding community who have supported the Friends this year so that we can continue to assist the library financially by sponsoring Park Passes, the Summer Reading Program, providing materials and events: Hannaford - Bloomin' 4 Good and Community Bag Programs; Royal Landscaping plant sale from our garden to separate overgrowth; The Bill Bonsted Indoor Miniature Golf Tournament; the Annette Barber Used Book Room filled with a special variety of "gently used books", records, DVD's, children's books, puzzles.....the best selection in town!; donations and membership. Your generosity and interest is greatly appreciated by the Friends, library and community.

The Friends of the New Hartford Public Library Need Your Help!

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

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

Their activities can take many forms from sponsoring programs or events to providing funding for specific purposes. Recently, dollars raised have been used to provide the very successful Summer Reading Program for children and teens, to purchase supplies for projects

for patrons of all ages and to fulfill special needs of the Library. The Friends have assisted the Library in purchasing nontraditional items that can be borrowed with Library cards, such as park and museum passes.

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

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

The Anxious Generation Discussion

Join us and New Hartford Central School District teachers and staff for a timely and meaningful discussion of one of the most talked about books of the year, The Anxious Generation by Jonathan Haidt. We will meet on Monday, November 4th at 6:00 pm in the Sammon Room at the New Hartford Public Library.

The Anxious Generation examines how the transition from a play-based childhood to a phone/technology based childhood has affected children and adolescents.

New Hartford Public Library has purchased multiple copies of the Anxious Generation and has them set aside for those attending the event. Please call 315-733-1535 to register for the event and to reserve a copy of the book.

For more information regarding Jonathan Haidt and The Anxious Generation, please visit <https://jonathanhaidt.com/>.



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.



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

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

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Stanley Theatre Series

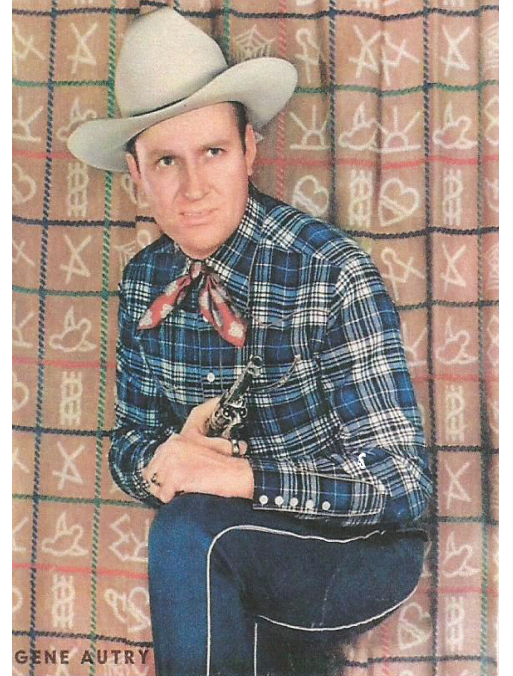


Malio Cardarelli

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.

Gene Autry (1907-1998) Singer, Actor, Cowboy

Texas born on September 29, 1907, Orvon Grover 'Gene' Autry, widely known as the singing cowboy, appeared on the Stanley Theater Stage in February 1963. Discovered by Humorist Will Rogers, his career was multifaceted - known as a country singer and songwriter, musician, actor in motion pictures, radio, and television, rodeo performer, and successful businessman. Appearing in more than 90 films, he also hosted the mid 1900's TV weekly, *The Gene Autry Show*. Perhaps his most famous tunes were *Back in the Saddle Again* and *You Are My Sunshine*, his memorable holiday tunes are *Rudolph the Red-nosed Reindeer*, *Frosty the Snowman*, and *Here Comes Santa Claus*. Sales of his recorded songs exceeded 100 million. It is said that *Rudolph the Red-Nosed Reindeer* alone sold more than 30 million copies. Autry was a member of the Country Music Hall of Fame and the Nashville Hall of Fame and he appears on the Hollywood Walk of Fame. The beloved entertainer died in California on October 2, 1998.



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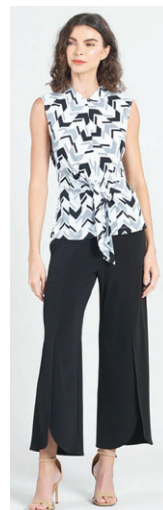
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Resistance Training and Cardio 101

Resistance Training

The Rep: moving a resistance (weight) from a joint's extension, through a full range of motion, to a fully flexed position, then returning it to the joint's extension. A general rule of thumb is to take two seconds from extension to flexion, pause one second to reduce momentum, and take four seconds to return the weight to its starting position.

The Set: is a series of repetitions done consecutively. A set of 2-5 repetitions generally encourages gains in muscular strength. A set of 6-12 repetitions will produce muscle hypertrophy (increased muscular girth) while a set of 12 or more repetitions improves muscular endurance.

What is the ideal number of sets: I've had a great deal of success performing one set to momentary muscular failure, where performing another repetition, in good form, is impossible. Many feel multiple sets, performed shy of momentary muscular failure is better. They have the time to perform multiple sets.

Barbells & Dumbbells: for over a century, barbells and dumbbells have been the chosen modes of resistance training. I used primarily barbells and dumbbells for over 10 years. Gravity compromises the effectiveness of both barbells and dumbbells. Gravity is a vertical force, while the joints tend to be more rotational. Our anatomical advantage and disadvantage changes throughout the range of motion. A simple

example is the biceps curl. At the beginning of the movement, while our arms are fully extended, we are at an anatomical disadvantage. As we move the weight through the range of motion, we gain an anatomical advantage. Variable resistance, that accommodates anatomical advantages and disadvantages is absent when using barbells and dumbbells, but there is a mild addiction to moving weights.

Variable Resistance Machines: I was first introduced to variable resistance in high school. Our school purchased a Multi Station Universal Machine. It attempted to vary resistance using a long lever. Although it was not terribly accurate, you could actually feel the varying resistance while performing an exercise. What made the machine special was it allowed several students to exercise at the same time.

While recovering from mononucleosis, while in graduate school, I researched high intensity, variable resistance exercise. Nautilus came on the scene in the early 70's. The Miami Dolphins promoted Nautilus as their chosen equipment to ready them for the 1972 season and also promoted its use during the season. In 1972, the Miami Dolphins went undefeated, the last team to do so. Nautilus became popular for athletes and non-athletes. I used Nautilus, exclusively to prepare for the 1979 Mr. Kentucky and placed 2nd, followed by a win in the Mr. Southeast USA. A cam, shaped like a Nautilus shell is used to vary the resistance, much like 1st, 2nd, 3rd and 4th gear in our car's transmission. To date, in my professional opinion, Nautilus is the most accurate tool for varying resistance.

Cardiovascular Exercise

There is no magic mode of cardiovascular exercise. Your best choice is the one you moderately enjoy and find somewhat comfortable. There are only two primary factors that contribute to effective cardiovascular exercise: Heart Rate and Time.

Heart Rate: cardio is effective when your heart rate ranges from 60-85% of your age appropriate maximum (220-your age) multiplied by .60-.85.

