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Vol. 40 No. 9
September 2026

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First United Methodist Church
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Annual Autumn Rummage Sale Attic Treasures

Thurs. Sept. 10th ~ 5-7pm
Fri. Sept 11th ~ 9am-3pm
Sat. Sept. 12th Bag Sale ~ 9am-12
Bag Sale is \$7/Bag

Gently used clothing, household items,
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This Fall is Different
submitted by Shelley Corey, The Mum Farm

This Fall seems just slightly different from the others. For the past few years, I have been reflecting on my life here on the farm. It's been filled with a lot of great seasons. I no longer look at individual days as they now tend to blend easily into weeks and then seasons. Each season has brought such excitement. Spring brings new beginnings to a fresh gardening season. I'm in my greenhouses enjoying the early sunny days even before the snow melts. Watching the plants grow brings me so much joy! When opening day arrives, we all share smiles and excitement that the long, restful winter is now over and planting can begin.

Summertime brings the tasks of watering and fertilizing our beautiful containers along with dinners outside with family and friends. The smell of freshly mowed grass reminds us that everything is growing. Harvesting homegrown vegetables and deadheading the flowers to keep them blossoming fills our days. It's truly a blessing to live in Upstate New York in the summertime!

Then comes Fall and the switchover to mums which help brighten the end of our growing season. Decorating with pumpkins, straw and cornstalks is so much fun. The crisp fall mornings, the return of flannel shirts and sweaters! I just love the fall season, but this fall will begin a new chapter for me. I have decided to

retire. The decision did not come fast, nor easily. I have so enjoyed talking to all my customers and sharing my gardening knowledge. You have all become like family to me over the past years. I have customers that used to come as children, now coming with their own kids! The seasons just keep marching on. With that being said, this will be the first fall in over 57 years that The Mum Farm will not sell mums.

Thank you for sharing my passion for growing. I hope you remember some of my gardening tips I have shared over my past 37 years of owning a business that my mother started as a hobby. Don't be surprised if you see me in the future, as I have some great ideas for pop-ups that will keep your interest in gardening "growing". Smile... it's the beginning of yet another season!

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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Typeset by: The Town Crier 315-723-4827
Printed by: The Post Journal, Jamestown, NY
Editor and Publisher: Kristi Zbytniewski; P.J.Green Inc.



NYS Approved Defensive Driving Classes

New York State approved defensive drivers class for insurance and point reduction programs.

Given by AARP at the New Hartford Public Library on Tuesday September 29, 2026 from 9:00am til 3:30pm. For registration and other information please contact Mary Merritt at (315)724-0096.

Call early classes fill fast. Open to all ages.



Happy Rosh Hashanah!

September 11-13



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4th Annual “Great American Irish Scramble” Raises \$8K for the Irish Cultural Center

The 4th annual “Great American Irish Scramble” is in the books, and by any metric, it was a great success. The tournament -- the primary fundraiser for the Irish Cultural Center -- netted an \$8500 profit, which was gratefully accepted by the ICC’s Board of Directors. To date, the event has raised over \$35,000 for the Cultural Center and its programs.

Leading the way past the field of 58 golfers was the team of Sam Getman, John Gagnon, Matt Woodcock and Mark Babowicz, shooting an impressive 11-under 59. Capturing the 2026 Pub Division, representing the Five Points Pub, was the team of Pat Costello, Ryan Costello, Brian Bostic and Andy Starczewski, carding a 10-under 60.

At the closing dinner, organizers offered their profound thanks to the event’s sponsors -- Prestige Merchandise; Sullivan Contracting; NECA - Finger Lakes NY Chapter; UFCW Local 1; Community Wellness Partners; Mohawk Valley Chapter of the Barbershop Harmony Society; ANDRO Computational

Solutions, LLC.; Project Fibonacci Foundation, Inc.; IAFF Local 32, and Voce & Iles CPAs – and to the tournament committee, Clay Grygiel and Pine Hills, gift basket donors, tee sign sponsors and volunteers. Tournament co-director Pat Costello added “We can’t thank you enough for your support of our facility and the cultural programs we present. Through fundraisers like this, we are able to continue to be a sense of pride for the Irish community.”

9/11

PATRIOT DAY 

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New Hartford
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October 1, 2026
9 AM—3 PM
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Closed on Wednesdays
Thursday and Friday 10am-6pm
Saturday 10am-2pm
Sunday 1-5pm

Stay Connected With Us!

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

Website: www.newhartfordpubliclibrary.org

Facebook:

www.facebook.com/newhartfordpubliclibrary

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

Charge Up While You Check Out!

The New Hartford Public Library offers an electric vehicle (EV) charging station for public use! Conveniently located in our lower level parking lot, you can charge your car while enjoying our books, events, and community spaces. Stop by, plug in, and stay a while!

NHPL Board of Trustees 2026 Meetings

All meetings are held at 4:30 in the Sammon Room at the library on the 3rd Wednesday of each month, unless otherwise designated.

Mid York Library System App

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 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.

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.

Display Case Booked

Interest in use of the display case at the New Hartford Public Library continues to grow, with all twelve months in 2026 reserved by community non-profits, clubs and service organizations. We're pleased that exhibitors want to share their stories with the community and want to thank groups who continue to express interest in using the case at the main entrance to the library. We also want to thank all exhibitors in 2026. We're looking forward to hearing from groups who want to use the display space in 2027.

Join Us in Remembering Sept. 11, 2001

"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate." – Sandy Dahl, wife of Flight 93 pilot Jason Dahl.

Nearly 3,000 people lost their lives during the Sept.

11, 2001 terrorist attacks on the United States. Hijacked airliners crashed into the twin towers of the World Trade Center in Manhattan. Another hijacked plane struck the Pentagon. Passengers aboard American Airlines Flight 93 prevented a fourth attack and sacrificed their own lives when they overcame hijackers and the plane crashed in Somerset County Pennsylvania.

The attacks were felt around the world, and especially in the Mohawk Valley, where area residents were desperate for information about loved ones who worked and lived in New York City and friends and family members working in the Pentagon. We struggled to make sense of this tragedy at the same time that area communities sprang into action – sending firefighters to New York and collecting donations to send to New York, Washington, D.C., and Pennsylvania.

The impact led to military action, major changes in federal policies and the deaths of those who became ill after serving on search and rescue teams.

On this 25th anniversary of the terrorist attacks the New Hartford Public Library invites you to join us in a remembrance of 9-11 and the days that followed. Share your memories of the attacks and/or your thoughts about the impact of the tragedies in writing. We will share excerpts of submissions on our social media pages and in an exhibit planned for the library during the month of September.

Please send your recollections via email to newhartford@midyork.org, with a Sept. 11 subject line, or mail them to us at the New Hartford Public Library, 2 Library Lane, New Hartford, NY, 13413. Please include a telephone number (not for publication but to confirm authorship) and let us know if you wish to be identified by name, initials only, or remain anonymous. The deadline for submissions is Friday, Aug. 14.

Upcoming Blood Drives

The American Red Cross will be at the New Hartford Public Library on the following dates for blood drives:

10/8 12-4 PM

12/10 12-4 PM

To register, please visit www.redcrossblood.org.

