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Vol. 38 No. 10  
 October 2024

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**FALL FEST**  
**Saturday, Oct 5th**  
**2PM to 5PM**  
 AT SENECA IN NEW HARTFORD!  
 FREE WINE & LIQUOR TASTING CELEBRATING  
 NEW YORK WINES & SPIRITS!  
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**Drive-Thru Pie Sale**  
 The Women's Association of Stone Presbyterian Church, 8 So. Park Row, Clinton, will hold a Drive-Thru Pie Sale from 10am to 2pm on Saturday, October 12th, 2024.  
 We will have several different kinds of delicious homemade pies available for your shopping pleasure, with the emphasis being on apple! You can drive up to the curb and purchase a pie without leaving your vehicle. The proceeds from this sale will go to the various mission organizations that we support annually. Come visit us, you won't regret it!  
 For more information, contact Ceil Gilbert at (315-853-8289), ceilgilbert@yahoo.com or Donna Goodfriend at 315-749-4085.

New Hartford  
 Presbyterian Women's  
**Rummage Sale!**  
**October 3rd**  
**9am-3pm**  
**1 pm Bag Sale**  
**45 Genesee St, New Hartford**  
 For more information,  
 please call 315-732-1139

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

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## How Paint Colors Can Complement Your Home Design

The impact of paint colors in transforming the look and feel of a home is often underestimated. From boosting curb appeal to setting the tone of your interior spaces, the right paint color can work wonders. Whether you're redecorating a single room or refreshing the entire house, understanding how paint colors can complement your home is crucial. Here, we'll explore how to choose colors that not only reflect your personal style but also enhance the architecture and atmosphere of your home.

### The Power of Color in Setting Mood

Paint colors have the remarkable ability to set the mood in any space. Soft, muted tones like sage green, lavender, and powder blue create a calming, serene environment, making them ideal for bedrooms and bathrooms. On the other hand, warm hues like terracotta, mustard yellow, and soft red infuse energy and coziness into living rooms or kitchens, encouraging social interaction and warmth.

For those looking to create a minimalist, modern atmosphere, neutral colors like beige, taupe, and light gray are ideal. These shades allow other design elements, such as furniture, artwork, and textures, to shine while providing a clean and sophisticated backdrop.

### Enhancing Space with Lighter Shades

One of the most common uses of paint in home design is to manipulate the perception of space. Lighter shades, particularly white, pale gray, and soft pastels, make rooms feel larger, airier, and more open. If you're dealing with a small or cramped area, such as a compact living room or hallway, lighter colors can instantly make the space feel more expansive and inviting.

White walls, paired with natural light from windows, can create an illusion of endless space, making small areas feel less confined. Pale colors are also a great way to keep the flow consistent in open-concept homes, where one space transitions into another without harsh visual breaks.

### Adding Depth and Drama with Darker Tones

While light colors are perfect for expanding a room visually, darker hues offer their own advantages. Deep, rich shades such as navy blue, charcoal gray, and forest green can add a sense of intimacy and drama to larger spaces. These colors work especially well in living rooms, dining rooms, or even bedrooms where creating a cozy, enveloping environment is key.

Using darker shades on accent walls or ceilings can

add visual interest and depth without overwhelming the entire room. For instance, painting one wall in a deep emerald green or a charcoal tone can serve as a striking focal point, while the rest of the room remains neutral.



### Complementing Architecture and Design Elements

It's essential to consider your home's architectural features when choosing paint colors. If your home has unique moldings, beams, or built-ins, using contrasting paint colors can highlight these features and add character. For example, a white or soft beige wall paired with darker crown molding or window trim can create an elegant, timeless look. Similarly, accenting a fireplace or archway with a bold color can draw attention to these design elements.

For homes with more traditional architecture, classic colors like soft grays, muted greens, and blues tend to work best. Modern homes, on the other hand, benefit from crisp whites, bold accent walls, or even monochromatic palettes for a sleek, contemporary feel.

### Reflecting Personal Style

Ultimately, the paint colors you choose should reflect your personal style and how you want your home to feel. If you lean toward a more eclectic or bohemian style, consider a mix of bold colors and rich jewel tones that speak to your unique personality. For a more subdued, classic approach, neutral tones with pops of color through décor and furniture create a timeless look that never goes out of style.

For those hesitant about committing to bold colors, experimenting with small spaces like powder rooms, laundry rooms, or entryways can be a great way to test the waters. You can play with bold accent colors or trendy shades that might not work as well in larger, more lived-in spaces.

Choosing paint colors that complement your home is a key step in creating a cohesive and inviting space. Whether you're aiming to make a small room feel larger with soft, light tones or to add drama and

sophistication with darker, richer hues, the right color can truly transform your living spaces. Always consider the architecture of your home, how each room will be used, and how the colors will flow from one area to another. In the end, the best paint choices are those that enhance your home while reflecting your personal style and creating an atmosphere you'll love to live in.

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



## 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. 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.

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

- 1192- Calls for service / Incident responses
- 53- Arrests
- 290-Vehicle Stops
- 68- Motor Vehicle Collisions Investigated
- 205- Vehicle and Traffic Law Tickets Issued
- 296- Supplemental - Specified Neighborhood Patrols
- 4-Community Policing Details



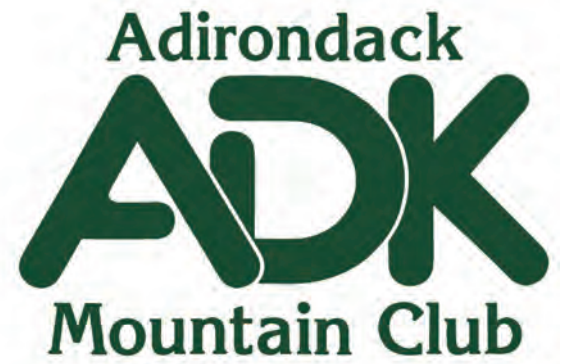
**Clark Mills American Legion Post #26**  
 Hosting Annual  
**Holiday Craft Fair**  
 Saturday November 16th  
 11am- 4pm

2 Floors of Unique One of a Kind Christmas, Sports fans, Babies, Birthday or Just because gifts under one roof. Shop & Support your local crafters & vendors.

Featuring: Nancy Rouillier's Artwork, Together Crafts, My Sister's Jam, Joanne's House of Hip, Labvalley Upcycled Creations, Lilypad Earrings & Mary Kay.

Plus many crafters from 3D Printed Art & Anime Collectibles, Handmade Jewelry, Rustic picture frames, woodworks, all kinds of home & holiday decor, tumblers & mugs, homemade baked goods & fudge to doggie paw wipes, knitting & crochet items and so much more for everyone.

Food will be available for purchase. Many Basket Raffles & 50/50. This fundraiser is for helping military families & our community events.



**Adirondack Mountain Club Meeting**

Iroquois Chapter will have their monthly meeting on October 1 (Tuesday) at the New Hartford Public Library, 6 PM, in the Salmon room.

Guest speaker will be Judy Cusworth from the Woodhaven Wildlife Center.

All are invited. Refreshments will be served.



**Drive Thru Chicken and Biscuits**  
 \$20 Chicken and Biscuits for 2  
 November 2nd  
 Noon-2 or til gone  
 st. Stephens Church  
 25 Oxford Rd, New Hartford



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Join Us for a Cornucopia of Food, Baskets, & Treats

Save The Date

**ZONTA ANNUAL CHAMPAGNE BRUNCH**

Sunday, October 27, 2024  
 11:30am - 2pm

Hart's Hill Inn  
 135 Clinton St, Whitesboro



LtoR: Anthony and Francesca Kutas, Travis Jackson, Arthur Brigida, Luke Jackson, Joseph, Rosa and Frankie Yozzo and Tommy Grace

**Lemonade Stand Proceeds Donated to St. Jude's Hospital for Children**

Several New Hartford children decided to have a lemonade stand and donate the proceeds to St. Jude's Hospital for Children. They worked so hard and raised a total of \$275.00. They are so grateful to friends and family for helping support their cause. What a way to wrap up their summer!

**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.

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# Festival of Baskets

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**Sunday,  
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Doors Open at 2PM

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ADMISSION TICKETS

<b>\$12.00</b>	<b>\$15.00</b>
<i>in Advance</i>	<i>at the Door</i>

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## TEMPLE EMANU-EL SEVENTH ANNUAL MAH JONGG TOURNAMENT

A portion of the proceeds will be donated to a local non-profit.

Sunday, October 27, 2024  
Jewish Community Center, 2310 Oneida Street, Utica

*Breakfast/Registration: 9:00 AM - 9:30 AM*  
*Play 3 rounds -12 Tournament Style Games: 9:30 AM - 2:00 PM*  
**REMEMBER TO BRING YOUR 2024 CARD**

**Entry Fee: \$40.00**  
**Cash Prizes to Top Winners      Other Prizes and Surprises**

**REGISTRATION DEADLINE: THURSDAY, OCTOBER 24<sup>th</sup>**  
Go to [templemanuel-utica.org](http://templemanuel-utica.org) to register and pay online using PayPal or fill out the form below.


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

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**Thursday and Friday 10am-6pm**  
**Saturday 10am-2pm**  
**Sunday 1-5pm**  
**Curbside Pickup Remains an Option**

## Stay Connected With Us!

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

Website: [www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)

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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, October 16<sup>th</sup> at 4:30 in the Sammon Room.

## New Technology

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

## Mid York Library System App

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

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

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

## Book Locker

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

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

## Community Outreach

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

## Literacy CNY

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

## Interested In Using Our Window Display?

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

## The All Things Oz Museum

The All Things Oz Museum, located at 219 Genesee Street Chittenango, will be featured at the New Hartford Public Library during the month of October. L. Frank Baum was born in nearby Chittenango in 1856. His most famous work, The Wonderful Wizard of Oz, was published in 1900. The exhibit will showcase 124 years of Oz. The display will include published works from various Oz authors, as well as theater and movie memorabilia from the 1900s up to the anticipated November release of Wicked. The exhibit will be on display in the showcase at the library's main entrance. <http://www.allthingsoz.org>

## In Person Story Time

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 1<sup>st</sup> Saturday of the month at 11:00am.