Time: to be effective, time spent in cardio should be 20-60 minutes. It's important to remember, you can go hard for shorter periods of time or easier for a longer stretches.

Mode: as mentioned, there is no magic cardio. Heart Rate and Time are the components that matter most, regardless if you run, walk, bike, swim or row.

The MOST Essential Component: COMPLIANCE. Sticking with regular exercise is truly a "cause and effect" matter. Exercise done regularly produces results, dropping out and being sedentary does not.



Celtic Quilting Workshop Wednesday Sept 4 - 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, Sept 4 5 PM for our third 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 6:30 pm on the first Wednesday of the month, September 4, 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.

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 leave a message at 315-733-4228 ext.6.

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Hope Alliance Church
FALL FEST 2024

Free Fall Fun for all families in the community - including Trick-or-Treating, Snacks, & Games hosted by Hope Alliance Church.

When: Saturday, October 5th, 2024
Time: 1:00-4:00 p.m.
Where: Hope Alliance Church
4291 Middle Settlement Rd, New Hartford

All area children / families are invited to attend - costumes optional (non-scary, please).
Please bring your own treat bag.
In the event of rain, we will set up inside. It is NOT a drop off event.
For more information contact Don Telesca at (203)768-4326 or donaldtelesca@gmail.com

The event will include:

- Trick or Treating
- Bounce Houses
- Tractor Rides
- Snacks & Beverages, Hot dogs & Hamburgers
- Games
- Photo Area
- Face Painting
- Pumpkin Painting

This event is open to the public and is **FREE** ~ We will be accepting non-perishable food donations for Feed Our vets ~ ALL are welcome!

HopeAllianceCNY.com Find us on Facebook & Instagram

Purrs and Whiskers
Annual Pasta Dinner and Meow-valous Raffle Event
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ADULTS: \$15
CHILDREN 5-10 YEARS OLD: \$10
CHILDREN UNDER 5 YEARS OLD: FREE




Purrs and Whiskers Inc. is hosting their annual pasta dinner along with countless raffles! Purrs and Whiskers, a 501c3 rescue adopts fully vetted cats/kittens to approved homes. Operation Catsnip, their program of Trap/Neuter/Return of feral cats is also part of their mission. Feral kittens are socialized to be able to be adopted. Purrs and Whiskers is not a building, but is made up of foster homes. Cats/kittens live in foster homes and are exposed to many different experiences, making them very social felines! This year's dinner is being held on September 22, 2024 at Valentino's Banquet Hall from 3-6pm. Adults \$15, Children \$10. Pasta, meatballs, salad, rolls, dessert with a cash bar is being offered. Raffle baskets and items are available throughout the event and winners are drawn at 2:30pm. For more information or to donate a basket or item, contact us through our website, purrsandwhiskersny.com or our Facebook site.

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ENHANCING PERFORMANCE & PREVENTING INJURIES IN FALL SPORTS

Fall sports, such as football, soccer, and cross-country, demand a high level of physical fitness, agility, and endurance. Athletes engaging in these activities often face the risk of injuries, hindering their performance and overall well-being. Physical therapy emerges as a crucial component in fall sports training, offering a range of benefits to athletes aiming to optimize their performance while minimizing the risk of injuries.

Physical therapists play a pivotal role in designing customized training programs that focus on strengthening specific muscle groups, improving flexibility, and enhancing overall body mechanics. By address biomechanical imbalances and weaknesses, athletes are better equipped to withstand the physical demands of fall sports, reducing the likelihood of injuries such as sprains, strains, and fractures.

Fall sports often require athletes to perform dynamic movements and sudden changes in direction. Physical therapy interventions target improving range of motion and flexibility, enabling athletes to move more efficiently and with reduced strain on joints and muscles. Having tailored strength and conditioning programs that enhance balance and coordination significantly improve performance and reduce fatigue during training and competition.

Incorporating physical therapy into fall sports training is a proactive approach to optimizing performance and preventing injuries. Athletes who prioritize their physical well-being through targeted interventions experience not only enhanced athletic performance but also a reduced risk of injuries that could lead them to the sidelines.



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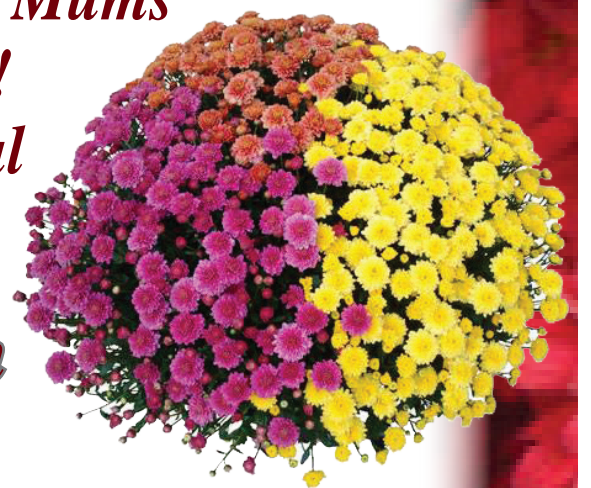


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The Sitrin Riggie Run, Walk & Riggiefest is the major fundraiser for Sitrin's Military Program.

Sitrin Foundation to Host 2nd Annual Riggie Run, Walk & Riggiefest

The Sitrin Foundation is excited to announce the 2nd Annual Riggie Run, Walk and Riggiefest to support Sitrin's Military Program. This event will take place on Sunday, October 13, 2024, at the SUNY Polytechnic Institute campus.

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

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

new addition will be added to Riggiefest this year, an eating contest!

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

The registration fee for the 5K Run, 5K Riggie Challenge, 5K Wheelchair Race, and 5K Wheelchair Riggie Challenge is \$30. The 2-Mile Walk is \$30 and free for children 12 and under. Everyone who preregisters by September 13th will receive a free commemorative t-shirt! (Only applies to paid registrants).

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

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

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

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

Presenting Sponsor for the 12th consecutive year is Adirondack Bank. Additional sponsors to date include Mohawk Valley Association of Realtors; The Good News Center; WKTV News Channel 2; Booz Allen; Harland J. Hennessey VFW Post 5538; Mastrovito Hyundai; BAE Systems; Utica Boilers; Lodging Kit Company; Fuller Tool Incorporated; New York Central Mutual Insurance; Syracuse Haulers; Bond, Schoneck & King; Hilton Estate & Elder Law, LLC; Baird Private Wealth Management The Earl Savery Group; Teva Pharmaceuticals Ltd.; Brindisi, Murad & Brindisi Pearlman; American Food & Vending; and McQuade & Bannigan.

For more information or to register, visit www.SitrinRiggieRunWalk.com.



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Lunch & Learn - Charles Stewart Parnell – the Uncrowned King of Ireland

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, September 11, 2024 at 11:00 am for a presentation on Charles Stewart Parnell – the Uncrowned King of Ireland. After the program you can enjoy a delicious lunch in the beautiful Five Points Pub designed and built by Dublin craftsmen.