Sit and Stitch

With the Mohawk Valley Quilt Club

Date: The first Monday of the month

Time: 12:30 to 2:30 pm

Where: Corasanti Room, New Hartford Public Library

Bring a project of your own or learn to quilt with us, all experience levels welcome.

Tech Help

We have a volunteer at the library each Tuesday from 11:00am-2:00pm to assist patrons with all their tech questions.

Sunday Hours

Sunday hours will resume on September 13th. We will be open from 1:00-5:00 pm.

CNY Ghost Hunters!

Join us for an evening with Central New York Ghost Hunters at the New Hartford Library on September 15th at 6:00. Team Members from CNYGH will be presenting evidence, sharing stories, and educating on the equipment they use to try and reveal the paranormal. This is open to all ages. This is a presentation only and not an investigation.

Thank you to the Friends of the New Hartford Public Library for sponsoring this event.

After Breast Cancer (ABC) Group

September 5, 2026 11:00 Sammon Room We will have a presentation on fall prevention with representatives from Oneida County health dept.

The Red Goose Author Reading

Join New Hartford native Allen Guy Wilcox, founding artistic director of the Theater at Woodhill, for a special reading from his debut poetry collection, The Red Goose, at the New Hartford Public Library on Tuesday, September 29, at 6:30 p.m. The evening continues with a book signing—don't miss this chance to celebrate new poetry that is steeped not only in a personal family saga, but in the geography and lore of the Mohawk Valley.

Senior Yoga Class

Senior Yoga takes place every Monday at 3:00pm in the Sammon Room with Bill Skinner. For those wishing to participate at home, we do offer a Zoom link for this class. Please call 315-733-1535 to get the link. There is no charge for this class.

Chair Yoga Class

Join us on Monday mornings from 10:30am-11:30am and Friday mornings from 11:00am to 12:00pm for Chair Yoga in the Sammon Room. There is no charge for this class.

Mat Yoga Class

Mat yoga will take place Thursdays from 10:30-11:30 AM in the Sammon Room.

Meditation Class

12:30-1:30pm Mondays

Ages 18+

Class is limited to 20 people.

If you've ever wondered about meditation and how people can achieve stillness, now is the time to take this introductory class. We will learn breathing techniques and other practices to keep us in the present moment. This assists with anxiety, blood pressure and stress.

The class is led by Laureen Violante, CMT, CYT. She is a certified meditation teacher and has taught yoga and breathing techniques since 1995.

No prior experience is required. Registration is suggested.

Calling All Puzzle Lovers!

Join us on Tuesday, September 14th at 6:00 in the Sammon Room to learn all about our new puzzle league launching in October. We are accepting up to 10 teams, consisting of 2-4 players. Further details will be provided at the meeting. Can't make the meeting? Call us and let us know and we will share all of the details with you after the meeting. 315-733-1535

Introducing... Kid Librarian!

Have you ever wondered what it's like to work in a library? What does it feel like to be surrounded by books all day? How do librarians choose and create book displays? We would love to show you! Apply to be a Kid Librarian!

This program is open to children ages 8-12. Kid librarians will create their own book display, design a sign to promote it and use a scanner to check books out to the display. The Child Librarian will make an appointment (30-45 minutes) and choose their books for their display. They will scan and check the books out and will create signs for their display. Books must be owned by the New Hartford Public Library. The display will be in the Children's Area and will be displayed for 2-4 weeks, depending on the number of applicants.

Interested? Please complete this form, which is also listed on our website under the Programs menu tab. <https://forms.gle/zX8J8qyZNrnEdk198>

In Person Story Time: Resumes September 8th

Mondays (group A), Tuesdays (group B) and Thursdays (group C) 10:30-11:00 for preschool aged children. Join us for stories and crafts. Aimed towards preschoolers – but all are welcome. An adult must

accompany the child. All story times are held in the Children’s Area/Corasanti room.

September Themes:
8-10 : Happy Cats Month
14-15-17 : Pirates
21-22-24 : Autumn
28-29-1 : Chickens

Preschool Playdate

Designed for Preschool age children and under. Join us in the Children's Area for some little library users fun! There are plenty of toys, puzzles, educational tablets and of course friends to play with. Stop in Monday, Tuesday, or Thursday at 10am before Story Time to partake.

Community Rooms

Community Rooms will be available for groups and organizations to use. You can find more information on our website (<https://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

>Mystery Book Club: They meet on the second Saturday of the month at 11am. For more information, please contact the library.

>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 on 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/>

>NHPL Silent Book Club: Are you feeling a bit of cabin fever? Want to get out and chat about books with fellow readers? The Silent Book Club is for you! Join us the second Friday every month in the Corasanti Room.

This book club is designed for those that wish to be among readers but would love to read their own book of choice while still being able to hear about what others are reading. This is a great way to find new books and authors that you may not have read yet. Bring your current read, read solo for a bit and then if you feel up to it, share your book. This is a very informal book group....just show up and chat if you'd like or read among fellow readers. The choice is yours!

Heritage Doll Club

The Heritage Doll Club meets on the third Saturday of the month at the New Hartford Public Library. Meetings are held every month except May, July, August and December, at the library beginning at 10:30am. Interested guests and new members are welcome to attend.

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:

Utica Children’s Museum
The Wild Center
Fort Rickey Children's Discovery Zoo
Adirondack Experience
Munson
Utica Zoo
Empire Pass

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.

A Library Card Hits All the Right Notes: Celebrate Library Card Sign-up Month this September

This September, New Hartford Public Library invites you to celebrate Library Card Sign-up Month and discover how a library card can hit all the right notes, no matter what your tastes are.

With a library card, you can do more than check out books. From free classes and job resources to homework help, streaming media, and cultural events, today’s libraries connect communities to information, inspiration, and each other.

An initiative of the American Library Association, Library Card Sign-up Month has been held each September since 1987 to mark the beginning of the school year, combat illiteracy, and encourage communities everywhere to explore all the offerings that having a library card unlocks. Today, thousands of public libraries and schools nationwide participate in the month-long celebration each fall.

This year’s theme, “A Library Card Hits All the Right Notes,” is a reminder that libraries offer something for everyone—no matter your age, background, or goals. Whether you’re checking out a classic story or trying something new, finding harmony at the library’s programs, finding your focus in a study room or vibing out in a cozy nook, or composing your future with new skills, there’s a seat in the front row at the library for you, and your library card is the ticket.

At New Hartford Public Library, you’ll find:

1. Books, computers, copy and fax machines, eBooks, audiobooks, magazines, newspapers, puzzles.
2. Instrument lending, museum passes, sports and recreational gear.
3. Programs and events for all ages—from storytimes and book clubs to yoga and tech help.

Getting a library card is free, easy, and empowering. For students, it’s a key to academic success. For adults, it’s a gateway to lifelong learning. For everyone, it’s a smart way to stay connected to your community.

This September, B *sharp* and sign up for a library card. Stop by New Hartford Public Library or visit us online at NewHartfordPublicLibrary.org to sign up for your card today.