The next meeting is October 5<sup>th</sup> in the Corasanti Room. (Geared for 7-12yrs)

## Glow in the Dark : Art

Join us October 11<sup>th</sup> in the Corasanti room for a special Glow in the Dark : Art event. From 10am to 12pm we will have everything you need to make a one-of-a-kind piece of art that glows in the presence of a black light. No registration required. All ages welcome. While supplies last.

## Boook-or-Treating at the Library: October 26<sup>th</sup> 12 - 1:30pm (Rain or Shine)

We would love to see your costume! There will be special book themed treat stations in the library's lower parking lot on Saturday, October 26<sup>th</sup> from 12:00pm to 1:30pm.

Child registration for Boook-or-Treating is not required.

## Boook or Treat Vehicle Sign Up

Sign up to become a vehicle for Boook or Treat, a community event hosted by The New Hartford Public Library! Decorate your vehicle in a book related theme and hand out Halloween treats from your trunk. Choose a theme, bring lots of goodies, wear a costume, and have FUN!

Stop in the library to sign up or call us at 315 733 1535. Rain or Shine. Saturday, October 26, 2024

Event Timeline:

The event is open to the community from 12-1:30pm.

Vehicle check-in is between 11-11:45am

Decoration of vehicle must be completed by 12pm.

Vehicles must plan to stay until the end of the event (1:30pm) for safety purposes.

Additional Information:

Spaces are assigned and distributed on a first come, first served basis.

Parking spaces are standard size. All vehicle decorations must fit in the allotted space. (Access to electricity will not be provided.)

Vehicle book themes should be family-friendly (nothing too scary) in an effort to create a safe environment for children of all ages.

Candy must be store-bought/sealed (no homemade treats). Other non-candy items (i.e.: pencils, small games, crafts, bookmarks, school supplies, etc.) are permitted.

Selling is prohibited at this event, however, businesses may hand out promotional materials.

Leave your space as you found it; please remove all trash prior to leaving.

Registration Form Deadline: Monday, October 21, 2024

## 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 October 26 at 11:00 via Zoom for our final session. This year we've been looking at the history of mystery over the last 2 centuries and during this session we will focus on authors and mysteries written since 2000 including David Baldacci, Tana French, Rhys Bowen, and Janice



Hallett. Call the New Hartford Public Library (315-733-1535) to get the Zoom link.

### 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/>.

### TBR Book Group

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

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

### Fraud and Scams: Don't Be a Victim

Join us for an informative presentation by John Hobaica Jr. CFEI VP/Relationship Manager at Berkshire Bank, on Thursday, October 24th at 2:00 pm in the Sammon Room.

Subjects Covered, but not limited to:

- Why are Seniors Targeted?
- ID Theft
- Red Flag Reminders
- Grandparent Scams
- Caretaker Crimes
- Charities: what to know before you donate
- Credit/Debit Card Fraud

### 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.



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

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

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

### After Breast Cancer Group

Join us for our October 5<sup>th</sup> meeting which will start at 11:00 am in the Sammon Room.

Sheila Hosler will be discussing Mammography reviewing processes and new technology. Sheila will also talk about contrast enhanced mammography. Come and ask questions you might have about mammography.

### From the Friends of the New Hartford Public Library

#### Friends of the New Hartford Public Library presents: Murder by the Book

Murder by the Book:

The town of Two Spruce is about to lose their beloved library. A team of volunteer actors come to its financial rescue by staging a *Murder by the Book*

The town of Two Spruce is about to lose their beloved library. A team of volunteer actors come to its financial rescue by staging a murder mystery. But on opening night a real murder most foul threatens to thwart their theatrical aspirations. Lucy the Librarian and a team of quirky volunteer actors scramble to solve the crime before the curtain rises and the library is lost forever.

The script for the play comes compliments of an interesting project created by mystery writer Louise Penny and playwright Laura Teasdale. After the success of their fundraising endeavor for the oldest free library in Quebec (Pettes Memorial Library, not too far from Three Pines) which saw Louise Penny star in a murder mystery comedy, many librarians reached out to ask about using that script as a fundraiser for their libraries. But that script was just too specific to Quebec's Eastern Townships area. Other communities wouldn't get the jokes.

So, Louise Penny commissioned Laura Teasdale to write a royalty-free and adaptable script that can be produced by any library, anywhere! It's their way of helping out libraries which Penny and Teasdale both adore. Plus it is really fun.

November 3, 2024. Showtime is 2-4pm in the Sammon Room. Cost is \$10. Tickets available at circulation desk (or Admission is by donation, but call to reserve at 315-733-1535. ) Go to [newhartfordpubliclibrary.org](http://newhartfordpubliclibrary.org) website murder mystery.

### 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.

### Upstate University Hospital's Mammography Van to return to the New Hartford Public Library on November 7<sup>th</sup>

Upstate University Hospital's Mammography Van will return to the New Hartford Public Library at 2 Library Lane in New Hartford, on Thursday, November 7, 2024. The screenings will be available between 10 a.m. and 4 p.m. Appointments are recommended for women who want to get a mammogram, to ensure they will be seen that day.

To schedule an appointment for a mammogram with the van, women should call 315-464-2588. Appointments can also be requested online at: [www.upstate.edu/noexcuses](http://www.upstate.edu/noexcuses).

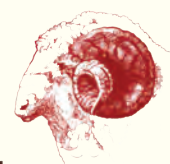
To be eligible for a mammogram on the van, women should be 40 years and older; not have had a mammogram in the past 12 months; and not be experiencing breast problems.

The mobile mammography program was started through New York State's "Get Screened, No Excuses" Breast Cancer Initiative, and continues with the support of Upstate University Hospital. The program aim is to get rid of obstacles to breast cancer screening for women in New York. The average rate for screening mammography in New York is 81 percent.

The mammography van is equipped with a state-of-the-art 3D digital mammogram system, private exam room, dressing rooms and a waiting room.

Breast cancer is one of the most common cancers in women, effecting one in 8 women. It's also one of the most treatable cancers when detected early. Mammograms—x-rays of the breasts—are the most effective screening procedure for the early signs of breast cancer.

For information, contact: Wendy Hunt at 315-492-3353.



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# Stanley Theatre Series

## Annette Funicello (1942-2013) Singer, Actress



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.

Annette Joanne Funicello, born in Utica on October 22, 1942, was a widely known and successful actress and singer. Having moved at a young age with her family from Utica to California, she was discovered by Walt Disney as she performed in a ballet, *Swan Lake*, in Burbank. Selected at the age of 12, the last of 24 Mouseketeers for Disney's Mickey Mouse Club, she soon became its most prominent member, identified simply as Annette. Years later when the Mickey Mouse Club was disbanded, Annette went on to a formidable acting career, frequently appearing with Frankie Avalon during the 1960s in a number of beach movies. Paul Anka wrote the song *Puppy Love* about his romance with her. Annette as a singer had some hit tunes such as *O Dio Mio*, *Pinapple Princess* and others. She also traveled the country as a singer for the Dick Clark Caravan. Clark himself had youthful Utica connections. Annette appeared on the Stanley Stage in May 1990. Sadly, in the 1980s she was diagnosed with multiple sclerosis and eventually became a widely-recognized spokesperson for the disease. Her death on April 8, 2013 at the age of 70 was a loss not only to Utica but also to a nation. Annette was awarded a Star on the Hollywood Walk of Fame on Hollywood Boulevard on September 14, 1993. Her life was filmed as a television movie, *A Dream Is a Wish Your Heart Makes: The Annette Funicello Story* (1995). In an effort to find a cure for her disease, she established the Annette Funicello Research Fund for Neurological Diseases, a non-profit organization dedicated to arresting multiple sclerosis and other disorders, such as Lou Gehrig disease.



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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](mailto:dmeislin@aol.com)



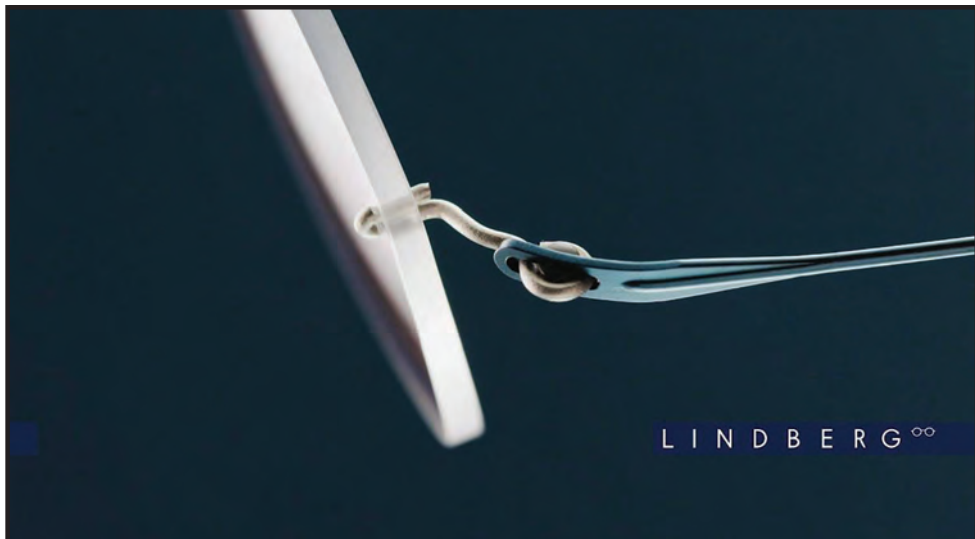
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**Identifying Hubris**

*submitted by Jim LaFountain, All American Fitness Center*

Hubris may be defined as exaggerated pride or self confidence. I have adopted my own definition: “not knowing what you don’t know and don’t want to know.” Hubris has officially begun to dominate the field of physical fitness and nutrition. I see it in our college students returning from their bout with higher learning, our high school athletes, who spend a great deal of time on You Tube and even old timers, who read an article in the newspaper.

Identifying hubris:

\*Improper “sequencing” of exercises. This is a simple, time tested procedure. Always address the largest muscles of the body first. They require the most energy and training smaller muscles early in the workout compromises stimulating those large, dominant muscles. A bad sequencing mistake would be exhausting the triceps before doing bench presses. Another one would be doing biceps curls before performing chin ups or lat pulldowns.