Picture this: a prominent politician – perhaps the most powerful in his country – has an affair with the wife of one of his followers. His opponents seize upon the resulting scandal to force him out of power

and clear the way for the implementation of their agenda of controlling the entire country.

20th Century politics at its worst? Network TV show? No, not exactly. It's actually the story of 19th Century Irish leader Charles Stewart Parnell, known as the Uncrowned King of Ireland.

Explore the history of one of Ireland's greatest figures when the Irish Cultural Center's Lunch and Learn program presents "Charles Stewart Parnell – the Uncrowned King of Ireland" in the Irish Cultural Center of the Mohawk Valley on September 11 at 11:00 am.

The program will be presented by well-known local writer and musician Mark Sisti. 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/46JCeZn>, 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.



CNY Labor Council Upcoming Elections

The Central New York Labor Council, AFL-CIO will conduct screenings of candidates in upcoming elections on following dates.

Tuesday September 17, 2024, and Tuesday, September 24, 2024 from 10 a.m. – 5 p.m.

Any candidate that wishes to be screened in front of our committee please contact

Enesa Sabanagic at 315-735-6101 or by email at cnylaboragency@gmail.com



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Victor Fariello Jr.



The History of the South Bend Watch Company

The South Bend Watch Company, an iconic name in American horology, epitomizes the rich heritage of watchmaking in the United States. Founded in South Bend, Indiana, in 1903, the company made significant contributions to the American watch industry, blending precision engineering with innovative design. Its history is a testament to the evolution of American manufacturing and the enduring appeal of classic timepieces.

The company's origins trace back to a group of local businessmen and watch enthusiasts who saw a potential market for American-made watches. South Bend, a city already known for its manufacturing prowess, was chosen as the site for the new enterprise. With the vision of producing high-quality, affordable watches, the founders set about establishing the company's reputation.

In its early years, the South Bend Watch Company focused on creating pocket watches, which were the prevalent timekeeping devices of the era. The company quickly gained recognition for its meticulous craftsmanship and reliable timekeeping. By utilizing advanced manufacturing techniques and quality control measures, South Bend produced a range of models that appealed to both the general public and collectors.

The company's commitment to innovation was evident in its approach to watchmaking. South Bend adopted the use of interchangeable parts, which streamlined production and maintenance processes. This method, popularized by other American manufacturers, allowed for greater efficiency and consistency in the final

products. The introduction of their own movements and calibers further solidified the company's reputation for technical excellence.

The 1920s and 1930s marked a period of significant growth for South Bend, as the company expanded its offerings to include wristwatches. This shift mirrored broader trends in the watch industry, as wristwatches began to replace pocket watches in popularity. South Bend's foray into wristwatches was marked by elegant designs and reliable movements, which continued to garner positive reviews and customer loyalty.

Despite its success, the South Bend Watch Company faced challenges during the Great Depression and World War II. Economic difficulties and shifts in market demand led to production slowdowns and financial strain. The company made efforts to adapt, including diversifying its product lines and exploring new markets. However, these efforts were not enough to counteract the broader economic pressures.

By the mid-1940s, South Bend struggled to maintain its competitive edge. The company underwent several changes in ownership and management in an attempt to revitalize its operations. Despite these efforts, the South Bend Watch Company eventually ceased production in 1962. The decision to close marked the end of an era for a company that had played a significant role in American watchmaking.

Today, South Bend watches are sought after by collectors and enthusiasts who value the craftsmanship and historical significance of these timepieces. The legacy of the South Bend Watch Company lives on through the vintage watches that remain in circulation,

celebrated for their quality and design. Each South Bend watch tells a story of early 20th-century American industry and reflects a time when precision and craftsmanship were paramount. Though the company is no longer operational, its watches continue to be cherished by collectors and serve as a reminder of a significant era in American manufacturing history.

Happy Collecting!

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 pocket watch from circa 1926 was made by the South Bend Watch Co. of South Bend, Indiana.



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NHFD News

Unfortunately, the breakdown of the July alarms was not available at press time. Therefore, both the July and August breakdown of alarms will appear in the October Town Crier issue.

NHFD 20th Annual Fire Truck Spectacular a Huge Success

The 20th annual New Hartford Volunteer Fire Department's Fire Truck Spectacular proved to be another great success that featured 38 departments and over 79 pieces of both new and antique equipment.

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

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

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

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

- Best Appearing Pump/ Engine: Vernon FD.
- Best Appearing Ladder Truck/ Tower: Clinton FD.
- Best Appearing Tanker: Willowvale FD.
- Best Appearing Rescue: Clayville FD.
- Best Appearing Squad: Utica FD.
- Best Appearing Ambulance: Edwards Ambulance Service.
- Best Appearing Antique: Privately Owned 1951 Mack. (Formerly owned by NHFD).

The department traveling the farthest distance: Madison County EMS.

This event is made possible thanks to our sponsors that include: Tallman's Tire, Steet-Ponte Auto Group, Edwards Ambulance Service, Gates-Cole Insurance Agency, GPO Federal Credit Union, Nicky Doodles, The Travelers, A&P Master Images, JPJ Electronics, New Hartford Safe and Lock, PJ Green, Amicable Lodge # 664 F. & A.M., Rockford Auto Glass, DG Perry CPSs, Pavia Real Estate Services, Trainor, Excellus Blue Cross/Blue Shield, Indium Corporation, Standard Insulating Company, Scharf Plumbing and Drain, The Fountain Head Group, Sangertown Square and Big Frog 104.

Mark your calendars now for next year's event which is scheduled for Thursday, July 17, 2025.

For additional information please visit www.nhfd.com.

NHFD 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 New 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 a.m., 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



Boy with Flowers

CONNECTIONS - Photography Exhibit

On display September 3 - 28, 2024 in the Gallery at the Utica Public Library, 303 Genesee Street in downtown Utica.

Special event - on Wednesday, September 11th. from 4-6 pm, come and meet the Artist, enjoy the P.E.O. sponsored Reception and attend Ms. Laurenson's Gallery Talk at 5:00, where she will share the stories behind her photos.

Laurenson has traveled extensively in Africa, Asia, the Middle East and South America. She has selected 47 photos from her collection for this exhibit. Her connection to people through photography illustrates the universal bonds that connect us all. Her photos allow us a glimpse into the activities of both adults and children involved in everyday life.

Alice is a former resident of Little Falls is co-founder of the Little Falls Cheese Festival and long-time member of the Utica/New Hartford P.E.O.

Strategic Financial Services Donates \$10,000 to Support Rome Business Community After Devastating Tornado

Strategic Financial Services, Inc. ("Strategic"), a leading independent wealth management firm based in Central New York, has announced a donation of \$10,000 to the Rome Emergency Business Fund. This fund has been established by the city of Rome, Oneida County, and the Rome Area Chamber of Commerce to assist small businesses affected by the tornado on July 16th.

"We are incredibly proud to be part of the Rome business community," said Alan Leist III, CEO. "Since opening our Rome office in 2022, under the leadership of Rome native and former Rome Area Chamber of Commerce President, Greg Mattacola, Esq., CFP®, we have witnessed firsthand the resilience and strength of this community. We have no doubt that, together, Rome will rebuild and emerge stronger than ever," added Leist.