Friends of the New Hartford Public Library

Thanks to your generosity, fundraisers like The Bill Bonsted Indoor Miniature Golf Tournament, The Annette Barber Used Book Room, the Ice Cream Social, the Joshua Turner Fund, Hannaford Bloomin' 4 Good Program, and donations and membership, we were able to purchase new toys and furniture for the children's area, update computer hardware, sponsor performers for the children's summer reading program, park passes and raise our nation's flag with the addition of a new flagpole and flag. Thank you for your continued support.

Save These Dates

September 15.....Central New York Ghost Hunters, Inc., 6-7:45pm.. Hear about their paranormal investigations of various landmarks and others nearer to home. This is an evening you certainly don't want to miss.

September 26.....Get Involved!!! Needed: Volunteers for Friday set up, tickets, collect score cards, return golf balls and clubs to containers.....Designers: Design a hole. The 9 hole course is placed between the stacks of shelves in the library. Aisle Size....3 feet wide (to accommodate passage) by 11-1/2 feet long but it is not necessary to fill the entire length. Up to you!!!! It could be about sports, a place, season such as Halloween, animals, etc. You can use a variety of materials such as recyclables, books, pool noodles, a chair, anything that blocks a straight path to the hole. Many possibilities. Create with friends, neighbors, relatives, or just you. This is a lot of fun and laughs. Leave your name and information at the circulation desk if interested. Play for the trophy!!

Bill Bonsted Indoor Miniature Golf Tournament

September 26.....9 Holes.....10:30 am - 1:30 pm. LAST Tee Time at 1:00 pm. \$5/person. Sponsored by Friends of the New Hartford Public Library

New Hartford Public Library TOTE BAGS

Available at \$5 each to carry your treasures home.

Programs and Meetings

Please look under The Friends on the library's website for the latest updates of programs the Friends will be offering as well as meeting dates.

Annette Barber Used Book Room - Best Deals in Town!

Thank you so much for your support and donations of "gently" used books to read on a camp cot, or in an Adirondack chair on the dock, or when the sand "scooper" needs a rest. Learn a craft, skill, about art, lay back with a poem or dream of far off places. Also visit the discard table now offering young adult and sci-fi editions for FREE.....

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.

PLEASE DO NOT DROP THEM OFF IN THE HALLWAY, AT DROP BOXES, OR OUTSIDE WHEN THE LIBRARY IS CLOSED. THANK YOU.



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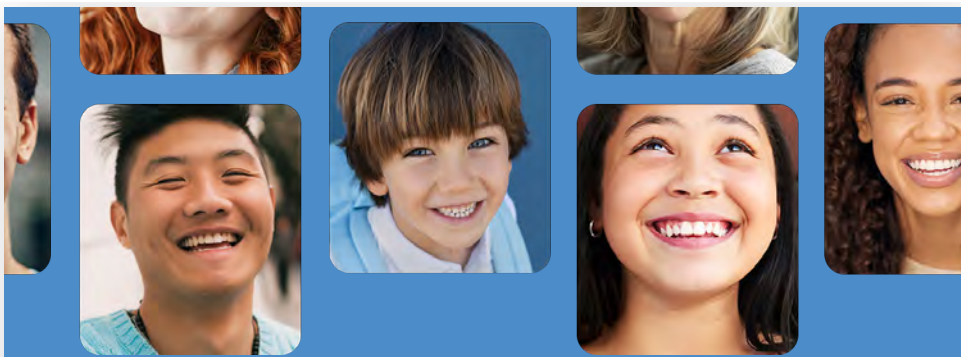


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Dennis Webster

What the History (WTH)!

Weird Facts We Did Not Learn in School

In honor of the kids going back to school, I have gathered five weird facts that we did not learn in school. As usual, I have randomly picked ones I thought were interesting, so I hope you enjoy these as much as I did to discover them. 1. President Lincoln used to keep notes and letters in his top hat. He had a lot of correspondence so perhaps this is why his stovetop hat was so darn tall. I wonder if one of his notes was from Mrs. Lincoln reminding him to take out the White House garbage. 2. People in the 19th century used to say “Prunes” when they were taking pictures instead of “Cheese.” This was because people sitting for portraits had to stay still a long time to have them produced and were expected to be stoic, so saying prunes were a way of holding their serious expression. Saying cheese came about in the 20th century when people started to smile for their portraits. I don’t think Olan Mills came up with that, but they did invent the glorious façade of family portraits while leaning on a fake fence. 3. The Greek mathematician, Pythagoras, hated Fava Beans so much that he instructed his disciples to avoid them. I bet your algebra teacher never mentioned that. 4. We

can all agree that we love our dogs. Well back in 1740, in Bavaria, a group of Roman Catholics started a secret society to rival Masonry that was called “Order of the Pugs.” Members had to wear dog collars to meetings and scratch the entry door as if they were a pug asking to be allowed entrance. 5. Did you know that Napoleon lost the “Battle of the Bunnies”? Well, in 1807 he decided to have a rabbit hunt and his chief of staff brought in domesticated rabbits. When Napoleon entered the battlefield, the rabbits were not afraid of humans as they were domesticated as they were thought to be an easier target. The bunnies were hungry, so they went at Napoleon and jumped all over him looking for food. The little dictator was forced to retreat thus losing the Battle of the Bunnies. How about a bonus fact, dear reader? Well, before the telephone, a proper greeting was to say “ahoy.” When Alexander Graham Bell had his telephone launched into service, he stated that ahoy, a nautical greeting term, would be the appropriate way for operators to greet callers. It was his rival, Thomas Edison, who instructed his operators to say, “hello” when answering telephone calls. Well, we all know who won the battle of the greeting. So now, the kiddies can read this article, or you may dictate these weird facts to them so they can go back to school knowing facts that they will never learn from their teachers.

Dennis Webster is a New Hartford resident, and author of regional books on true crime, ghosts, local history, and asylums. He can be reached at denniswbstr@gmail.com



Fair Trade Shop

A woman and her daughter were discussing going shopping. The daughter asked, “Where should we go?” The mother replied, “I know where the best gift shop in the area is.” The daughter said, “Where is that?”. The mother answered, “The Fair Trade Shop at the Stone Presbyterian Church, 8 So. Park Row, Clinton.” The daughter exclaimed, “I’m ready, let’s go.”

Ethically hand carved in India using sustainably sourced solid Indian rosewood, our Butterfly Puzzle Box features intricate details resembling lace patterns, carved using traditional hand wood carving techniques.



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Add a touch of color and sustainability to your home with our beautifully crafted Rainbow Gingham Rethread Throw from India. Made with recycled clothing, each piece is carefully separated, spun into new threads, over-dyed, and re-woven on traditional looms, creating a soft and sustainable accent for your home. The vibrant rainbow gingham pattern brings cheerful charm to any room. Perfect for draping over a sofa, layering on a bed, or using as a wrap on cool evenings.

Indulge in a luxurious hair care experience with our Balance Blue Clay Shampoo Bar from India, where the sale of one bar of soap sends one child to school for one day. The formula is reef-safe, cruelty-free, and free of harsh chemicals and parabens, as well as plastic packaging. Each bar is handcrafted and packaged in 100% recyclable paper, making it a travel-friendly and waste-free choice.