\*A dead giveaway is a preoccupation with completing a prescribed number of repetitions, disregarding form and not reaching momentary muscular failure. I’ve simplified proper form, saying “you can do everything wrong, but perform reps slowly and you’ll be half right.” Controlled reps are an essential component in building muscle. Throwing a weight through a range of motion is useless and dangerous. My advisor in graduate school, a Yale PhD, regularly said this, “the first 6-10 reps

are simply a stepping stone to get you to momentary muscular failure, where the muscle building switch is turned on.” Momentary muscular failure is when another repetition is impossible to perform in good form. That end of set failure is turned into a muscle building success. On a daily basis, I observe trainees performing endless sets of an exercise, for a prescribed number of useless repetitions, never reaching momentary muscular failure. Granted, reaching that point in a set is NOT a comfortable endeavor, as lactic acid serves to warn us that muscle fibers are being challenged beyond normal.

\*A couple of years ago, a college athlete told me “I’ve gained 30 pounds of muscle this past year.” Without pharmacological aides, in the form of anabolic steroids, human growth hormones or the newest booster, stem cells, a male has the potential to gain 12-15 pounds of muscle in a lifetime and a woman can expect to gain 6-8 pounds. Intense exercise is the key component in any muscle building quest. Ingesting 1.5-2.0 grams of protein per kilogram body weight (your body weight in pounds divided by 2.2) is a good idea, along with generous amounts of water to help metabolize the protein.

\*Highly restrictive dieting seems to have also made a comeback, especially among the hubris, pseudo, nutritional, experts. It’s important to remember, slow and consistent weight loss, i.e., one pound per week, assures that most of the weight loss is in the form of fat. Quick fix fad diets rid the body of unneeded water. Water is essential in metabolizing protein, fats and carbohydrates. When those nutrients are restricted, generous amounts of water leaves the body, creating an impressive, yet false, “scale weight” drop.

\*Last but not least, hubris rears its ugly head in the performance of favorite exercises. For women, it’s ab work and lower body training. Men seem to do a great deal of bench presses and biceps curls, often called the male “showy muscles.” When favorite exercises are done without addressing opposing muscle groups, it compromises joint integrity. From head to toe movements for every joint, referred to as the kinetic chain, should be included to create muscular balance.

These are the most common and obvious signs of physical fitness hubris. Who’s to blame? The leading suspect has to be the internet, particularly You Tube.



*Pictured are Lions Club President Bob Porter, First Vice President Geraldine Schisler, and Treasurer Nick Montesano presenting our donation to Kathy.*

**Lions Club News**

The New Hartford/NY Mills/Whitestown Lions Club recently welcomed Kathy Lloyd, representing the Make A Wish foundation, to our monthly meeting. Kathy made a return visit to our meeting to update us on this year’s golf scramble which was held at Twin Ponds Golf and Country Club in memory of her nephew, John. The Lloyd family organizes this event to benefit children with critical illnesses in Central New York.

The New Hartford/NY Mills/Whitestown Lions Club meets on the 2nd Tuesday of each month at 5:30 at Sloppy Joe’s Pizza in the New Hartford Shopping Center. We always welcome visitors to our meetings.



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### Women of the Cloud Forest

Since the cooler weather will force us to spend more time indoors, it's a good time to spruce up your kitchen for the fall season. We have some terrific new items from "Women of the Cloud Forest." Add a splash of color to your table with our Marbled Multi-colored Felt Ball Trivet, made with 100% felted wool. It is made by an artisan group in Nepal whose mission is to empower communities while preserving culture.

Equip your kitchen with function and beauty, with our Tropical Hardwood Multi-Wood Sugar Bowl with Lid & Spoon from Nicaragua. Hand-carved out of sustainably harvested tropical hardwood, this beautiful sugar bowl is a perfect addition to your table.

These and many, many more uniquely hand-crafted gift items from 38 different countries can be found at our Fair Trade Shoppe, Stone Presbyterian Church, 8 So. Park Row, Clinton. Our hours are 10am to 4pm every Thursday, Second Saturdays and Thursday, October 3<sup>rd</sup>, The last day of the Farmer's Market on the Village Green in Clinton. Purchasing fair trade items ensures artisans and small farmers fair wages and healthy working conditions, providing dignity, sustainable development and hope for marginalized people. Let us be your go-to Gift Shop!

Visit us at <https://buildingstoneshoppe.square.site> or [www.facebook.com/buildingstonesfairtradeshoppe](https://www.facebook.com/buildingstonesfairtradeshoppe).

## Halloween bucket list

naturalbeachliving.com

1. Decorate the House
2. Visit a Pumpkin Patch
3. Make Caramel Apples
4. Read a Halloween Book
5. Watch Hocus Pocus
6. Make Tin Can Frankenstein
7. Bake Halloween Cookies
8. Make Pumpkin Pancakes
9. Bob for Apples
10. Bonfire S'mores
11. Make Footprint Ghosts
12. Go on a Hayride
13. Make TP Tube Bats
14. Drink Hot Apple Cider
15. Play Flashlight Tag
16. Make Paper Plate Vampire
17. Buy Halloween Costume
18. Eat Candy Corn
19. Escape a Corn Maze
20. Make Handprint Bats
21. History of Halloween
22. Give a BOO Gift
23. Visit a Haunted House
24. Tell Spooky Stories
25. Go Trunk or Treating
26. Go to a Fall Festival
27. Paint Mini Pumpkins
28. Make a Q-tip Skeleton
29. Carve a Jack-O'-Lantern
30. Make Milk Jug Ghosts
31. Trick or Treat

51 days of spooky fun!



### New Hartford Sports - Home Games

\*subject to change without notice

Date	Start Time	Game Type	Sport	Level	Location	Opponent
Oct 1, 2024, Tue	4:00 PM	Regular Season	Cross Country (Boys)	7th/8th	Cross Country Course (Perry JH)	Oneida, Holland Patent, Whitesboro
Oct 1, 2024, Tue	4:00 PM	Regular Season	Cross Country (Girls)	7th/8th	Cross Country Course (Perry JH)	Holland Patent, Oneida, Whitesboro
Oct 1, 2024, Tue	4:00 PM	Regular Season	Cross Country (Boys)	Varsity	Cross Country Course (Perry JH)	Oneida, Holland Patent, Whitesboro
Oct 1, 2024, Tue	4:00 PM	Regular Season	Cross Country (Girls)	Varsity	Cross Country Course (Perry JH)	Holland Patent, Whitesboro, Oneida
Oct 1, 2024, Tue	4:15 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Central Valley Academy (Thunde
Oct 1, 2024, Tue	5:30 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Central Valley Academy
Oct 2, 2024, Wed	4:15 PM	Regular Season	Soccer (Girls)	7th/8th	Hughes Soccer Field	Oneida
Oct 2, 2024, Wed	4:30 PM	Regular Season	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Vernon-Verona-Sherrill
Oct 4, 2024, Fri	6:00 PM	Regular Season	Football (Boys)	Varsity	HS Turf Field	Oneida
Oct 4, 2024, Fri	6:00 PM	Regular Season	Cheerleading (Girls)	Varsity (Fall)	HS Turf Field	Oneida
Oct 5, 2024, Sat	2:00 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Utica Proctor
Oct 5, 2024, Sat	2:00 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Utica Proctor
Oct 7, 2024, Mon	4:15 PM	Regular Season	Soccer (Girls)	7th/8th	Hughes Soccer Field	Utica Proctor (JFK)
Oct 7, 2024, Mon	5:00 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Whitesboro
Oct 7, 2024, Mon	6:30 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Whitesboro
Oct 8, 2024, Tue	4:15 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Vernon-Verona-Sherrill
Oct 8, 2024, Tue	5:30 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Vernon-Verona-Sherrill
Oct 9, 2024, Wed	4:00 PM	Regular Season	Football (Boys)	7th/8th	Perry JH Football/Lacrosse Field	Whitesboro
Oct 9, 2024, Wed	5:00 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Holland Patent
Oct 9, 2024, Wed	6:30 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Holland Patent
Oct 10, 2024, Thu	4:00 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	Rome Free Academy
Oct 10, 2024, Thu	4:00 PM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	Rome Free Academy
Oct 10, 2024, Thu	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Holland Patent
Oct 10, 2024, Thu	5:00 PM	Regular Season	Swimming/Diving (Girls)	Varsity	HS Pool	Adirondack
Oct 10, 2024, Thu	7:00 PM	Regular Season	Football (Boys)	Varsity	HS Turf Field	Camden
Oct 10, 2024, Thu	7:00 PM	Regular Season	Cheerleading (Girls)	Varsity (Fall)	HS Turf Field	Camden (Fall)
Oct 11, 2024, Fri	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Utica Proctor (DMS)
Oct 11, 2024, Fri	4:30 PM	Regular Season	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Whitesboro
Oct 15, 2024, Tue	4:00 PM	Regular Season	Cross Country (Boys)	Varsity	Cross Country Course (Perry JH)	Camden, Notre Dame, Utica
Oct 15, 2024, Tue	4:00 PM	Regular Season	Cross Country (Boys)	7th/8th	Cross Country Course (Perry JH)	Camden, Notre Dame, Utica
Oct 15, 2024, Tue	4:00 PM	Regular Season	Cross Country (Girls)	Varsity	Cross Country Course (Perry JH)	Camden, Notre Dame, Utica
Oct 15, 2024, Tue	4:00 PM	Regular Season	Cross Country (Girls)	7th/8th	Cross Country Course (Perry JH)	Notre Dame, Utica, Camden
Oct 15, 2024, Tue	4:15 PM	Regular Season	Soccer (Girls)	Junior Varsity	Perry JH Soccer Field	Holland Patent
Oct 15, 2024, Tue	5:30 PM	Regular Season	Soccer (Girls)	Varsity	HS Turf Field	Holland Patent
Oct 16, 2024, Wed	4:15 PM	Regular Season	Soccer (Girls)	7th/8th	Hughes Soccer Field	Rome Free Academy
Oct 16, 2024, Wed	5:00 PM	Regular Season	Field Hockey (Girls)	Varsity	HS Turf Field	Camden
Oct 16, 2024, Wed	6:30 PM	Regular Season	Field Hockey (Girls)	Junior Varsity	HS Turf Field	Camden
Oct 17, 2024, Thu	4:15 PM	Regular Season	Soccer (Boys)	Junior Varsity	Perry JH Soccer Field	Whitesboro
Oct 18, 2024, Fri	4:15 PM	Regular Season	Soccer (Boys)	7th/8th	Hughes Soccer Field	Whitesboro
Oct 19, 2024, Sat	7:00 PM	Regular Season	Soccer (Boys)	Varsity	HS Turf Field	Whitesboro
Oct 21, 2024, Mon	4:30 PM	Regular Season	Football (Boys)	Junior Varsity	HS Turf Field	Carthage
Oct 21, 2024, Mon	4:30 PM	Regular Season	Field Hockey (Girls)	7th/8th	Myles Elementary FH/LAX Field	Camden
Oct 23, 2024, Wed	4:00 PM	Regular Season	Football (Boys)	7th/8th	Perry JH Football/Lacrosse Field	Camden
Oct 23, 2024, Wed	4:15 PM	Regular Season	Soccer (Girls)	7th/8th	Hughes Soccer Field	Vernon-Verona-Sherrill
Oct 28, 2024, Mon	4:30 PM	Regular Season	Football (Boys)	Junior Varsity	HS Turf Field	Central Valley Academy



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**Kids Invited to Excavate Real Dinosaur Bones at Unity Hall's Special FREE Paleontology Event Sunday, October 20 at 3PM**

Unity Hall, in collaboration with the Barneveld Free Library, invites children in grades K-8 to a unique and educational dinosaur dig experience! This FREE program will be led by paleontologists Mike and Roberta Straka on Sunday, October 20 at 3PM at Unity Hall, 101 Vanderkemp Ave in Barneveld. The event offers kids the rare opportunity to dig up a real Triceratops bone and learn about paleontological excavation from seasoned experts.