If you are a local business looking for financial support, the application can be found out here:

business.romechamber.com/form/view/33651.

If you are interested in donating to the fund, please send an email to info@romechamber.com

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THINGS TO THINK ABOUT WHEN YOU'RE MAKING A BUSINESS ACQUISITION FROM A MARKETING PERSPECTIVE

by *Lisa Burline Roser*
Professional Media Services, Inc.
lrosier@promediaonline.com



When acquiring a business or starting a new venture, the excitement of the transaction can often overshadow some crucial marketing elements that are foundational to your future success. Too often, marketing professionals are brought in after the deal is sealed, only to find that key components necessary for effective marketing were overlooked or mishandled during the acquisition process. To avoid costly mistakes and ensure a smooth transition, consider these essential marketing aspects before finalizing your business acquisition.

1. Domain Name: Ensure You Have Control

The domain name is more than just a web address—it's a vital part of your brand identity. Before completing the acquisition, verify that the current business owner has full control over the domain. This includes checking who the domain is registered to and ensuring there are no pending issues, such as expiration or transfer restrictions. Secure the domain with a proper transfer to your account, so you maintain control from day one.

2. Social Media Accounts: Secure Administrative Access

Social media presence is a significant asset in today's business landscape. It's essential to ensure that you gain administrative control over all social media accounts, including the Meta Business Portfolio account. Meta, in particular, has a labyrinth of settings and permissions, so it's critical to confirm that you have access in all areas. This includes checking for any linked ad accounts, pixel settings, and connected apps that might impact your marketing activities.

3. Website: Understand the Infrastructure

Your website is often the first impression potential customers will have of your business. Knowing how it's built, who built it, and who currently manages it is crucial. Get administrative access to the website's content management system (CMS) and ensure you have control over hosting, domain settings, and any associated plugins or third-party services. Understanding the site's infrastructure will help you maintain and update it efficiently.

4. Design Files: Obtain All Brand Assets

Your brand's visual identity relies on a comprehensive set of design files, including logos, brand guidelines, and other graphic assets. Ensure that you obtain these files in all relevant formats, such as JPEG, PNG, PDFs and all other Vector & PSD working files. Having access to the original design files allows you to make necessary changes or adaptations without compromising quality.

5. Client Database: Access and Analyze

A well-maintained client database is invaluable, particularly an email database that can drive targeted marketing campaigns. Find out where these files are stored, how large the database is, and the methods used to collect and manage the data. Make sure you get access to the database, and consider any legal or compliance issues related to data transfer and usage.

6. Google Business Page and Online Directories: Control Your Listings

Your online presence extends beyond your website and social media. Google Business and other online directories play a critical role in local SEO and visibility. Ensure you are assigned administrative control over these listings, especially your Google Business page. This control allows you to manage reviews, update business information, and optimize your presence across these platforms.

Taking control of these marketing elements before the acquisition is complete ensures a seamless transition and sets the stage for future success. By addressing these critical areas early on, you can avoid disruptions, protect your brand identity, and leverage existing assets to build a strong marketing foundation.

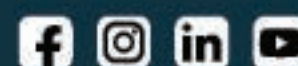


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Richard Sherman



New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

As summer draws to a conclusion, I want to thank the many residents who helped us with their brush pick-up by placing it at the curb. It has been a busy summer and our brush piles have been overwhelming at times causing our schedule to be off. The LAST brush pickup will be the week in Ward 1 September 3rd -September 6th, Ward 2 pickup will be the week of September 9th - September 13th, Ward 3 will be the week of September 16th- September 20th and Ward 4th pick up will be the week of September 23rd - September 27th. So please plan to get your brush to the curb for the set dates. We need to be finished on these dates for the 2024 season. We will not pick up any brush after these dates unless we have storm damage that brings tree limbs etc. down. The brush crew will be working on other projects this fall.

Curbside trash pickup starts Ward 1 Sept 30th-Oct 4th, Ward 2 Oct 7th-11th, Ward 3 Oct 14th-18th, Ward 4 Oct 21st-25th.

Leaf removal will begin as warranted in the month of September if needed and October. So please get your leaves to the curb early, don't wait. Please do not place leaves in plastic bags or container such as plastic garbage cans. Our 4 leaf trucks will be out working to pick up the leaves. There will be 1 truck in each ward picking the leaves.

PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLES.

NO STICKS, STONES, PUMPKINS, GREEN WASTE, JUST LEAVES. MIX DEBRIS WILL CAUSE DAMAGE TO THE MACHINE'S IMPELLAR FAN CAUSING DOWN TIME DURING OUR BUSIEST SEASON. MIXED LOADS WILL NOT BE PICKED UP.

Our paving is done for this year and I want to thank everyone for their patience as our crews had roads closed or lanes closed during our paving operations.

We are still placing storm water pipe and catch basins this fall to catch up with our storm water work in various sections of Town. The Town is still cleaning creeks and small streams with our excavator and dozer. As we continue to do our yearly maintenance cleaning all our detention ponds on Will's Drive, Woodberry Rd. Whitetail, and Grange Hill for the upcoming winter season.

Any tag items please purchase your tags by Aug 30th for a September 3rd pickup. The last drop off at Highway garage will be Monday Sept 23rd. The Chadwicks new sidewalks will be moving forward with this project. The work on the Roman Rd detention still moving forward, the concrete manhole has been delivered and will be installed. The Sherrill Brook Park project will be finishing up. Any questions please call me at 315 534-2998 or e-mail rsherman@townofnewhartfordny.gov.

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Genesis Group Making Plans for Fall /2024

Who We Are - The Genesis Group is a civic and community organization that promotes the Mohawk Valley region.

What We Do - Genesis unites business and community leaders to advance regional, social, and cultural interests. Genesis takes action and achieves results.

Our Impact - Genesis is dedicated to adaptive leadership to meet new challenges, and to create positive impact.

We are making a difference.

by Raymond J. Durso, Jr.,
President/CEO
The Genesis Group

As we transition from Summer to Fall, let's also transition our mindset. I challenge area residents to focus on new opportunities - for themselves, others and the community. People, places and even industries like Education, Healthcare, Manufacturing, Banking and Finance, Insurance, Agriculture, Public Safety and Tourism, have all experienced some type of change, growth and new development. I believe the Mohawk Valley is ready for new levels of success. We are welcoming new companies and seeing local companies expanding. Recruiting and retaining employees remains a concern, but the potential for new opportunities is unlimited. We must work together to make the Mohawk Valley a stronger and better region!

The Genesis Group has a "plan of action" which includes projects, programs and events in areas of: Drone Education, Literacy Education, Data Analytics, Healthcare, Education, Banking and Finance, Agri-Business, Tourism, Small Business Grants Program, Community, Economic and Legislative Forums. The focus of the Genesis Group is aligned with the community's agenda.