These and many, many more uniquely handcrafted gift items from 38 different countries can be found at our Fair Trade Shop, Stone Presbyterian Church, 8 So. Park Row, Clinton. Our regular hours are 10am to 4pm every Thursday, SECOND Saturdays and at the Farmer’s Market on the Village Green every Thursday until Oct 1st, and by appointment by calling 315-853-1070. 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://buildingstonesshoppe.square.site> or www.facebook.com/buildingstonesfairtradeshoppe.

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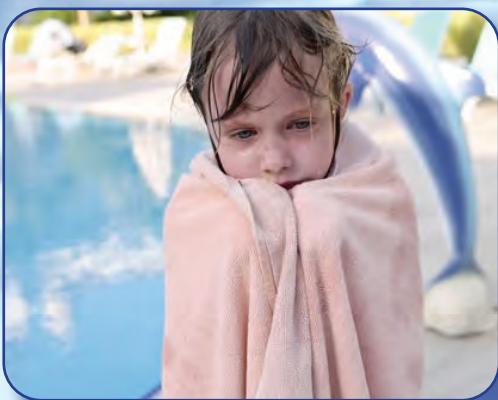
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Sept 12th, 26th • Oct 10th, 24th • Nov 7th, 21st • Dec 5th, 19th

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 2pm Monday thru 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.

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Saturdays: Sept. 12 & 19 at 2:00 pm
Sundays: Sept. 13 & 20 at 2:00 pm

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Fitness Terminology Can Be Confusing. Let's Take a Look at the Most Common Terms

submitted by Jim LaFountain, All American Fitness Center

Variable Resistance: Joints are designed to provide anatomical advantages and disadvantages. I've weight trained for six decades and still include it in my workouts.

Unfortunately, barbells and dumbbells, due to the vertical pull of gravity, do not vary resistance to accommodate this. Some equipment companies do a fairly good job at varying resistance.

In fact, I've achieved most of my muscular gains using Nautilus, equipment that most closely accommodates for joint advantages and disadvantages.

Momentary Muscular Failure: In my teenage years, I gained most of my fitness information from popular muscle magazines, advising 20-30 sets per body part. I was constantly over training and actually contracted mononucleosis because of being in that depleted state. After researching optimal training protocols, I decided to give high intensity, low volume, variable resistance training a try. Each set was performed to momentary muscular failure, where performing another repetition, in good form was impossible. My muscular gains were very impressive.

Concentric Muscular Contraction: Moving a resistance where the joint angle increases (bench press) or decreases (biceps curl). Using a biceps curl as an example. When your arms begin fully extended and moved to a point of being fully contracted.

Eccentric Muscular Contraction: Lowering a resistance to its starting position. Using a bench press as an example, lowering the resistance from an arms extended position to the starting position, when the bar comes into contact with the chest.

Proper Form: The concentric phase of a rep should take two seconds, with a brief pause, followed by a four second eccentric phase (2:1:4)

Set: A set consists of a specific number of repetitions. **Repetition Purpose:** The number of repetitions you perform has a specific purpose.

*A set of repetitions from 2-5 tends to improve strength

*A set of 8-12 stimulates muscle hypertrophy (muscular girth)

*A set that exceeds 15 repetitions, will improve muscular endurance

Static Stretching: A 10-60 second hold while a muscle is in a fully extended or fully contracted position. This should be practiced by most trainees. Hamstrings, for an example, are held with legs fully extended for several seconds.

Dynamic Stretching: A stretch where mild bouncing is permitted. This stretch was popular several years ago, but frowned upon until recently. Currently, high level athletes use dynamic stretching to improve power output.

Long Slow Distance Cardio: Over distance cardio at less than 65% heart rate maximum.

Low intensity, high volume cardio tends to stimulate smaller vessels at our body's periphery.

High Intensity Cardio: Shorter distances or intervals done at a heart rate above 85% heart rate maximum. High intensity, low volume cardio improves the heart's hypertrophy (muscularity) and overall function.

Now that we've covered the most common terms, let's put it together and organize a program.

Recent research is suggesting that including cardio and resistance training in the same workout produces optimal results. One of our most popular programs I prescribe is called Interval Resistance Training (IRT). We suggest doing it 2-3 times a week. "More is better" does not work while engaging in IRT. A very intense IRT done for 30 minutes, 2-3 times a week produces the best results. A basic 30 minute workout looks like this:

- Warm-up
- Body Weight Squats 25-30 reps.
- Hamstring Curl 12-15 reps.
- 2:30 high intensity cardio, followed by a :30 light recovery to allow for venous return to the heart
- Hip Abduction 12-15 reps.
- Hip Adduction 12-15 reps.
- 2:30 & :30
- Chest Press 8-12 reps.
- Lat Pulldown 8-12 reps.



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SEPTMBER 2026

Town Hall Highlights



August 5, 2026
Board Meeting
Highlights

From the office of James Messa,
New Hartford Town Supervisor

As summer comes to a close,
there is a great deal happening
at Town Hall as we plan for the
remainder of 2026 and the
year ahead.

2027 Town Budget Process is Underway.
Preliminary meetings have been held with department heads and our comptrollers from **The Bonadio Group** to review departmental needs and gather budget information. Additional meetings will continue as we work toward developing a responsible spending plan that carefully considers Town operations, expenses and opportunities for savings.

Benefits Brokerage Services.
We have also completed our review of the Town’s employee benefits brokerage services. Following presentations from four firms and a review of their services, the Town Board selected **Adirondack Financial Services as the Town’s benefits broker.** This will allow us to consolidate health, dental and vision benefits under one broker and streamline administration for the Town.

Stormwater Initiatives.
Stormwater management and infrastructure remain major priorities. The Town Board recently authorized moving forward with the 2nd retention pond in the **Roman Rd/Twyndom** area, not to exceed \$347,006. The project is funded through the Town’s 2025 Bond Anticipation Note (BAN), supplemented by County funding. By utilizing the County bid and supplementing the work with Town resources, we will look for opportunities to reduce the final project cost.

The Board also authorized a 24-inch drainage crossing on **Oneida Street in Chadwicks**, including related sidewalk and asphalt repairs, concrete outlet structures and grates, at a cost not to exceed \$23,660. Funding available through the Town’s Downtown Chadwicks BAN is being utilized for this work. Preliminary discussions are also underway regarding potential future work in the **Mallory Road** area.

Grant Opportunities.
We continue to actively pursue grant opportunities to help fund Town priorities. Working with MRB Group, recent efforts have included grant opportunities for our **Police Dept.** and a new vacuum truck for the **Highway Dept.** The MS4 grant application for the vacuum truck was submitted July 30. The Board authorized the purchase at a cost not to exceed \$378,342, with the Town’s 25% match. Any grant reimbursement received will be returned to the Highway Fund. This specialized equipment is an important tool for maintaining our stormwater and drainage infrastructure.

Senior Services.
I am also excited about a new opportunity for our senior community. The Town Board has approved an agreement with the **Presbyterian Home** allowing us to use its Activity Room for senior activities, with meals also available through the facility. We see this as an opportunity to expand programming and provide another welcoming place for our seniors to gather.

We are seeking volunteers! If you have time, ideas or talents to share and would like to become involved with our senior programming, we would love to hear from you.

There is much more ahead, and I look forward to keeping you updated as we continue moving New Hartford forward.