This exciting event is free to attend, but reservations are required as space is limited. Reservation tickets available at [www.unityhall.com](http://www.unityhall.com) via Humanitix. Children must be accompanied by a parent or guardian.

During the program, children will not only discover the thrill of unearthing a Triceratops bone, but they'll also contribute to the assembly of a life-sized dinosaur cutout. Participants will get up-close with the actual skull of "Mr. Nixon," a Triceratops discovered by the Straka team in 1996 and explore rare fossils in a hands-on "mini museum" featuring photos and minerals from the Strakas' digs in South Dakota.

In addition to the dig, children will learn about the characteristics of Triceratops and other dinosaurs while getting to handle fossils firsthand. This interactive program is designed to inspire curiosity and teach skills needed for a successful paleontological dig.

The dinosaur dig educational adventure is made possible by funds from the Stewarts Holiday Match Program and is co-sponsored by the Barneveld Free Library. This event is also made possible with membership support by the Unity Hall Foundation, a not-for-profit organization founded in 1995 to maintain the 1896 Hall as a center for arts and community activities. Additional support was provided by funds from the Statewide Community Re-grants Program through the New York State Council on the Arts, with support from the Office of the Governor and the New York State Legislature and administered by CNY Arts.

For information about membership and other Unity Hall events visit [www.unityhall.com](http://www.unityhall.com), Facebook/HistoricUnityHall, and [unityhallbarneveld](https://www.instagram.com/unityhallbarneveld) on Instagram.

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**ENHANCING STABILITY: THE ROLE OF PHYSICAL THERAPY  
IMPROVING BALANCE, ESPECIALLY DURING INCLEMENT WEATHER**

Maintaining balance is a fundamental aspect of daily life, and it becomes even more crucial during inclement weather conditions. Slippery surfaces, uneven terrain and unpredictable weather patterns can pose significant challenges to individuals, particularly the elderly or those with certain medical conditions. Fortunately, physical therapy emerges as a valuable ally in fostering stability and improving balance, offering a range of exercises and interventions to enhance overall mobility.

Balance is a complex interplay between various bodily systems, including the musculoskeletal, visual, and vestibular systems. As we age or face health challenges, these systems may weaken, leading to an increased risk of falls. Inclement weather, with its potential for slippery sidewalks and icy surfaces can exacerbate this risk. Addressing balance concerns is not only about preventing falls but also about promoting independence and a higher quality of life.

Physical therapists design customized programs that introduce strength training, coordination exercises, proprioception activities, gait and environmental training that assist in guiding adaptations to one's living environment. This is a proactive and effective approach to address balance concerns. By targeting specific areas of weakness, improving coordination, and enhancing overall stability, individuals can confidently face the challenges presented by slippery surfaces and adverse weather conditions. Investing in physical therapy not only mitigates the risk of falls but also empowers individuals to maintain an active and independent lifestyle!

**CALL (315) 738-1671 FOR A BALANCE ASSESSMENT TODAY!**



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Victor Fariello Jr.



**Keep Those Cards and Letters Coming!**

You may remember Dean Martin ending his popular variety show in the 1960's with "Keep those cards and letters coming." I'm borrowing it to remind you that I enjoy receiving your pictures and comments. If you are among those that have been doing this, I say thank you for your interest and support. For those of you who haven't written, why not consider it in the weeks ahead. You can ask questions about an item you have and its value or ask general questions pertaining to antiques and collectibles. You can also let me know topics for Antique Talk that you would like to see. You can email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com) or via mail at Antique Talk, PO Box 194, Washington Mills, NY 13479. I enjoy hearing from you!

Happy Collecting!

**Greater Rochester Fall Antique Show**

The Greater Rochester Fall Antique Show is Saturday, October 19, 2024, from 10:00 - 4:00 located in Minett Hall at the ROC Dome in Henrietta, NY. There is plenty of free parking on the premises and all the dealers are located in Minett Hall. For more information on this show visit [antiquesrochester.com](http://antiquesrochester.com).

**New Hartford Questers Wants You!**

The J. Schoolcraft Sherman Chapter #1519 Questers is celebrating its 5th Anniversary in 2024. We hold monthly meetings on the first Monday of the month at 4:30 p.m. at the NH Library except in July and August. We are individuals interested in history, preservation, education and appreciation of antiques. You can check out the organization at [questers1944.org](http://questers1944.org). For more information on the New Hartford Questers and how to join, please email me at [vjfariello@gmail.com](mailto:vjfariello@gmail.com). We would be happy to have you check us out!

**Support Your NH Historical Society**

Supporting the NH Historical Society is important to preserving our local history. 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.

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

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**Prepare the Rosh Hashanah Envelopes**

1. Combine carrots, apples, dates, apricots, and apple juice in a small saucepan. Bring to a slow simmer, constantly stirring. Simmer until mixture has softened and liquids have thickened, about 15 to 20 minutes.
2. Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with Gefen Parchment Paper and set aside. Defrost puff pastry slightly (I like to use the puff pastry while it is still very cold. That way, you end up with uniform envelopes and less hassle). Working one square at a time, place a heaping teaspoon of filling at the center of each square. Sprinkle the filling with a tiny bit of sugar (this will render the filling shiny and golden). Bring all the corners together and fold like an envelope. Secure with a toothpick. The sides don't have to be sealed; it's OK if filling shows.
3. Transfer to baking sheet and brush with egg wash. Bake for 25 to 30 minutes, until golden. Serve warm or at room temperature.

**Sweet and Meaningful Rosh Hashanah Envelopes**

- 2 carrots, grated
- 2 Granny Smith apples, grated
- 8 small dates, pitted and diced small
- 1 cup dried apricots, diced small
- 1 and 1/2 cups Kedem Apple Juice
- 1 package of 36 Gefen Mini Puff Pastry Squares
- sugar, for sprinkling
- 1 egg, for egg wash



**Happy Rosh Hashanah!**

**Evening of Wed. Oct 2 – Fri. Oct 4th**

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### NHFD News

Below please find the alarms for the months of July and August. Once again these have been two busy months for your department as your New Hartford Volunteer Fire Department responded to 207 alarms during these months as indicated by the monthly call report listed below by category:

**JULY ALARMS:**

- Fires = 4
- EMS = 44
- Hazardous = 10
- Service Type = 6
- Good Intent = 7
- False Alarms = 29
- Other Alarms = 0
- Weather Related = 0
- Total Calls for the Month of July 2024 = 100.

Of the 100 alarms, 80 were in the town and 19 were in the village and 1 mutual aid alarm.

This brings the total number of calls year-to-date through July 31, 2024, to 720.

**AUGUST ALARMS:**

- Fires = 7
- EMS = 48
- Hazardous = 8
- Service Type = 10
- Good Intent = 6
- False Alarms = 23
- Other Alarms = 0
- Weather Related = 5
- Total Calls for the Month of August 2024 = 107.

Of the 107 alarms, 90 were in the town and 16 were in the village and 1 mutual aid alarm.

This brings the total number of calls year-to-date through August 31, 2024, to 827.

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

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



### NHFD Schedules Annual Halloween Parade

The New Hartford Volunteer Fire Department will host its Annual Halloween Parade and Open House on Thursday evening, October 31, starting at 6pm at the Fire House on Oxford Road in the Village.

The evening begins with a parade that departs the fire house promptly at 6pm, proceeding on Oxford Road to Sanger Avenue where it will turn right onto Sanger to Pearl Street. The parade will turn right onto Pearl Street to Park Avenue ending at the station.

Costume judging, by age groups, will begin immediately following the parade. The children's costumes will be judged in several age brackets each with four categories. The categories include: the funniest, the scariest, cutest, and most original. There will also be a family category and best group theme. Prizes will be awarded for 1st, 2nd and 3rd place. Refreshments of cider and donuts will be served.

The parade may be canceled in the event of inclement weather however, the open house and costume judging will take place inside the fire station.

For additional information please visit [www.nhfd.com](http://www.nhfd.com)

**MORE DETAILS AT NHFD.COM AND ON FACEBOOK**



# Breakfast with Santa

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**Our monthly paper is currently mailed to residents in the 13413 zip code. If you know someone who wishes to receive our publication, we will gladly add the address to our subscription list for a yearly fee of \$25.**

**Please mail a check to The Town Crier, PO Box 876, New Hartford, NY 13413.**

*The TownCrier is privately owned and not affiliated with the Town of New Hartford.*



# VILLAGE OF NEW HARTFORD 2024 CURBSIDE JUNK COLLECTION GUIDELINES

The following pertains to **VILLAGE OF NEW HARTFORD** residents only and **does not** include the **TOWN OF NEW HARTFORD**.

For more detailed information, refer to your Village Garbage Collection flyer or call the Village DPW at 315-724-0379 or the Village office at 315-732-1147.