The Genesis Group is also pleased to host the Mohawk Valley Alliance of Chambers of Commerce and Affiliate Partners. The Alliance includes Chambers of Commerce from Boonville, Cazenovia, Clinton, Greater Oneida, Herkimer County, Kuyahoorra Valley, New Hartford, Otsego County, Rome Area and Trenton. Affiliate Partners include: Center for Leadership Excellence, Destination Marketing Corp. for Otsego County, Mohawk Valley Association of Realtors, Mohawk Valley Business Women's Network, Mohawk Valley EDGE, Oneida County Tourism, Waterville Economic Development Corporation, Sylvan Verona Beach Resort Assn., Workforce Development Board, Mohawk Valley Small Business Development Center and The Genesis Group. The purpose of the Alliance is to address regional concerns of the Mohawk Valley business community.

Genesis also organizes community events throughout the year. Join us for these (2) upcoming events:

- Wednesday, September 11 - 7:30am at Hart's Hill Inn, 9/11 Remembrance Breakfast
- Wednesday, September 18 - 12pm at Hart's Hill Inn, Business Round Table with David Casullo

I believe the Genesis Group has the experience and leadership skills for these exciting times. I also appreciate the continued support of our Volunteers, Sponsors and Partners, together we are making a difference.

If you'd like to attend an event or get involved on a committee...send your name, email and areas of interest to rdurso@TheGenesisGroup.org You can also visit our website: www.TheGenesisGroup.org

Soon, a new season of opportunities will be upon us. The Mohawk Valley is a vibrant region, let's keep moving forward!



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& Jazz enthusiast

The MVILR Open House and Health Fair

The Mohawk Valley Institute for Learning in Retirement (MVILR) is a non-profit organization that has provided opportunities for local seniors to "learn, live, grow, move, think, socialize, and create" since 1996. We are now preparing for the upcoming Fall Semester.

The MVILR Open House and Health Fair will take place Thursday, September 12, from 10AM - noon in Plumley Center Room 150 on the Rome MVCC campus. This provides an opportunity to learn about MVILR's class offerings, and to register for membership and fall classes. In our 8-week Fall Semester, which runs from September 23 through November 15, we offer 44 classes for our members. In addition to our academics (science, literature, history, law, religion, etc) there is a Be Fit strength and balance class, several music options, crochet and card-making crafts, and acrylic, pastel, watercolor, and drawing arts classes, as well as clubs (Pickleball, Opera, Movie Lovers).

We continue to offer our Special Programs series in conjunction with the MVCC Cultural Series, featuring guest speakers from the community, on Wednesdays at 10:45. This program is open free of charge to the public. The newest addition to our program is Music Mondays, a lunchtime concert series (12:30), also free and open to the public. Performers include 9/23 Monk Rowe and Liz Simchik, 9/30 the Doc Woods Quartet, 10/7 Opus Black, and 10/14 Rick Compton Jazz Trio.

The Fall Catalog is available on the MVILR website at mvcc.edu/mvilr. For more information, contact program coordinator Shawn Essafi at sessafi@mvcc.edu or 315-334-7761.

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**From Nova Scotia -
Cassie & Maggie MacDonald in Concert**

Please join us at the H.A.R.P. Museum in the Irish Cultural Center of the Mohawk Valley on Friday, September 13th at 7pm for what promises to be an exciting evening of music in the Scots and Irish traditions of Nova Scotia.

Nova Scotian sisters Cassie and Maggie have been lighting up the world with their unique blend of traditional and contemporary Celtic instrumentals and vocals. Appearing on stages across North America, the UK, and Europe the sisters have enchanted audiences far and wide with lively fiddle, piano and guitar arrangements, stunning sibling vocal harmonies in both English and Gaelic, all complemented by their intricate and percussive step-dancing style.

The H.A.R.P. Museum located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica and is wheelchair accessible. Advance sale tickets are \$20 available online at <https://bit.ly/45oXz0s> or leave a message at 315-733-4228 ext.6. Tickets will be \$30 at the door.

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L to R: Staffers at CNY Veterans Outreach Center, Rev. Dr. Mary Webster, U'nice Elliot Jefferson, MV Frontiers President and Assemblywoman Marianne Buttershon



New Hartford American Legion provided 21 guns salute

Motorcycle Rides Support Veterans and Eliminate Poverty

Harley Davidson and the Buffalo Soldiers Motorcycle Club sponsored two recent events aimed at eliminating poverty and supporting Central New York veterans. Saturday, August 3, Amy Turner, the Executive Director of Mohawk Valley Community Action Agency (MVCAA) hopped on her souped-up Harley and rode with the Buffalo Soldiers, Shogun, and Outlaws Motorcycle Clubs, along with U'nice Elliot-Jefferson, President of the Mohawk Valley Frontiers and throngs of motorcycle enthusiasts, through Oneida and Herkimer Counties. Proceeds from the 3rd annual bike rally are used to support wrap-around services for supportive housing, childcare, and weatherization in Oneida, Herkimer, and Madison Counties. Her staff has also provided food and intake assistance to those Rome residents impacted by the recent tornado. KISS FM, local food trucks, and raffles provided much needed revenue for the program initiatives.

The following week, Harley Davidson and the Buffalo Soldiers Motorcycle Club collaborated with the Central NY Veterans Center for their annual fundraiser. Assemblywoman Marianne Buttershon greeted the riders at American Legion Post 529 in Oriskany. Shawn Smith, a semifinalist on the Voice, and several local musicians provided live entertainment.

President Mark Pratt and Larry Hasse, both military veterans, rode to support all the soldiers who put their lives on the line to protect our freedom and civil liberties. Central NY Veterans Outreach manager and staff provided information on suicide prevention, wellness checks, food pantry and housing referrals. Both organizations received generous checks from Harley Davidson to further their programs. Past

CNY Rotary President, the Reverend Dr. Mary Webster offered a blessing for the riders, and the New Hartford American Legion Honor Guard provided a 21-gun salute to memorialize the occasion. The proceeds from the fundraiser and grants will go a long way to help veterans access services from the Central NY Veterans Outreach, which recently made some renovations in the recently-acquired former YWCA building, creating additional office space to accommodate more programs for staffers and veterans.

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Hannaford Teams up with the American Cancer Society and the Utica Blue Sox

Hannaford once again teamed up with the American Cancer Society and the Utica Blue Sox to raise funds and show support for local cancer survivors. The game was held on July 20. The Blue Sox players were wearing special pink themed jerseys that are auctioned off. There were also raffles at this game. The amount that was raised for the night was \$3,454.

Hannaford also had some associates and their children that came out to help and support this cause. Hannaford had a table at the entrance of the field where we handed out a reusable bag with some goodies inside for the folks in attendance.

In attendance from Hannaford (pictured above) were store managers, assistant store managers and associates including from left to right: Shana King, then in the back rows are Dan Hines, Cheryl Rondenelli, Chuck Wentrick, Gina Cosamano, Joe and Tracey Ellis, Kevin King, and Mike Rondenelli. In the front row next to Shana King, is daughter Mia and other helpers, Kaleigh, Cassidy, and Aubrey.



Helena Byrne Tales & Tunes from Ireland

Please join us at the H.A.R.P. Museum in the Irish Cultural Center of the Mohawk Valley on Wednesday, September 25 7 PM for what promises to be an enchanting evening of stories and songs from Ireland with seanchaí Helena Byrne.