James J. Messa
New Hartford Town Supervisor



their brush at the curb. It has been a busy summer and our brush piles have been overwhelming at times. We appreciate your patience throughout the season.

Highway
Department
News

Submitted by: Richard Sherman,
Highway Superintendent

As summer comes to an end, I want to thank the many residents who made the brush pick-up process run more smoothly by properly placing

LAST BRUSH PICKUP FOR 2026

Ward 1: Sept 21 Ward 3: Sept 28
Ward 2: Sept 16 Ward 4: Sept 23

Please plan to get your brush to the curb for the set dates. We will not pick up any brush after these dates, unless we have storm event that requires pick ups. The crew will be working on other projects.

TAG ITEMS- please purchase your tags by September 4 for a TUESDAY September 8 pickup. Please note September 7 is a holiday so pick up will be on Tuesday September 8. This also applies to trash drop off at the Highway Garage. The last drop off at the Highway garage will be Monday, Sept 28.

CURBSIDE TRASH PICKUP SCHEDULE:

WARD 1, Oct 5 -Oct 9: Place at curb no earlier than 10/4 and no later than 6:30 AM on 10/6

WARD 2, Oct 12 - Oct 16: Place at curb no earlier than 10/11 and no later than 6:30 AM on 10/13

WARD 3, Oct 19 - Oct 23: Place at curb no earlier than 10/18 and no later than 6:30 AM on 10/20

WARD 4, Oct 26 - Oct 30: Place at curb no earlier than 10/25 and no later than 6:30 AM on 10/27

Leaf Collection
As fall arrives, leaf collection will begin the first week of October and continue through the first snowfall. So, please get your leaves to the curb early. Please do not place leaves in plastic bags or containers such as plastic garbage cans. Our four leaf trucks will be out working to pick up the leaves. There will be one truck in each Ward.



PLEASE DO NOT MIX LEAVES WITH ANY OTHER ARTICLES. No sticks, stones, pumpkins or green waste. Just leaves. Mixed debris will cause damage to the machine’s impeller fan causing it to go down during our busiest season. **Mixed loads will not be picked up.**

Construction work continues with concrete joint repairs to **Oneida Street in Chadwicks**. Cross-over drainage pipe improvements are being done in this area. After that is complete, paving will start. The work needed for sidewalks will go out to bid. Work continues on the **Roman Road Detention Pond** project. **Oneida Street and Chapman Road** work continues, with new light signal poles being installed. Please use caution when traveling through this area. We appreciate your patience while we get through these projects.

The Highway crew is finishing the bridge work at Sherrill Brook Park. New footers have been poured and the new bridge should be installed by late September.

Our mechanics are working on getting our snow equipment ready for the upcoming season.

Any questions, please call me at: 315-534-2998 or e-mail at: rsherman@townofnewhartfordny.gov.



Hunting
Licenses Now
Available

Submitted by: Michele Moran

Hunting licenses, trapping licenses, and Deer Management Permits (DMPs) for the 2026-2027 license year are now available through the Town Clerk's Office.

Licenses may be obtained in one of two ways:

- Online through the New York State Department of Environmental Conservation (DEC) licensing system: <https://decals.east.licensing.app/>
- In person at the Town Clerk's Office, where staff are available to assist residents as a DEC issuing agent.

Please note that all licenses are now printed on 8.5" x 11" paper. A \$1 printing fee will be charged at the Clerk's Office in addition to any applicable licensing fees.

The NYS DEC has also implemented several changes to deer hunting regulations for the 2026-2027 season. Hunters are encouraged to renew their licenses and review the updated regulations by visiting: <https://decals.east.licensing.app/>

For questions or assistance, please contact the Town Clerk's Office.

ANNOUNCEMENTS & EVENTS

SEPTEMBER MEETING SCHEDULE

Town Board Meeting	09/02	6:00pm
Planning Board Meeting	09/16	5:30pm
ZBA Meeting	09/21	6:00pm
Stormwater Committee Meeting	09/09	6:00pm

Schedule subject to change.
Visit the website for schedules, agendas and minutes.

LIVE-STREAMED Town Board Meetings

SCAN THE CODE and Click "LIVE" tab.



www.youtube.com/@TownofNewHartfordNY

NHFD News

Your New Hartford Volunteer Fire Department responded to 118 alarms during the month of July 2026 as indicated by the monthly call report listed below by category:

- Fires = 7
- EMS = 44
- Hazardous = 17
- Public Service = 30
- Rescue = 1
- Weather Related = 2
- Other = 17

Total Calls for the Month of July = 118.

Of the 118 alarms, 105 were in the town and 13 were in the village. There were no mutual aid alarms during the month.

Total alarms year-to-date through July 31,2026 = 709.

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

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

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

On Sunday, September 13, 2026, the members of the New Hartford Fire Department will be participating in the 9/11 memorial walk through the village of New Hartford to commemorate the 25th Anniversary of the September 11th, 2001, terrorist attacks. Individuals will be walking in memory of all the first responders that lost their lives that day and for the people still suffering from the effects of that day. Please take a moment to remember all those that were lost and their families



who miss them still today.

This year we have invited the following fire departments to join us, The Clayville Fire Department, Clinton Fire Department, Sauquoit Fire Department and Willowvale Fire Company, The New Hartford Police Department and Edwards Ambulance, along with any member of the community that would like to walk with the first responders in honoring the memory of the nearly 3000 people lost on September 11, 2001. We will meet at the New Hartford Fire Station, 4 Oxford Road, at 08:00 a.m. The walk will start promptly at 08:46.

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

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

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

*08:46 a.m. - American Airlines Flight 11 crashed into the North Tower.

*09:03 a.m. - United Airlines Flight 175 crashed into the South Tower,

*09:37 a.m. - American Airlines Flight 77 crashed into the Pentagon.

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

All members walking will be carrying the name of a first responder that was lost on 9/11 with them during

the walk and will read their name as they ring a bell in front of the New Hartford fire station in remembrance.

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

“No Day Shall Erase You from The Memory of Time”
~ Richard Alexander Jr., 9/11 Memorial Committee Chairperson

The New Hartford Volunteer Fire Department’s 22nd Annual Fire Truck Spectacular Results

The 22nd annual New Hartford Volunteer Fire Department’s Fire Truck Spectacular proved to be another great success that featured over 38 departments and over 86 pieces of both new and antique equipment. In addition, over 40 agencies including NHPD, State Police, Oneida County Sheriffs, Travelers Insurance and others participated.

The event held on the third Thursday in July drew an estimated crowd of over 3,000.

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

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

- Best Appearing Pump/ Engine: Willowvale FD
- Best Appearing Ladder Truck/ Tower: NY Mills FD
- Best Appearing Tanker: Cedarville FD
- Best Appearing Rescue: Clark Mills FD
- Best Appearing Squad: Sauquoit FD
- Best Appearing Ambulance: Central Oneida County
- Best Appearing Antique: Engine 11
- The department traveling the farthest distance: East Syracuse FD

This event is made possible thanks to our many sponsors.

Mark, your calendar now for next year’s event which is scheduled for Thursday, July 15, 2027.

For additional information please visit nhfd.com.