The Village of New Hartford will have a curbside junk pick up on **Monday, October 14, 2024**.  
Materials must be at the curb by 5:00 am on October 14<sup>th</sup>

Materials must be sorted into separate piles as listed below:

- 1) **Household Junk:** lumber bundled, piled parallel with the roadway, roofing and plaster in containers weighing 60 pounds or less, furniture without fabric, porcelain sinks, toilets, and storm windows
  - 2) **Sanitary Waste:** clothes, bedding, stuffed furniture, hardcover books, empty paint cans with lids removed, and toys
  - 3) **Metal:** major appliances and metal products
  - 4) **Tires:** Tires must be off rims and no larger than 16". No large truck or tractor tires
- Only one pickup of each category listed per street.
  - Nothing longer than 8 feet long will be collected.
  - Collection limits for categories #1 (Household Junk) and #2 (Sanitary Waste) are each limited to a pile not to exceed 4' wide, 8' long, and 3' high.

**The DPW will not accept:**

- 1) **Recyclable materials, lumber exceeding the limit stated above, and shingles not contained.** For construction and demolition projects, please contact the Village DPW or a private waste hauler to make arrangements for a dumpster.
- 2) **Propane cylinders and liquids such as paints, thinners, waste oil, herbicides, and pesticides.** These items may be disposed of at the Oneida-Herkimer County Waste Authority drop site per their collection schedule. For more information, call 315-733-1224.
- 3) **Automotive batteries.** Due to employee and environmental hazards, batteries may be returned to a redemption or recycling facility.

**Thank you for your cooperation with sorting materials and observing these guidelines.  
It helps reduce costs and insures the continuation of this program.**

## **VILLAGE OF NEW HARTFORD** **GREEN WASTE AND LEAF COLLECTION**

Leaves, grass clippings, and brush will be collected every Wednesday through the end of September. Brush must be bundled and leaves, grass, and trimmings must be contained in reusable cans. Limbs must be less than 12" in diameter and less than 6' long for collection.

From October 1<sup>st</sup> through November 15<sup>th</sup>, leaves will be collected loose at the curb once weekly. Please keep leaves separate from brush pile. Plastic bags used for leaves and green waste are not permitted and will not be collected. Please do not pile leaves in the roadway.

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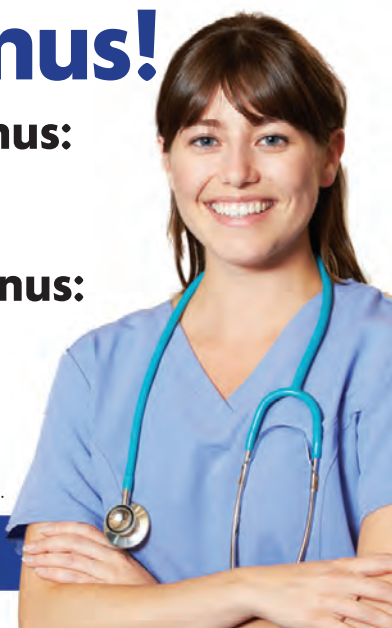
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Richard Sherman

### New Hartford Highway News

submitted by Highway Superintendent, Richard Sherman

October is here and as a reminder, the Town Highway Department will start picking up leaves shortly. Please don't put leaves in plastic bags or containers. Place the leaves at the curb, so that our leaf vac trucks can pick them up. There is a leaf truck in each town ward, so that they can be picked up in a timely manner. Once the leaves start falling, the trucks will be out every single day. Please don't mix the leaf piles with other debris like sticks, dirt, rocks, brush, and pumpkins.

The Brush Collection is finished for the 2024 season.

We will not be picking up any trees or brush until next season. The compactor trucks will still be out to pick up the green waste of flowers and grass clippings.

The town is working on Roman Rd detention ponds, hauling out fill dirt where the ponds are going to be located. This project will be on-going until we have snow and crews go on night shifts. We will also be working on Oneida Street in Chadwicks, replacing sidewalks in phase 1.

The Highway mechanics have started working on the plow equipment to get it ready for the upcoming winter Season. The Highway trucks are being checked and plows, wings and hoppers will be installed for the 2024-2025 winter season.



The Highway department is still working with FEMA for reimbursement on our projects. The Town's engineer is still working on the Rayhill Trail repair with DEC, Army Corp, FEMA as well. The town's Excavators are working on cleaning the creeks and in the new detention ponds, and our mason crew is still working on catch basin repairs. The Town Highway Department has installed new speed warning signs on Oxford Rd that are battery powered for traffic safety.

I am starting to put together a paving list of roads for next season. I am going to try to get the bid out early, so that we are ready to go in the months of May and June. So, if you think your road needs to be placed on the 2025 paving list, please give me a call.

You can contact me either at 315-534-2998 or e-mail at rsherman@townofnewhartfordny.gov.

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Far left, Bill Gagnon, SHP. Far right, Concetta Carcone and Kathy Howard, Mother Marianne's West Side Kitchen

## Preswick Glen Community Donates \$11,000 to Local Charities

Local charities Sleep in Heavenly Peace (SHP) and Mother Marianne's West Side Kitchen divided a \$11,000 donation from the New Hartford senior community Preswick Glen. SHP, relatively new to the area, started in 2021. The volunteer organization makes single beds (convertible to bunks) for kids, ages 3-18, complete with mattress and bedding. Candidates for recipients are identified by a variety of methods, most often by social service workers. The Utica chapter, currently led by Bill Gagnon, delivers approximately 800 beds yearly to the local area.

Mother Marianne's West Side Kitchen, located on Columbia Street, provides daily meals from 11-1 to approximately 200 people a day and they are open 7 days a week throughout the year. Staffed entirely by volunteers, much of the food they provide is donated by stores and individuals, although they do buy from the central NY Food Bank as well.

Each year the residents of Preswick Glen pool their resources to provide a local charity with a significant donation. Started in 2014 by then resident Ed Giovannone, the Giving Campaign, conducted by a committee under the aegis of the Residents' Council, identifies a local charity, then collects donations from the residents during the early summer. The current committee consists of Patty Bowen, Larry Calabrese, Robin Kinnel (chair), Ann Kirkpatrick, John Klein, Barbara Klein, and Virginia Van Slyke. Among recently supported charities are the Neighborhood Center, Johnson Park, and the Refugee Center (now simply the Center). On September 11, the checks were presented to representatives of the charities at a small ceremony held in the courtyard at Preswick prior to Happy Hour.



by Raymond J. Durso, Jr.,  
President/CEO The Genesis Group Chairman,  
Chamber Alliance Mohawk Valley

## The Genesis Group is Pleased to Announce Some Exciting Events for October & November

The first is our 24th Annual Meeting and Luncheon on October 24th – 12pm at Hart's Hill Inn, Whitesboro. Each year, Genesis offers a report to the community on its progress and accomplishments. We also recognize outstanding leaders in the region by awarding the Joseph R. Carucci Legacy Award, the organization's highest honor in memory of our Founding Member.

### Joseph R. Carucci Legacy Award ~ Class of 2024

- Vincent "Jim" Bono
- Marty Broccoli
- John Brown
- Carolyn Lewis
- Tom Neumann
- Amy Turner
- John Zogby

### 2024 Genesis Group Volunteers of the Year:

Maria Smith and Gary Sunada

## Annual Meeting Guest Speakers:



Gregg Lowe, CEO at  
Wolfspeed



Anthony Picente, Oneida  
County Executive

## For Reservations, visit our website:

[www.TheGenesisGroup.org](http://www.TheGenesisGroup.org)

### Candidates Forum

The second event is a Candidates Forum sponsored by the Chamber Alliance of the Mohawk Valley – Tuesday, October 29 – 7:30am at Hart's Hill Inn, Whitesboro.

Many of the candidates running for office this year will attend. The forum is a great way for voters to know the candidates, and the candidates to know the voters.

\*For Reservations, visit our website: [www.TheGenesisGroup.org](http://www.TheGenesisGroup.org)

**The third event is our 18th Annual Celebration of Education** on November 21st – 5:30pm at Hart's Hill Inn, Whitesboro.

Held during American Education Week, this event recognizes educators and programs that are positively impacting our students and the community.

\*To submit a nomination, visit our website: [www.TheGenesisGroup.org](http://www.TheGenesisGroup.org)

Join us for any of the (above) events...all are welcome!

The Genesis Group is a regional and community organization that focuses on the community's agenda.



## CCE Oneida County's Annual Meeting and Stakeholder's Meeting

Enjoy a delicious complimentary dinner surrounded by autumn décor and twinkling lights inside a local greenhouse at the 2024 Cornell Cooperative Extension of Oneida County (CCE) Annual Meeting and Stakeholders meeting, Thursday, October 24, 2024. Registration starts at 5:30PM, and the program begins at 6PM. The dinner will be held at North Star Orchards, NY State 223, Westmoreland, NY. Parking and entrance

will be at the back of the greenhouses.

This event is open to all CCE stakeholders, including the public, that are served by CCE Oneida County. Come and learn all that your local cooperative extension has to offer. A zoom in meeting option is also available for those who would like to join virtually.

REGISTRATION IS REQUIRED. Each person must register individually at [https://reg.cce.cornell.edu/Annualmeeting2024-2-2\\_230](https://reg.cce.cornell.edu/Annualmeeting2024-2-2_230) or by visiting the events page on the CCE website [cceoneida.com](http://cceoneida.com) and clicking on the Annual Meeting. Once registered, online attendees will receive an email with the live meeting link.

Friends of CCE volunteers and supporters will also be recognized, that night, for their continued participation and support of the Association.

The evening wraps up with attendees chance to win one of five CCE Gift Baskets. For more information contact Terri Harrison by email: [tah223@cornell.edu](mailto:tah223@cornell.edu) or phone 315-736-3394 ext. 168.



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- ★ *“Let me tell you a little bit about the Med Wave red light treatment offered at New Hartford Wellness: You may be wondering what it is and how it works. Basically, the light targets a specific layer of cells that allows for them to open and release stored fat. The treatment itself feels a lot like tanning: warm, bright and relaxing. The inch-loss may be your primary goal, but there are many other unexpected benefits as well.*
- ★ *I was surprised at how much energy I had after each treatment. The same light that releases fat also works on the cell’s energy centers. As a mom, I always welcome extra energy to get things done!*
- ★ *My aches and pains were also significantly reduced while I was receiving treatment. Med Wave treatment helps to reduce inflammation and that was the most noticeable part for me.*
- ★ *After each Med Wave treatment, the next step is to spend 10 minutes on a vibration plate to increase circulation and encourage lymphatic drainage (i.e. cells getting rid of everything that was previously stored). This part of the process helped with water retention and any swelling I had in my body.*
- ★ *Overall, I lost a combined total of 9+ inches from my waist, hips and thighs. I comfortably went down a size in pants and shirts. However, I was most impressed by the anti-inflammatory effect of the red light and would recommend it to anyone hoping to heal or recover.”*

*-Meghan, 29*

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John Hobika Jr at the New Hartford Farmers Market Oneida History Center Booth



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**Nov. 30, 2024**



Be a local superhero by supporting your friendly neighborhood small businesses!  
 More information coming soon!