Irish storyteller and singer Helena Byrne returns to Utica for a magical evening of Ireland's tales and tunes. Helena was last physically in the area September 2016 and virtually via Zoom May 2020.

With stories of Irish Fairies and ghosts, heartwarming memories of growing up in Ireland, combined with some of Ireland's best loved folk songs, Helena is sure to carry our imaginations across to Irish shores with this enchanting performance.

Seanchaí were traditional Irish storytellers and the custodians of history for centuries in Ireland. As they traveled from town to town they regaled the public with tales from the past and news of the present. Helena's role as a modern day seanchaí is to keep that tradition alive.

The H.A.R.P. Museum is located on the second floor of the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica and is wheelchair accessible. Advance sale tickets are \$25 available online at <https://bit.ly/3zI6y0C> or leave a message at 315-733-4228 ext.6. Tickets will be \$35 at the door.



Negotiator Open Golf Event Scheduled for September 18th

Crust Kitchen & Bar and Birch Wealth Management are hosting a the Negotiator Open Golf tournament on September 18th 2024. The tournament will be held at Rome Country Club on September 18th, 2024. Join Crust for a relaxing, fun day of golf, including Awards, Contests and Raffles!

8:30AM REGISTRATION

9:30am 18-Hole Shotgun Start

Lunch at the Turn

Heavy Hors d'oeuvres & Awards

The cost is \$600 Per Foursome and registration is now OPEN For All Foursomes & Sponsors!

"The tournament was inspired by all the support that we continuously receive from the community. We wanted to show our appreciation for everything, and we couldn't think of a better way than to help a local charity," says Chris Destito, co-owner of Crust Kitchen & Bar.

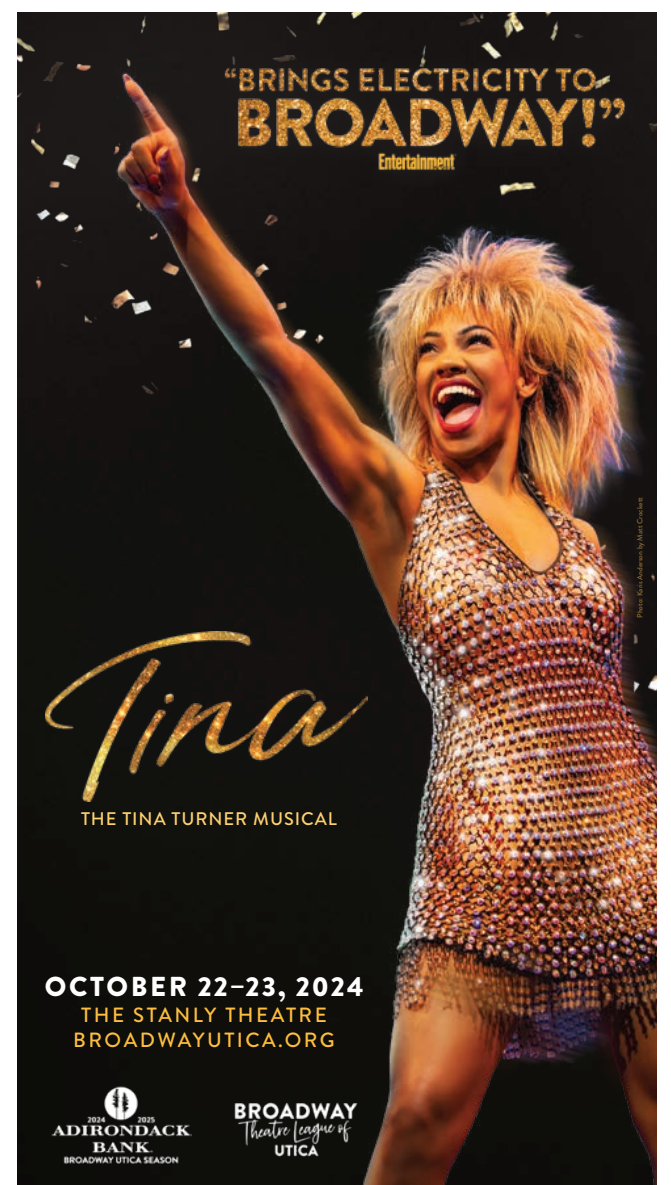
"The Tournament is named after our most popular sandwich, The Negotiator" says Frank Belmont, co-owner of Crust Kitchen & Bar. "We love to have fun with our sandwich names and love that our most popular sandwich is the catalyst to raising funds for The Kelberman Center!"

Crust announced that they have a new co-sponsor for the event, Birch Wealth Management.

"I am grateful that Crust invited us to partner with them to raise funds for the Kelberman Center, an organization that is close to my heart" says Iris from Birch Wealth

Register at: <https://www.kelbermancenter.org/negotiator-open-golf-event/>

There are still sponsorship opportunities available and can be found on the Kelberman Center website or by contacting Kelly Carinci @ kelly.Carinci@kelbermancenter.org





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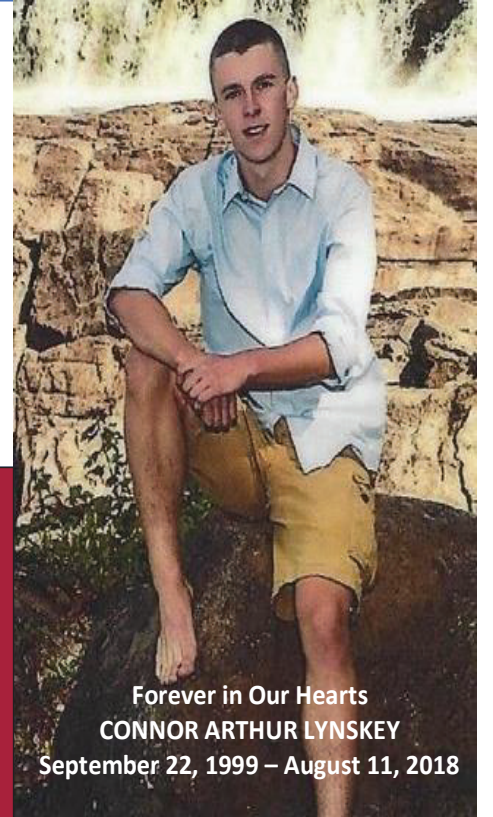
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Christopher J. Carbone

Invest More Confidently in Volatile Markets

When financial markets fluctuate, perhaps in reaction to world events, inflation, or a change in interest rates, even the calmest investors can start to question their financial strategies.

But volatile markets can present opportunities to review and reaffirm investment strategies, says Tracie McMillion, head of global asset allocation strategy for Wells Fargo Investment Institute.

“Financial markets are frequently volatile — that’s their nature,” she says. “Even so, during periods of uncertainty, investors may start to question their investment decisions. Having a plan in place can provide the guard rails to help steer through and beyond the volatility.”

In addition to reaffirming and focusing on your plan, here are some strategies you can use to help weather economically turbulent times.

Match your investments to your time horizon

The simplest way to feel more comfortable about your investments is to align them with your financial calendar, no matter what happens in the financial world this month or year.