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Sunday, October 25, 2026
Jewish Community Center
2310 Oneida Street, Utica, NY

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 2026 CARD

Entry Fee: \$40.00

Cash Prizes to Top Winners

Other Prizes and Surprises

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

REGISTRATION DEADLINE: THURSDAY, OCTOBER 22nd

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

Name: _____

Address: _____

Phone: _____ Email: _____

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MAR. 30-31, 2027



APR. 6-7, 2027



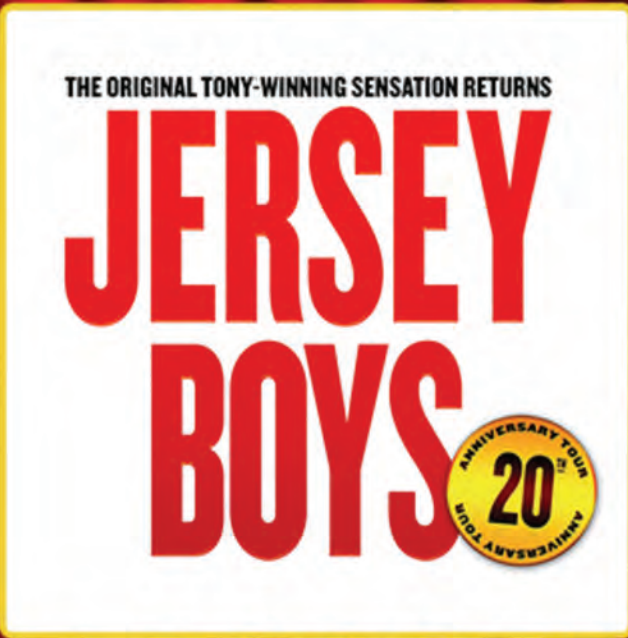
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SEP. 29-30, 2026



OCT. 14-15, 2026

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— — — — — TWO EVENTS • SEPTEMBER — — — — —

11th Annual Fall Fest

Saturday, September 12 • 10 AM – 2 PM

Crafters

Vendors

Bounce House

Live Music

Pumpkin Decorating

Food Truck *The Grill Father*

Free and open to friends, family and neighbors — bring the grandkids.

PRESENTED BY THE EMPIRE SAFETY COUNCIL

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Saturday, September 26 • 8 AM – 2:30 PM • \$35 / pp

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2026 FALL CLASSES

Classes for adults, teens, and kids
Starts in September!

2026 FALL CLASSES ADULTS

JEWELRY AND METALS

INTRO TO JEWELRY MAKING

Luke Towne | Beginners | 16+
Mondays, 6–9 p.m.
Sept. 14–Nov. 9 (no class Oct. 12)
Cost: \$255, Member: \$245

OPEN STUDIO INTERMEDIATE/ADVANCED JEWELRY

Luke Towne | Intermediate | 16+
Tuesdays, 1–4 p.m.
Sept. 15–Dec. 1
Cost: \$380, Member: \$365

WORKSHOP STACKED RINGS AND BRACELETS

Shannon Stockbridge | All Levels | 16+
Thursdays, 6–9 p.m.
Dec. 3–10
Cost: \$105, Member: \$95



FIBERS/FASHION/SEWING

MINI-COURSE SIT 'N KNIT FOR BEGINNERS

Rebecca Robbins | Beginners | 16+
Thursdays, 6–9 p.m.
Sept. 17–Oct. 22
Cost: \$85, Member: \$75

MINI-COURSE SIT 'N KNIT FOR INTERMEDIATE/ADVANCED

Rebecca Robbins | Intermediate | 16+
Thursdays, 6–9 p.m.
Oct. 29–Dec. 3 (no class Nov. 26)
Cost: \$85, Member: \$75

FASHION SEWING FOR BEGINNERS

Niki English | All Levels | 16+
Mondays, 6–9 p.m.
Sept. 14–Dec. 14
(no class Oct. 12 and Nov. 23)
Cost: \$275, Member: \$255

SEWING STUDIO

Niki English | Intermediate | 18+
Tuesdays, 6–9 p.m.
Sept. 15–Dec. 8 (no class Nov. 24)
Cost: \$295, Member: \$265

PAINTING

BEGINNING WATERCOLOR PAINTING

Annette Gurdo | Beginners | 18+
Mondays, 6:30–8:30 p.m.
Sept. 14–Dec. 7 (no class Oct. 12)
Cost: \$260, Member: \$235

INTERMEDIATE PAINTING

Joseph Murphy | Intermediate | 18+
Mondays, 6–9 p.m.
Sept. 14–Dec. 7 (no class Oct. 12)
Cost: \$300, Member: \$285

OIL PAINTING PORTRAITURE

Yulia Levkovich | Beginners–Intermediate | 18+
Thursdays, 6–9 p.m.
Sept. 17–Dec. 10 (no class Nov. 26)
Cost: \$300, Member: \$285

OPEN STUDIO PAINTING AND DRAWING

Self-directed | All Levels | 18+
Fridays, 8:30 a.m.–1 p.m.
Sept. 18–Dec. 4
Cost: \$100
Member: FREE (registration required)

VISIBLE STUDIO MUNSON MUSEUM MASTER COPIES

Yulia Levkovich | Intermediate | 18+
Wednesdays, 1–4 p.m.
Sept. 16–Dec. 2
Cost: \$300, Member: \$285
Classes may be observed by the public while working in the Museum of Art galleries.

ANIMATION

MINI-COURSE INTRO TO DIGITAL ANIMATION

Ashley Peretin | Beginners | 13+
Tuesdays, 6–9 p.m.
Sept. 15–Oct. 20
Cost: \$175, Member: \$155

DRAWING AND ILLUSTRATION

MINI-COURSE INTRO TO DIGITAL ILLUSTRATION

Ashley Peretin | Beginners | 13+
Thursdays, 6–9 p.m.
Sept. 17–Oct. 22
Cost: \$170, Member: \$155

MINI-COURSE FIGURE DRAWING

Yulia Levkovich | All Levels | 18+
Session 1: Wednesdays, 6–9 p.m.
Sept. 16–Oct. 21
Session 2: Wednesdays, 6–9 p.m.
Nov. 4–Dec. 9
Cost: \$140, Member: \$120
High school art students may enroll with guardian permission.

#INKTOBER WORKSHOP PEN AND INK DRAWING WITH RETRO SORRENTO

Maria Vallese | All Levels | 16+
Saturday, 10 a.m.–3 p.m.
Oct. 24
Cost: \$85, Member: \$70

POTTERY AND CERAMICS

BEGINNING POTTERY COURSES

Ron Miller | Beginners | 18+
Option 1: Mornings: Mondays, 9 a.m.–noon
Sept. 14–Dec. 7 (no class Oct. 12)
Materials Fee: \$75

MINI-COURSE SALT-FIRED CERAMICS

Veronica Byun | Intermediate | 18+
Session 1: Wednesdays, 6–9 p.m.
Sept. 16–Oct. 21
Session 2: Wednesdays, 6–9 p.m.
Nov. 4–Dec. 9
Cost: \$300, Member: \$275 | Materials Fee: \$40

CERAMICS OPEN STUDIO

Students enrolled in an adult ceramics class may take advantage of open studio weekend hours via weekly digital signup.