**New Hartford Chamber News**

The board of directors of the New Hartford Chamber of Commerce would like to congratulate John Hobika Jr. on his new role as vice president of the board. John will be replacing the current vice president, Eric Bjornland who will remain on the board as membership chair.

John Hobika Jr. has been in the insurance & financial service industry for nearly 35 years through a variety of distribution channels. Along with other professional industry designations, he is a Certified Financial Education Instructor and has been a frequent speaker with a variety of personal/business related planning needs & financial literacy initiatives to local entities/non-profits and other venues. He has been actively involved with many local organizations through his work with community service and board representation.

With his diverse background, John has combined his years of experience to be a financial quarterback for Berkshire Bank working throughout New York State for valued & prospective clients to bring best in class solutions to better equip them to meet & exceed their financial goals & objectives throughout our shared communities.

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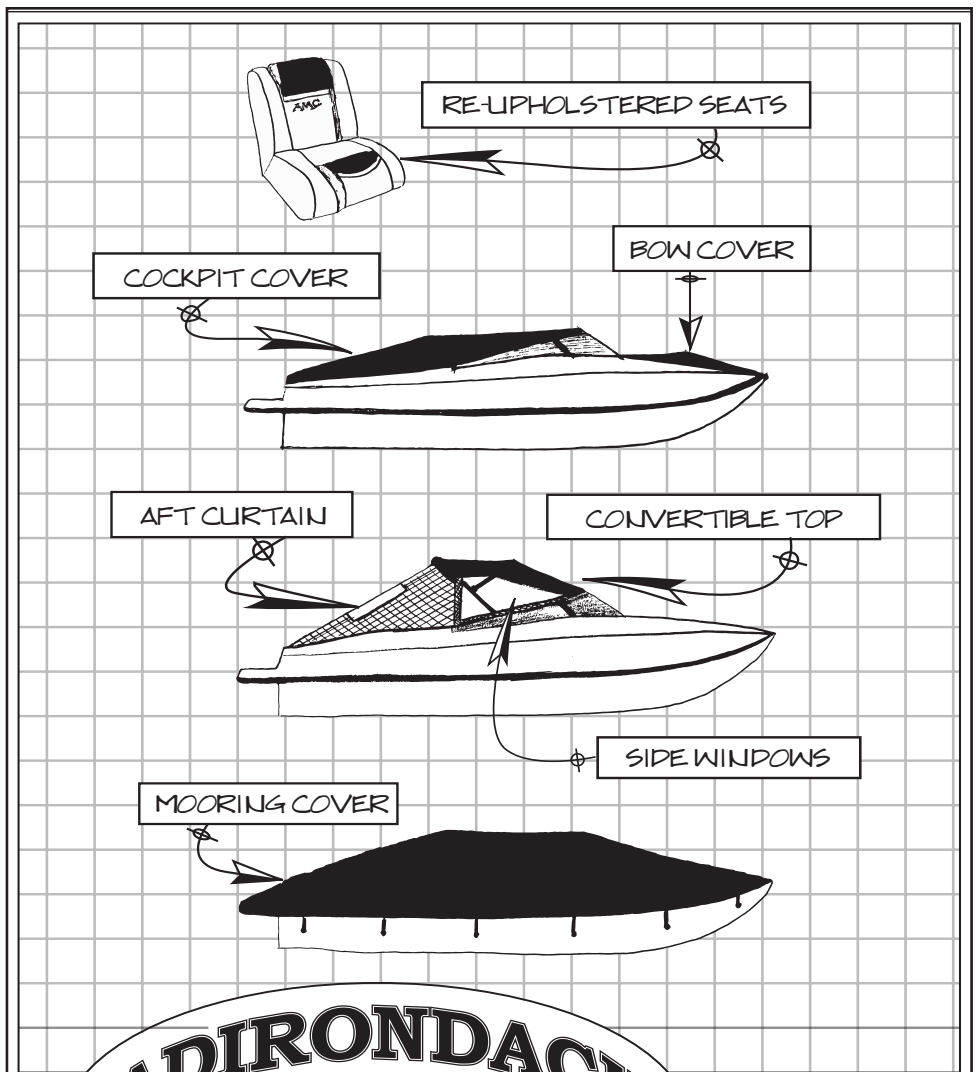
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### Lunch & Learn - Samhain: Irish Halloween Origins & Traditions

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday, October 9, 2024 at 11:00 am for a presentation on Irish Halloween Origins & Traditions. After the program you can enjoy a delicious lunch in the beautiful Five Points Pub designed and built by Dublin craftsmen.

In modern Ireland and Scotland, the name by which Halloween is known in the Gaelic language is still Oíche Shamhna. According to Celtic lore, Samhain is a time when the boundaries between the world of the living and the world of the dead become thinner, allowing spirits and other supernatural entities to pass between the worlds to socialize with humans. It is the time of the year when ancestors and other departed souls are especially honored.

At this program you learn how some of Ireland's most ancient Samhain traditions have evolved over the centuries to what we now know as Halloween.

The program will be presented by traditional Irish musician and Gaelge student Michael Hoke.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included. Please register at this link, <https://bit.ly/4efnHxJ>, or call and 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.



### Oíche Scannán Eireannach - Irish Film Night - Violet Gibson: The Irish Woman Who Shot Mussolini

On Wednesday October 24 - 7 PM, Join us in the HARP Museum at the Irish Cultural Center of the Mohawk Valley to learn the story of "Violet Gibson: The Irish Woman Who Shot Mussolini".

Violet Gibson was an unlikely assassin. On the day she shot Benito Mussolini, April 7, 1926, the Italian dictator had just spoken at an international conference of surgeons in Rome, and was making his way through the cheering crowds back to his car...

This revelatory documentary tells the forgotten story of Violet Gibson, the 49-year-old daughter of the Lord Chancellor of Ireland who shot and almost assassinated Italian fascist dictator Benito Mussolini in 1926, and how the world conspired to write her out of history.

Jeff Miller, PhD – Professor of Communication & Media at Utica University will provide commentary.

This movie is FREE to attend. Please reserve your spot by registering at this link <https://bit.ly/4ei3Deq> or call and 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.



### Irish Ghosts, Banshees & Fairies

Join us at The H.A.R.P. Museum at the Irish Cultural Center of the Mohawk Valley on Wednesday October 30 at 7:00 PM for tales and songs that celebrate Ireland's Samhain or Halloween tradition.

In this darkening time of year, Samhain arrives to herald autumn down its slide to winter, when the barrier between the living and the dead is thinnest. This evening we will present stories collected in 19th century rural Ireland. Stories and songs from a time when science wasn't so sure of itself. Tales and tunes of banshees and fiends, musical fairies - not the nice kind - and of course ghosts. We endeavor here this evening to embrace the dark and shorten the night.

The name Amadán Dubh hails from Irish folklore and refers to the "dark fool" or "dark fairy". A trickster fairy, Amadán Dubh is the "bringer of madness and oblivion...haunting the hills after sunset playing reed pipes to work his magic."

Tonight, Amadán Dubh possesses Sue Romero, Mike Hoke, Bill Fahy and Mike Carroll.

The event will be held at the Irish Cultural Center of the Mohawk Valley, 623 Columbia St, Utica, NY. The Irish Cultural Center and the H.A.R.P. Museum are wheelchair accessible and open to all. Please register at this link <https://bit.ly/3zgUbZK> to attend this free event or leave a message at the ICC 315-733-4228 Extension 6.



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Flags along the Memorial Parkway last November in honor or memory of local heroes.

### Flags for Heroes Event Supports Post-9/11 Veterans

One thousand American flags will once again grace the median of the Memorial Parkway in Utica in early November in remembrance of our veterans, active military, and first responders. This year marks the 10th annual Flags for Heroes sponsored by The Good News Center with money raised from this event benefitting Sitrin's Military program.

Sitrin's program specifically helps post-9/11 veterans. Typical therapies such as occupational, physical, and psychological are a part of the treatment, but they also use atypical therapies such as equine therapy and movement therapy. Additionally, they may spend time in nature at Sitrin's Camp as a part of the intervention. The program continues to evolve as it works to meet the specific needs of each individual veteran.

Most of these nontraditional therapies are out-of-pocket expenses for veterans. Funds raised through events such as Flags for Heroes allow Sitrin to provide treatment to veterans at no cost to them.

Through the efforts of all those who sponsored a flag, The Good News Center was able to donate \$24,000 last year to Sitrin's Military program with more than 930 flags sponsored. The goal this year is to have all one thousand flags sponsored in order to

raise even more funds for this worthwhile cause.

We invite you to walk amongst the flags any time from November 1st through the 11th. It is not uncommon to hear the stories of some of the heroes as their family members reminisce. A Recognition Ceremony will also be held to honor all veterans and active military at The Parkway Recreation Center on Saturday, November 9th at 3:00 pm. This year's guest speaker will be Colonel Jon Sunray, US Air Force, Retired. Colonel Sunray served on active duty from May of 1978 until September of 2003. Everyone is invited to attend the ceremony.

To sponsor a flag please visit [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org) or call 315-735-6210. A tag will be placed on an impressive eight-foot flagpole in honor or memory of a loved one who is a hero in some way to its sponsor. Flags can be requested for veterans, active-duty military, fallen servicemen and women, first responders, and all other heroes in our lives.

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# NEW HARTFORD PAST TIMES

October 2024

## NEW HARTFORD HISTORICAL SOCIETY

### Western Auto

Today's choices for automotive parts and supplies are available in a variety of ways. Besides purchasing OEM from your local car dealerships and on-line from a plethora of sources, after-market parts and accessories are available from a wide range of retail outlets. Advance Auto Parts, Auto Zone, Fisher Auto Parts (formerly Genuine Auto), Napa Auto Parts, O'Reilly Auto Parts, United Auto Supply, and even WalMart.