For example, do you need some of your money fairly soon or want it close at hand in case of an emergency? If so, McMillion says you should consider investments such as cash holdings and short-term bonds that shouldn’t lose much, if any, value over the short term.

On the other hand, if you won’t need some of your investment money until you retire multiple years in the future, equities or longer-term bonds are worth a closer look. Those investments carry more risks but also offer potentially better returns.

Know what to expect from your investments

Some investors lose confidence because they don’t fully understand how their investments work. In that case, McMillion says, some knowledge of typical asset behavior is a good thing.

Consider reading up on different types of investments

and asking questions of your financial advisor. Once you know how your investments are more likely to perform in certain financial markets, you can help ensure that your investment strategy is in line with your tolerance for risk.

Tune out the noise

By “noise,” McMillion means the constant barrage of financial reports and other news events from the 24/7 news media. “Investors usually don’t need to react to the everyday financial news, no matter how topsy-turvy things may seem,” she says. Keep your long-term goal in mind.

Regularly revisit your plan

There’s no such thing as a completely set-it-and-forget-it investment strategy, McMillion says. It’s always smart to check in regularly with your investment advisor.

“Your life circumstances may change, or your financial goals could shift,” she says. “You can feel much more confident that your investments are doing their job if you review them regularly with your advisor.”

All investing involves risk including the possible loss of principal. Investing in stocks involves risk, and their returns and risk levels can vary depending on prevailing market and economic conditions. 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.

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CFLR’s Tim Foley Recovery Classic Golf Tournament to Take Place This September

Join Center for Family Life and Recovery, Inc. for its annual Tim Foley Recovery Classic Golf Tournament on Monday, September 23, 2024, at the Teugega Club in Rome, New York. This tournament honors Tim Foley, recognizing his 25 years of dedicated service as a board member. Tim, a practicing attorney originally from Utica and Old Forge, has been in recovery from alcoholism and drug addiction for over 30 years. He is committed to sharing his story and believes that when there’s help, there’s hope.

This year’s golf tournament begins with registration at 8:30AM, followed by a seated breakfast at 9:00AM. The tournament kicks off with a shotgun start at 10:00AM, promising a day full of excitement. Expect an unforgettable event with prizes and side games to win. Lunch will be offered on the turn, with the 19th Hole Awards ceremony scheduled for 3:00 PM. Prize for the highest scoring team is a foursome to Thendara Golf Club. Golfers are also eligible to win a car, sponsored by Mastrovito Hyundai’s Dealership.

Sponsorships and foursomes are available on our GolfStatus Tournament website: [events.golfstatus.com/event/2024-tim-foley-recovery-classic-golf-tournament/details/registration-details](https://www.golfstatus.com/event/2024-tim-foley-recovery-classic-golf-tournament/details/registration-details). Coinciding with National Recovery and Suicide Awareness Month, proceeds from the tournament will benefit the programs and services of the Center for Family Life and Recovery in the Mohawk Valley. This year, your hole signage can be in honor of a recovery warrior or in memory of those lost to suicide and/or substance use disorder. To become a sponsor of the event, for more information, or for any questions, please contact Kerr Flanders at 315.737.2080.

Center for Family Life and Recovery, Inc. is proud to be the area’s leading expert in advocacy, prevention, counseling, and employee assistance programs. Along with supporting individuals and families struggling with addiction and recovery, mental health, and behavioral issues, CFLR’s goal is to inspire hope, provide help, promote wellness, and transform lives. To learn more, visit www.whenthereshelpthereshope.com

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

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Based on Annual Incomes

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Disaster Services is a locally owned company serving the Oneida County and surrounding areas for over 40 years. We will answer your phone call and do not use voice prompts, answering services or machines. In your time of need when you need answers we are there. In 90 minutes or less of Disaster Services receiving your call we will respond to your home or business and accurately evaluate the damages and advise as to the most effective course of action to take. We use the latest technology including thermal imaging and all of our work is guaranteed. We offer direct billing to your insurance company or for non insured claims or general services, payment options are available.

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 when affected by sewage while hard surface framing lumber can generally be cleaned and sanitized unless the travel of sewage requires removal of this lumber for proper cleaning. Disaster Services will handle all phases of this type job and guarantee professional results. We are proud to say we have handled hundreds of these losses with 100 percent client satisfaction.

Pickleball at the J.C.C.!

Intermediate/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 ****
Mon, Tues, Wed & Fridays
2:30-4:15pm \$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

NYS LICENSED MOLD REMEDIATION CONTRACTOR BASEMENT & ATTIC MOLD:

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. When required, we also offer air quality and testing services. Several factors can influence a mold growth in a basement or attic area. Basements with finished walls are susceptible to moisture intrusion at the ground level. Trapped moisture due to lack of air flow between the finished wall and the exterior foundation wall is an ideal environment to facilitate mold growth. A dark appearance showing on the face of the finished wall should be investigated further. Unfinished basement will typically show signs of mold growth at the base of the foundation spreading upwards over time. Although there are a few different reasons this particular area of the structure is problematic, ground water seepage along with lack of air flow and improper dehumidification are generally the cause.

CHOOSING THE RIGHT COMPANY:

- Choose a Water Damage Restoration Company That Can Do The Following:
- Can Offer a Full Line Of Services From Water Damage Mitigation To Mold Remediation So That The Home Owner Will Be Working With A Single Company.
- Responsive – Emergency or Non-Emergency Services. Your Call Will Be Answered Immediately- NO ANSWERING MACHINES
- Has Reputable 5 Star Local References.
- Is Fully insured For Water Mitigation and Mold Remediation Services.
- Offers A Detailed Plan For Mitigation and Coordinates With Your Insurance Company.
- Knows How To Navigate The Insurance Claims Process With You.
- Uses The Latest State-of-the-Art Equipment And Techniques.
- Treats You, Your Home and Its Contents With Respect.
- Guarantees And Stands Behind All Of Their Work

SCAN ME



Services Include:

- Job Size Limit - None
- Water Removal
- Structural Drying
- Sewer & Drain Back Ups
- Anti-Mildew & Disinfecting
- Fire Damage & Smoke Cleaning
- Ultrasonic Content Cleaning
- Guaranteed Odor Control
- Certified Mold Removal & Testing
- Furnace Puff Back Clean Up
- Hepa Air Scrubbing
- Carpet & Furniture Cleaning
- High Pressure Tile & Grout Cleaning
- Total Structure & Content Cleaning
- Photo Inventory - Pack Out & Storage
- Emergency Board Up
- Debris Clean Up & Removal
- Bio-Hazard Cleaning

We Offer:

- Immediate response to damage caused by Fire, Water, Smoke and Mold
- Certified, experienced professional staff available 24hrs - 7 Days a Week
- Compliant with EPA, NYC Health Department and IICRC guidelines
- Speak directly to a trained professional, no voice mail or answering machines
- Provide the highest quality, most technically accurate, Guaranteed services, with over 18 years experience
- Provide a cost estimation and time projection
- Direct insurance billing

WHY CHOOSE DISASTER SERVICES

- Immediate Response
- On Call 24 Hours - 7 Days
- Locally Owned and Operated
- Personalized Service
- Quality Guaranteed Workmanship
- Certified - Highly Experienced Professional Staff
- State of the Art Cleaning and Drying Equipment
- Working with All Major Insurance Companies
- Uniform-Standardized Pricing
- Speak to a Technician - Not a Recording

• • CALL: 315-797-1128 • •

IN CONCERT
JAIME JORGE
THIRTY-SEVEN YEARS OF INCREDIBLE MUSIC!