KIDS

ART EXPLORATIONS I

Terra Zook | Ages 4–5
Saturdays, 9–11:30 a.m.
Option 1: Sept. 19–Oct. 24
Option 2: Nov. 7–Dec. 12
Cost: \$135, Member: \$120

ART EXPLORATIONS II, CLAY AND SCULPTURE

Shayna Crandall | Ages 6–8
Saturdays, 9–11:30 a.m.
Option 2: Nov. 7–Dec. 12
Cost: \$135, Member: \$120

ART EXPLORATIONS II, DRAWING AND PAINTING

TBD | Ages 6–8
Saturdays, 9–11:30 a.m.
Option 1: Sept. 19–Oct. 24
Option 2: Nov. 7–Dec. 12
Cost: \$135, Member: \$120

YOUNG ARTISTS STOP-MOTION ANIMATION

Meghan Murphy-Pagano
Ages 9–12
Saturdays, 9–11:30 a.m.
Option 2: Nov. 7–Dec. 12
Cost: \$135, Member: \$120

YOUNG ARTISTS DRAWING AND PAINTING

Sarah Kilian | Ages 9–12
Saturdays, 9–11:30 a.m.
Option 1: Sept. 19–Oct. 24
Option 2: Nov. 7–Dec. 12
Cost: \$135, Member: \$120

YOUNG ARTISTS CLAY AND SCULPTURE

TBD | Ages 9–12
Saturdays, 9–11:30 a.m.
Option 1: Sept. 19–Oct. 31
Cost: \$135, Member: \$120
Option 2: Nov. 14–Dec. 12
Cost: \$115, Member: \$100

TEEN DRAWING AND PAINTING

Rayn-Boe Shutler | Ages 13–18
Saturdays, 9–11:30 a.m.
Sept. 19–Dec. 5
Cost: \$280, Member: \$255

TEEN DRAWING PORTFOLIO DEVELOPMENT

Christina Hopkins | Ages 13–18
Mondays, 4–6 p.m.
Sept. 14–Dec. 7
Cost: \$280, Member: \$255

REGISTRATION



Classes begin in September

- ➔ munson.art/community-arts
- ➔ 315-797-8260
- ➔ communityclasses@munson.art

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New Hartford Home Games ** subject to change without notice*

Sport	Gender	Level	Date	Start Time	Opponent	Site
Field Hockey	Girls	Varsity	9/1	5:15 PM	Baldwinsville Schools	Sr. High Turf Field
Field Hockey	Girls	JV	9/1	6:30 PM	Baldwinsville Schools	Sr. High Turf Field
Tennis	Girls	Varsity	9/2	3:30 PM	Camden HS	Sr. High Tennis Courts
Field Hockey	Girls	Varsity	9/3	5:15 PM	Cicero-North Syracuse HS	Sr. High Turf Field
Field Hockey	Girls	JV	9/3	6:30 PM	Cicero-North Syracuse HS	Sr. High Turf Field
Football	Boys	Varsity	9/4	6:00 PM	Notre Dame HS (Utica)	Sr. High Turf Field
Game Day Cheer	Coed	Varsity	9/4	6:00 PM	TBA	Sr. High Track
Soccer	Boys	Varsity	9/5	12:01 AM	TBA	TBA
Soccer	Boys	JV	9/5	12:01 AM	TBA	TBA
Tennis	Girls	Varsity	9/8	3:30 PM	CVA	Sr. High Tennis Courts
Soccer	Girls	JV	9/8	4:30 PM	RFA	Perry Junior HS Soccer Field
Soccer	Girls	Varsity	9/8	5:30 PM	RFA	Sr. High Turf Field
Football	Boys	JV	9/9	4:30 PM	Chittenango HS	Perry Junior HS Football/Lax Field
Football	Boys	Varsity	9/10	6:00 PM	RFA	Sr. High Turf Field
Game Day Cheer	Coed	Varsity	9/10	6:00 PM	TBA	Sr. High Track
Soccer	Boys	Varsity	9/11	4:30 PM	Westhill HS	Sr. High Turf Field
Tennis	Girls	Varsity	9/14	3:30 PM	Utica Proctor	Sr. High Tennis Courts
Soccer	Girls	JV	9/14	4:15 PM	Holland Patent	Perry Junior HS Soccer Field
Cross Country	Girls	Varsity	9/15	4:00 PM	Oneida HS and 1 others	Perry Junior HS XC
Cross Country	Boys	Varsity	9/15	4:30 PM	Oneida HS and 1 others	Perry Junior HS XC
Cross Country	Coed	7/8th	9/15	4:30 PM	Oneida HS and 1 others	Perry Junior HS XC
Gym	Girls	Varsity	9/15	5:30 PM	East Syracuse Minoa HS	Valley Gym
Soccer	Girls	Varsity	9/15	5:30 PM	Holland Patent	Sr. High Turf Field
Tennis	Girls	Varsity	9/16	3:30 PM	RFA	Sr. High Tennis Courts
Soccer	Girls	7/8th	9/16	4:15 PM	Whitesboro HS	Hughes Elem Soccer Field
Soccer	Boys	JV	9/17	4:15 PM	Whitesboro HS	Perry Junior HS Soccer Field
Soccer	Boys	Varsity	9/17	5:30 PM	Whitesboro HS	Sr. High Turf Field
Tennis	Girls	Varsity	9/18	3:30 PM	Holland Patent	Sr. High Tennis Courts
Soccer	Girls	7/8th	9/18	4:15 PM	RFA	Hughes Elem Soccer Field
Field Hockey	Girls	Varsity	9/18	5:15 PM	Holland Patent	Sr. High Turf Field
Field Hockey	Girls	JV	9/18	6:30 PM	Holland Patent	Sr. High Turf Field
Cross Country	Coed	7/8th	9/19	9:00 AM	TBA	Perry Junior HS XC
Cross Country	Boys	7/8th	9/19	9:00 AM	TBA	Perry Junior HS XC
Cross Country	Girls	7/8th	9/19	9:00 AM	TBA	Perry Junior HS XC
Cross Country	Boys	Varsity	9/19	9:00 AM	TBA	Perry Junior HS XC
Cross Country	Girls	Varsity	9/19	9:00 AM	TBA	Perry Junior HS XC
Cross Country	Girls	Varsity	9/19	9:30 AM	NH Invitational (NYMills HS)	Perry Junior HS XC
Cross Country	Boys	Varsity	9/19	10:15 AM	NH Invitational (NYMills HS)	Perry Junior HS XC
Football	Boys	JV	9/22	4:00 PM	Inst of Tech Syra	Perry Junior HS Football/Lax Field
Soccer	Boys	JV	9/22	4:15 PM	Utica Proctor	Perry Junior HS Soccer Field
Field Hockey	Girls	7/8th	9/22	5:00 PM	RFA	Myles Elem Field Hockey/LAX Field
Gym	Girls	Varsity	9/22	5:30 PM	Baldwinsville Schools	Valley Gym
Soccer	Boys	Varsity	9/22	5:30 PM	Utica Proctor	Sr. High Turf Field
Tennis	Girls	Varsity	9/23	3:30 PM	VVS	Sr. High Tennis Courts
Soccer	Boys	7/8th	9/23	4:15 PM	Donovan	Hughes Elem Soccer Field
Field Hockey	Girls	JV	9/23	5:00 PM	Whitesboro HS	Sr. High Turf Field
Soccer	Girls	JV	9/24	4:15 PM	Valley Academy	Perry Junior HS Soccer Field
Field Hockey	Girls	7/8th	9/24	4:30 PM	Camden HS	Myles Elem Field Hockey/LAX Field
Soccer	Girls	Varsity	9/24	5:30 PM	Valley Academy	Sr. High Turf Field
Tennis	Girls	Varsity	9/25	3:30 PM	Whitesboro HS	Sr. High Tennis Courts
Football	Boys	Varsity	9/25	6:00 PM	VVS	Sr. High Turf Field
Game Day Cheer	Coed	Varsity	9/25	6:00 PM	TBA	Sr. High Track
Soccer	Boys	7/8th	9/28	4:15 PM	Whitesboro HS	Hughes Elem Soccer Field
Field Hockey	Girls	7/8th	9/28	4:30 PM	Whitesboro HS	Myles Elem Field Hockey/LAX Field
Field Hockey	Girls	Varsity	9/28	5:15 PM	Camden HS	Sr. High Turf Field
Field Hockey	Girls	JV	9/28	6:30 PM	Camden HS	Sr. High Turf Field
Soccer	Boys	JV	9/29	4:15 PM	VVS	Perry Junior HS Soccer Field
Soccer	Boys	Varsity	9/29	5:30 PM	VVS	Sr. High Turf Field
Soccer	Boys	7/8th	9/30	4:15 PM	RFA	Hughes Elem Soccer Field