Amateur mechanics and tinkerers have been fiddling with their automobiles since Henry Ford's first model rolled off his assembly line. However, stores where parts were readily available for the do-it-yourselfers were sparse. But as America's love affair with the automobile grew, so did the availability of spare parts and accessories. One of those stores from times gone by was the Western Auto located at 6 Pearl Street (next door to Winn's ESSO).

Western Auto was owned and operated by Charles A. Upham and later by his son Curtiss "Curt" Upham. Charles was born in January of 1913 to Herbert and Kittie (nee Allport) Upham. He would open the store circa 1950 and run it alongside his wife Winifred (Perin) whom he married in Camden, NY in February of 1937. Unlike today's auto parts stores, Western Auto sold much more including bicycles and bicycle accessories, models (cars, trucks, ships, etc.) and scores of toys and other items. In 1970, during the Villages Centennial celebration, Curt and Western Auto sponsored a large children's bike race. Curt was a 15-year member of the New Hartford Fire Department where he would earn the rank of 1<sup>st</sup> Deputy Chief.

The store would be closed in 1974 when Curt took a job with New York State which required him to relocate out of the area.



### BECOME A MEMBER!

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

### Planning a Class Reunion?

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

### Museum is Open To the Public

Currently by appointment.

### FREE ADMISSION

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



**UTICA DAILY PRESS**  
 ☆ ☆ UTICA, N. Y., THURSDAY MORNING, AUGUST 27, 1953 PAGE ELEVEN

**How Super Is Your Dreamboat?**  
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*Auto Gadget Business Zooms for Real Cool Car Cats, Running from 4-Tube Tail Pipes to Chrome Dip Sticks*

**DASHBOARD DOO-DADS**—A few of accessories that can be used on dashboard are shown here; (from left) plastic wheel spinner, automatic lighter-dispenser which drops lighted cigaret into small tray at touch of button, plastic magnetized tray which has ash tray, several compartments, and a secret pocket for hiding keys, food tray for roadside snacks and kiddie steering wheel with shifting lever and horn that honks.

By **CHUCK BOOTH**

Joe Q. Jalopy made the news a couple of days ago when he went blazing through seven Genesee St. red lights with his Hollywood muffler and four tube tail pipes wide open. When we got the news we decided to check up on all the current auto accessories with an area dealer and fit them into a story.

A visit to Upham's Western Auto Associate Store, 6 Pearl, New Hartford, provided us with an amazing account of accessories, gadgets and many useful convenience items.

Among the useful items were fire extinguishers, anti-rattle rollers for windows, a quilt to fit under the hood to keep motor noise down, baby chairs to fit the back of the front seat and automatic sanders that sprinkle sand under the wheels when you get stuck in snow or ice.

"Plastic doorsill protectors," said Mrs. Upham, "are one of our best selling current items. They attach to the doorsill and help prevent scuffing and wear."

**MATTER OF CHOICE**—Curtiss Upham, who helps out with the work at his parents' store, looks over a couple of new hood figure-heads; a flamingo with replaceable plastic wings that light up, and a flying saucer. The saucer cockpit doubles as a blue light when connected.

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 NEW HARTFORD, NEW YORK 13413

Clinton Courier Ad - Oct 1973

**WESTERN AUTO ASSOCIATE STORE**

**6 Pearl Street**

New Hartford, N.Y.  
 Phone: Utica 4-2256

Clinton Courier Ad - 1958



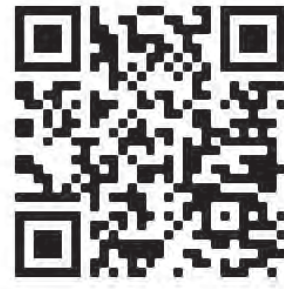
### Intermediate Level Canning Workshop Scheduled for October

Cornell Cooperative Extension of Oswego County will be holding an intermediate level canning workshop on Saturday, October 19th from 9 a.m. to 10:30 a.m. at the county extension office located on 3288 Main Street, Mexico, NY. This workshop will provide training beyond a beginner's level for home gardeners within Oswego County. Individual attendees should have some working knowledge and practical experience with canning before attending this workshop.

Guest speaker will be Jan Smith, a long-time Master Gardener for CCE Oswego County. Jan is certified in food preservation and will be sharing best practices, including food safety guidelines, canning equipment and cost effectiveness. Jan will also be doing an interactive canning demonstration with a focus on tomatoes and peaches. There will be plenty of time for questions.

The cost to attend this workshop is \$10 per person. Registration is required and seating is limited. Please go to <https://thatscooperativeextension.org/events/2024/10/19/intermediate-level-canning-workshop> to register. To confirm your registration, payment must be dropped off or mailed to CCE Oswego County, 3288 Main Street, Mexico, NY 13114. Checks should also be made out to CCE Oswego County. For more information, please contact Joshua Vrooman, Agriculture Community Educator, through email at [jwv33@cornell.edu](mailto:jwv33@cornell.edu) or by calling 315-963-7286 ext. 200.

Scan this QR Code with your smart phone to discover more about this event and others.



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities, and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension of Oswego County office if you have any special needs. For more information, please call 315-963-7286 or go online to [www.thatscooperativeextension.org](http://www.thatscooperativeextension.org).



### Fall Craft Fair Planned at North Utica Community Center Saturday, October 19th

The North Utica Community Center is hosting a Fall Craft Fair from 10:00 AM to 3:00 PM on Saturday, October 19th, 2024. The Craft Fair is free, open to the public, and benefits the programs of the North Utica Community Center 50 Riverside Drive, Utica, NY 13502.

The Fall Craft Fair will feature a variety of craft specialties with over thirty vendors displaying their goods. A variety of local talent including artists, potters, jewelry makers, soaps and lotions, wreaths, local author, jellies and jams, baked goods, and fresh canned foods will be on hand. There will also be raffles, door prizes and food!

North Utica Community Center is a part of The Neighborhood Center, a comprehensive Human Services Agency in Central New York. The Senior Center is a place where generations can gather, learn, and grow. All services of the Neighborhood Center are based on a philosophy of empowerment - helping people to help themselves. For more information about The Neighborhood Center and its services go to [www.neighborhoodctr.org](http://www.neighborhoodctr.org)

*Thank You!*

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Wine Journey Coast to Coast

Thank you to our amazing community for your incredible support of our recent event! **Together, we raised over \$100,000 to benefit children and families at The House of the Good Shepherd.** Your generosity will make a lasting impact, and we are so grateful for your continued partnership!

**Special Thanks**

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Christopher J. Carbone

## Does the Secure Act 2.0 Affect Your Retirement Planning?

You may want to review your retirement planning strategies because of key provisions in the SECURE Act 2.0, which was signed into law in December 2022.

Currently effective

Do you need to take required distributions from your retirement accounts?

The act increased the required minimum distribution (RMD) age to 73. The RMD age is scheduled to increase to 75 in 2033.

Does making qualified charitable distributions (QCDs) make sense?

QCDs are available to those age 70½ or older and have a Traditional IRA and/or Traditional Inherited IRA. Now you may distribute a one-time \$53,000 QCD paid directly from your IRA to certain split-interest entities that qualify. The distribution will be considered part of the \$105,000 QCD annual limit (both amounts are adjusted for inflation). The rules governing which split-interest entities are allowed to receive the one-time \$53,000 amount are complex, so consult a planning or philanthropic specialist who can provide more information.

Should you direct employer matching contributions to your before-tax qualified retirement plan (QRP) account or designated Roth account?

Your employer may now offer you the option to receive vested matching contributions in a QRP designated Roth account instead of a QRP before-tax salary deferral account. Contributions to a designated Roth account are made with after-tax dollars and qualified distributions are tax-free.1

Should you delay taking distributions from a designated Roth account?

Previously, if you had a Roth IRA, you were not required to take RMDs while you were alive, but you did have to take them from a designated Roth account in a QRP. Now you no longer have to take RMDs from either type of Roth account.

Would a 529 plan designated beneficiary get a head start on saving for retirement by transferring their unused balance to a Roth IRA?

A 529 plan designated beneficiary may be eligible to have a direct rollover contribution made on their behalf from their 529 plan to a Roth IRA, if certain conditions are met (state laws may vary). Distributions are subject to annual Roth contribution limits, the 529 beneficiary must have equivalent earned compensation, and the aggregate distributions are limited to a \$35,000 lifetime amount.

To qualify, the 529 account must have been in existence for at least 15 years and the amount rolled over to the Roth IRA may not exceed the aggregate amount contributed (plus earnings) before the five-year period ending on the transfer date.

Will you get credit for your student loan payments?

If you are paying off qualified student loans, your employer has the option to match your loan payments with contributions to a retirement account, offering you an additional incentive to save for retirement. For this purpose, matching contributions can be made into a 401(k), 403(b), governmental 457(b), or SIMPLE IRA plan if your employer chooses to offer this feature.

Should you take advantage of employer-sponsored emergency savings accounts linked to individual account plans?

Your company has the option to automatically sign you up for an emergency savings account for up to 3% of your salary or up to \$2,500, indexed for inflation, to your retirement plan if you earn less than a certain amount of money. These contributions can be made on an after-tax basis with the potential for an employee match. If your company participates, you are allowed at least one withdrawal per month and the first four withdrawals in a year cannot be subject to any plan fees.

Starting January 1, 2025

Should you take advantage of higher retirement catch-up contributions?

Currently, if you're age 50 or older and want to increase your tax-advantaged retirement savings, you can make an additional \$8,000 contribution annually to your QRP and \$3,500 to a SIMPLE IRA.

Beginning in 2025, if you're aged 60 – 63, you will be able to increase that amount to the greater of \$10,000, indexed for inflation, (\$5,000, indexed for inflation, for a SIMPLE IRA) or 150% of your catch-up contributions

for the year.

Beginning in tax years after December 31, 2025, if your wages exceed \$145,000 in the preceding calendar year, indexed for inflation, you will be required to make your catch-up contributions to a designated Roth account.