Wednesday
October 9, 2024

Utica Adventist Church

7:00 p.m.



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!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, New Hartford
General Office: 315-732-1349 Rev. Andy Ward, Pastor
hopealliance4291@gmail.com www.hopealliancecny.com
Morning Worship: 9:30am
Communion First Sunday of the Month.
Wednesdays: Awana - 6pm
Fridays: Christian Service Brigade - 7pm
Hope Alliance Church is handicapped accessible.

ST. STEPHEN'S EPISCOPAL CHURCH

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

IMMANUEL BAPTIST CHURCH

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

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Hannah Ratliff, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org
office@newhartfordpresbyterian.org
Morning worship will be at 9:30 on Sunday, September 1
but returns to the normal 10:30 start time on Sunday, Sep-
tember 8, which is also Rally Day marking the return to the
regular schedule of church activities. The worship service is
livestreamed on Facebook.
Adult and Children's Sunday School classes precede wor-
ship and start at 9:30 each Sunday morning. The choir re-
hearses Sunday mornings at 9:10.
A fellowship/coffee hour for everyone follows the Sunday
worship service.
The Taize meditative services also return in September
where all are welcome to join in a restful, reflective time at 7
p.m. on the first Wednesday of each month.
Everyone is reminded to reserve Sunday afternoons at 3 p.m.
throughout October for the return of the fall concert series —
and to mark the date of Thursday, October 3, 9 a.m. - 3 p.m.
for the Fall Rummage Sale.
Highlights of the September schedule:
9/1 - Morning worship remains for one more Sunday at 9:30
9/2 — NHPC offices closed for Labor Day
9/4 — 7 p.m. Taize Service
9/5 — 5:30 & 6:30 p.m. NHP Nursery School Open Houses
9/8 — Rally Day, worship returns to regular 10:30 a.m. time,
Communion
9/9 — First day of Nursery School
9/9 — 7:15 p.m. NHPC Women's Meeting
9/11 — 10 a.m. Sew 'n Sews

9/11 — 10 a.m. PEO (conference room)
9/15 — 10:30 a.m. Worship
9/18 — 10 a.m. Sew 'n Sews
9/22 — 10:30 a.m. Worship
9/25 — 10 a.m. Sew 'n Sews
9/28 — 3 p.m. Hope House Meal Preparation
9/28 — 4 p.m. Jam for Jesus
9/29 — 10:30 a.m. Worship

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 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
Facebook: Zion Lutheran Church, New Hartford, NY

ST. MARGARET'S ECUMENICAL & RETREAT CTR

47 Jordan Road, 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 indi-
cated, donations are graciously accepted.
Weekly Activities
Worship Services | Wednesdays at Noon
Zoom and In-Person Worship Services - All Welcome!
Contact St. Margaret's 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 before - Suggested
donation \$13 per person
Volunteer: It Takes a Village | Tuesdays from 2-5pm. 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

Tea Time 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 at St. Margaret's
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
Monthly Dinners - 3rd Tuesdays | Dine In at 5 PM & Take
Out at 6:00 PM *please note day/time changes
Meals served with main, sides, salad, and dessert - Suggested
Donation \$17. Please make your reservation by the preced-
ing Wednesday.

September 17th - London Broil & Salt Potatoes

On-Going & Special Events

Emmaus House Fundraiser: Friends Helping Friends | Avail-
able Now - Stop by St. Margaret's to pick up your Boscov's
25% off coupon with a \$5 donation that helps support Em-
maus House, our emergency shelter for women and children.
The coupon is good on October 22nd from 8am to 11pm.
Work Day: Inside | September 9th from 9:30 AM to 3:00 PM
We will be working on cleaning window screens and the in-
sides of the windows. Lunch will be provided. Please RSVP
by September 6th.
Sacred Site Tours | September 17th from 9am to 3pm
This year's last tour will visit Gethsemane in Sherrill and St.
John's of Oneida, to learn more about these holy places and
their stained glass windows. We will meet at St. Margaret's
at 9 AM and carpool to our destinations, returning around
3 PM. We will also have a lunch stop at an area restaurant
along the way. Please call or email to register and indicate if
you are willing to drive or need a ride.
Joan Chittister Sessions | Weekly on September 23rd, 30th,
October 7th, and 14th at 2 PM
Rev. Deacon Barbara Groves will facilitate an exploration of
The Gift of Years: Growing Old Gracefully by Joan Chittis-
ter. In this work, Chittister looks at 40 aspects of aging and
offers a way to see the blessing in each of them, rather than
concentrating only on the burdens. The cost will be \$15 per
person and includes lunch. Copies of the book will also be

available at St. Margaret's for \$15 (limited quantity) or can
be purchased at your preferred book store. Please register
by September 16th.

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 our-
selves and others to discern, embrace, and act upon a rel-
evant 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
Sunday Services September 2024
All services 10:30 - 11:30 AM, followed by coffee hour.
Newcomers are always welcome.
Sept 1. "Labor Day Service" - Ken Drake
Sept 8. "We the People" - Rev. Karen Brammer Unitari-
an Universalism sprang from ancient stirrings and deep
desires for freedom of religion. September 8 is the start of a
new church year as we celebrate this freedom and recommit
ourselves to the responsibility of democracy within our faith
and beyond. We come together with gratitude and joy.
Sept 15. "How Technological Change Makes Us Crazy!"
- Rick Werner From the Industrial Revolution to the
Computer Revolution and beyond - technology changes
everything. Economics, class relations, politics, worldwide
ideologies. Rick will talk about the part technology plays in
our political divisiveness.
Sept 22. "I Hear the Music in You" - Letty Umidi Mu-
sic is integral to all of creation, and yet we tend to dismiss
the music that doesn't feed our personal needs. What are we
missing? How do we listen to each other's music?
Sept 29. "Climate Justice Revival" - Rev. Karen Bram-
mer and Carol Gable. The Saturday before this service the
Unitarian Universalist Church of Utica joins more than 350
other UU congregations in workshops and projects to heal
climate in partnership with those most impacted by climate
change. This Sunday service acknowledges how difficult the
current reality is as we revive our loving commitment to the
world. All are welcome to come connect to earth, sky, all life
and each other. nections.
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 Con-
flict". 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?

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.



TEMPLE EMANU-EL

2710 Genesee St Utica, 315-724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Evening Shabbat Services 6pm.

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.

BACK TO SCHOOL WITH

STREET PONTE



TOYOTA



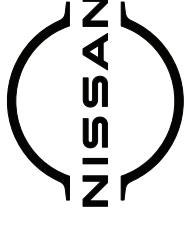
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