Traditional IRA distributions are taxed as ordinary income. Qualified Roth IRA distributions are federally tax-free provided it has been more than five years since the Roth IRA was funded AND the owner is at least age 59 ½ or disabled, or using the first-time homebuyer exception, or taken by their beneficiaries due to their death. Qualified Roth IRA distributions are not subject to state and local taxation in most states. Distributions from Traditional and Roth IRAs may be subject to an IRS 10% additional tax if distributions are taken prior to age 59 ½

Wells Fargo & Company and its affiliates do not provide legal or tax advice. This communication cannot be relied upon to avoid tax penalties. Please consult your tax and legal advisors to determine how this information may apply to your own situation. Whether any planned tax result is realized by you depends on the specific facts of your own situation at the time your tax return is filed.

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

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Please join us for  
**A NIGHT OF HOPE**  
a dinner event to benefit the  
mohawk valley ride for missing children

## Night of Hope Dinner

The Ride for Missing Children Mohawk Valley will host its second annual Night of Hope dinner event at Hart's Hill Inn in Whitesboro on October 4th to raise funds and awareness throughout the community.

A Night of Hope will start with a cocktail hour at 6 p.m., followed by dinner at 7 p.m. Tickets are \$65 per general admission. Business casual attire is recommended. The keynote speakers will be Ahmad Rivazfar, a Ride for Missing Children Mohawk Valley rider as well as a father of two kidnapped daughters, and Oneida County Sheriff Robert Maciol.

Every 40 seconds, someone in the United States goes missing—most often a child. But together, we can change that. The RFMC-MV has been a steadfast partner in funding the National Center for Missing and Exploited Children's (NCMEC) vital initiatives, ensuring that every missing child has a chance to come home.

Your presence and support at this event will help us continue to make a real difference in the lives of vulnerable children and their families. Be part of the hope. All proceeds raised will support our mission: making our children safer, one child at a time.

Tickets can be purchased online at  
[www.rfmc-mv.org/](http://www.rfmc-mv.org/)

## Angels Among Us Food Pantry

Oct 12 & 26

Nov 9 & 23 • Dec 7 & 21

Hours of Operation: 10am - Noon

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

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

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

### We Are Looking For Volunteers!

#### 2024 TEFAP Eligibility Income Guidelines\*

Based on Annual Incomes

Household Size	Income
1	\$33,885
2	\$45,990
3	\$58,095
4	\$70,200
5	\$82,305
6	\$94,410
7	\$106,515
For Each Additional Person Add:	\$12,105

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## Retirement — first get to it. Then get through it.

Making it to retirement these days is no small feat. And once you arrive, you're not done. Contact me today so we can help keep your income stream flowing through the next chapter.



Christopher Carbone, CFP®, AWMA®, LUTCF®  
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CERTIFIED FINANCIAL PLANNER™  
178 Woods Park Drive  
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**WATER DAMAGE...  
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BURST PIPES, TOILET OVERFLOW,  
SUMP PUMP FAILURE...**

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.

**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.
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**Services Include:**

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- Guaranteed Odor Control
- Certified Mold Removal & Testing
- Furnace Puff Back Clean Up
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- Debris Clean Up & Removal
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Church**

**7:00 p.m.**




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**SAUQUOIT VALLEY UNITED METHODIST CHURCH**

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

**FIRST 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 is at 10:30 Sunday. The service is livestreamed on Facebook.  
Adult and Children's Sunday School classes precede worship and start at 9:30. Child care for children 5 and under opens every Sunday morning at 9 a.m. The choir rehearses Sunday mornings at 9:10.  
A fellowship/coffee hour for everyone follows the Sunday worship service.  
The Taize meditative services have returned where all are welcome to join in a restful, reflective time at 7 p.m. on the first Wednesday of each month. In October that will be Wednesday the 2nd.  
Everyone is encouraged to reserve Sunday afternoons 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 October schedule:  
10/1 — 11:30 Adult Study Group

10/2 — 10 a.m. Sew 'n Sews  
10/2 — 7 p.m. Taize Service  
10/3 — 9 a.m-3 p.m. Rummage Sale, Bag Sale at 1 p.m.  
10/6 — 10:30 a.m. Worship, Communion  
10/6 — 3 p.m., Concert: Singers David Kolb and Katrina Schell, Pianist Greg Unangst  
10/8 — 11:30 a.m. Adult Study Group  
10/9 — 10 a.m. Sew 'n Sews  
10/9 — 6 p.m. 4-H  
10/13 — 10:30 a.m. Worship  
10/13 — 3 p.m. Concert: Welsh Hymn Sing sponsored by St. David's Society  
10/14 — NHPC Offices Closed for Columbus Day  
10/14 — 7:15 p.m. NHP Women's Meeting  
10/15 — 11:30 a.m. Adult Study Group  
10/16 — 10 a.m. Sew 'n Sews  
10/20 — 10:30 a.m. Worship  
10/20 — 3 p.m. Concert: Nick Piccinninni, Folk Singer/Song-writer  
10/23 — 10 a.m. Sew 'n Sews  
10/23 — 6 p.m. 4-H  
10/26 — 3 p.m. Hope House Meal Preparation  
10/27 — 10:30 a.m. Worship, Baptism  
10/27 — 2 p.m. Concert: Half Moon Orchestra Halloween Concert. Special Concert for Children and Adults. Costumes Welcome!  
10/30 — 10 a.m. Sew 'n Sews

**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@stmargarethouseny.org  
Please call or email for questions or to register for an event.  
We also host retreats. Events are free unless a cost is indicated, donations are graciously accepted.  
**Weekly 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 9:15am 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 preceding Wednesday.  
October 15th - Creamy Lemon Thyme Chicken w/Mashed Potatoes

**On-Going & Special Events**  
Emmaus House Fundraiser: Friends Helping Friends | Available Now - Stop by St. Margaret's to pick up your Boscov's 25% off coupon with a \$5 donation that helps support Emmaus House, our emergency shelter for women and children. The coupon is good on October 22nd from 8am to 11pm.  
**Dahlia Presentation |** October 22nd from 9:30-10:30am  
Please join Kris Worden for a presentation on the planting and caring for dahlias. The cost is \$20 to register and participants

will receive dahlia bulbs to plant in their gardens. Spaces are limited so register soon.

**The Origins of Utica's Olmsted 'Footprint' & Recent Restoration Efforts at F.T. Proctor Park**(Oct. 23<sup>rd</sup> at 1:30pm)

Join us for a presentation of how Utica came to have 5 neighborhoods and parks and a parkway system over 70% the size of Central Park all designed by Frederick Law Olmsted, Jr., and his renowned firm, Olmsted Brothers. Covering at least a tenth of Utica's "footprint," the Olmsted contribution to our landscape helps to underpin our contention that Utica is an "Olmsted City." This event is free, please contact St. Margaret's to register.

**Sew Day at St. Margaret's |** October 28<sup>th</sup> from 9:30am-2pm  
Please come and share a joyful day of community sewing at St. Margaret's. We will be making bags for the women at Emmaus House for their personal care products. This project is beginner friendly as Debbie Skinner will walk you through the step by step. All that is needed is a sewing machine in good working order and basic sewing supplies. Everything needed for the bag will be included in a kit. Please register by October 18th to ensure that everyone will receive a kit and instructions. Lunch will be provided.

**All Saints Day |** November 1st from 2:00 PM to 3:30 PM  
We're called to be saints, and on November 1st at 2:00PM you can join in on some fun to celebrate our favorite saints! Reverend Carol Jubenville will discuss the history of All Saints' Day and in particular, how we can live saintly lives.

Participants will come representing a saint of their choosing. You might choose to dress up as your favorite saint, or you could bring an item/items that depicts the saint, and then will share a little bit about your chosen saint with the group. By the end of our time together, we'll have learned about many saints, their strengths, and their traits that we too can emulate. We'll enjoy some heavenly refreshments and laughs together. Please register by Friday, October 25th.

**THREE STEEPLES UNITED**

2817 Old State Route 12, Paris, NY 13456  
315-368-3416 threesteeple@gmail.com  
We offer services every Sunday at 10AM!  
Three Steeples is a Presbyterian-United Church of Christ hybrid that offers a traditional foundation for progressive thinking and growth and is open to engaging with all faiths. Three Steeples United is an inclusive and member-driven faith community of active individuals and families who connect with and care for their neighbors and one another through worship, education, and culture. We challenge ourselves and others to discern, embrace, and act upon a relevant understanding of Christ's message in today's world.



**UNITARIAN UNIVERSALIST CHURCH of UTICA**

10 Higby Road, Utica NY 13501  
315-724-3179 uuutica.org  
Minister: The Reverend Karen Brammer  
October 2024 services  
October 6: Our UUUtica Inclusion Team explores the past, present, and future of LGBTQIAP+ progress in our congregation and the wider world. Inclusion Team members will speak to both personal experiences and concrete actions you can take to help UUUtica continue our practice as a Welcoming Congregation. October is LGBT History Month, and Friday, October 11 is National Coming Out Day.  
October 13: Susan A. Brewer is our guest speaker in this service that commemorates Indigenous Peoples' Day. The following day marks the release of Susan's book, The Best Land, Four Hundred Years of Love and Betrayal on Oneida Territory.  
October 20: Service with Rev. Karen Brammer  
October 27: UU congregations in the Mohawk Valley come together for the annual fall Cluster Service at St. Paul's Universalist Church, 565 Ann Street, Little Falls. Following the service, there will be an outstanding potluck in the fellowship hall. People are encouraged to bring a dish to pass. (Main course will be provided.) Combined choirs of Little Falls, Barneveld, Salisbury and Utica will perform under the direction of Mark Bunce. UUUtica will not be open this Sunday, but we will organize carpooling to Little Falls from our parking lot.



**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.tbcutica.org  
Fri night - 5:30pm  
Sat morning - 9:30am

**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.

# 7th Annual Coats for Kids Drive!

Accepting Donations of **NEW Winter Outerwear: Coats, Snow Pants, Hats, Gloves, Scarves, & Snow Boots!**

Donations can be brought in during regular business hours to any of our 8 locations.



ALL donations go directly to kids in Utica, Rome, Herkimer & CVA Elementary Schools!

For more information, please visit [StreetPonteAutoGroup.com](http://StreetPonteAutoGroup.com)

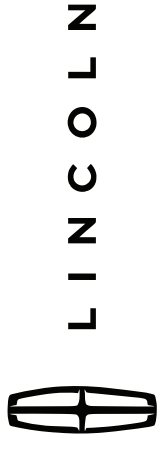
# STREET PONTE



TOYOTA



CHEVROLET



LINCOLN



MAZDA