Press Release: MVQC Presents the Fall Festival of Quilts

Mohawk Valley Quilt Club is pleased to invite the public to its Fall Festival of Quilts. The three-day fundraising event will be held at the Utica Curling Club, 8300 Clark Mills Rd, Whitesboro, NY 13492, from September 11th-12th from 10am to 5pm each day and on September 13th from 11am to 3 pm.

MVQC hosts a large, three-day quilt show every two years, which is the primary source of operating funds for the all-volunteer nonprofit organization. The guild has been hosting bi-annual quilt shows in the Utica area for decades.

The 2026 MVQC Show plans include

· Ribbons for first through third place will be awarded in a variety of categories, including Best of Show, Best Hand Quilting, Best Machine Quilting, Judge’s Choice, Viewer’s Choice and others

· Hundreds of quilts, including many patriotic quilts, will be on display.

· A large number of vendor/exhibitor booths featuring fabric, notions, sewing and gift items

· Informal sit and stitch sessions will feature members sharing their wool applique skills

· Lunch and snack options will be available for purchase in the dining area

· Kids Can Sew (Saturday & Sunday) features a project children can complete using a sewing machine with the guidance of a club member

· Meet the Member will showcase the quilting journey of a founding member

· Single-day tickets are \$5 each (at the door). Kids 12 and under are free. Facility is handicapped accessible.

There will be two types of raffles at the show. Pop Tart is a whimsical wool applique on cotton raffle quilt which measures 64” by 75”. Also to be raffled are 24 clear totes filled with a variety of items, something to interest everyone. The winning tickets will be drawn at the end of the show on Sunday, September 13th at approximately 3:00 pm. Tickets for each raffle can be purchased at the show.

Mohawk Valley Quilt Club was established in 1979 for the purpose of encouraging education & participation in the making of quilts, the history of quilt making & other needlers. Regular monthly meetings are held the 4th Monday of the month at the New Hartford First Methodist Church, 105 Genesee St., New Hartford NY at 7:00 p.m. New members and guests are always welcome.

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Genesis Group News



Back to School

Welcome back students (college and K-12) for the 2026–2027 school year! The first day of school always brings a special kind of energy—hallways filled with smiles, classrooms buzzing with curiosity, and the joy of seeing friends and teachers again. Students need to know their voice matters, and that they are surrounded by caring adults who believe in them. I encourage all students to strive for excellence—not only in academics, athletics, or the arts, but in how they treat one another and challenge themselves to keep growing. I wish everyone a safe and successful opening, and a school year filled with possibility, achievement, and joy.

9/11 Remembrance Breakfast

Join us for the 25th Annual 9/11 Remembrance Breakfast on Friday, September 11 ~ 7:30am at Hart's Hill Inn, Whitesboro. We'll honor and remember those who died or were injured during the attacks on September 11, 2001. We will also honor Police Officers, Fire-Fighters, Members of the United States Military and First Responders. Our Keynote Speaker is William W. LeCates, MD Chief Executive Officer, Mohawk Valley Health System. All are welcome, for reservations visit www.TheGenesisGroup.org





50-Mile Scenic Bike Ride

20-Mile & Pink Mile options

Presented by First Source
Federal Credit Union

Sunday, Oct. 4, 2026

\$60

Join us on a 50-mile scenic bike ride from 7 Hamlets in Westmoreland to Sylvan Beach and back

or participate in a 20-mile option!

Family Fun: The Pink Mile!

1 in 8 women will be diagnosed with breast cancer in their lifetime.

Includes food & drinks, plus a post-ride party with live music & entertainment at 7 Hamlets Brewing Co.

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

Great incentives for hitting fundraising milestones!

The Pink Mile is a family-friendly ride through the neighborhood: anything on wheels allowed! (Non-motorized only)

Thank You to our supporters



SCAN to register or to visit our website for more information

bikesignup.com/riderswearpink



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

Sitrin Foundation to Host 4th Annual Riggie Run, Walk & Riggiefest

The Sitrin Foundation is excited to announce the 4th Annual Riggie Run, Walk and Riggiefest to support Sitrin's Military Program. This event will take place on Sunday, October 11, 2026, at the SUNY Polytechnic Institute campus.

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

Additionally, a Riggiefest will commence at the conclusion of the Run & Walk at 11:00 a.m. in the Field House where seventeen local restaurants will showcase their version of this famous Utica dish. All registrants will be invited to taste the various entries, at no additional cost, and cast a vote to determine the area's best chicken riggies and most unique riggies. Community members are also invited to attend. Entry fee for adults is \$10, children 6-11 is \$5, and children 5 and under are free.

Once again, the Riggie Run is teaming up with the Utica Roadrunners Skeleton Run (10/18/26) for a two-run series that will offer incentives for participants who register for both events. These include a \$5 discount on both race registrations and additional swag.

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

The registration fee for the 5K Run, 5K Riggie Challenge, 5K Wheelchair Race, and 5K Wheelchair Riggie Challenge is \$30. The 2-Mile Walk is \$30 and free for children 12 and under. Everyone who pre-registers by September 11th will receive a free commemorative t-shirt! (Only applies to paid registrants).

For ten years, the Sitrin Health Care Center's Annual Stars & Stripes Run & Walk for our Nation's Heroes served as the primary fundraiser for Sitrin's Military Program before being rebranded in 2023. This unique program provides comprehensive, complimentary care to local post-9/11 veterans and service members who experience post-traumatic stress, suicidal ideations, depression, amputations, spinal cord injuries and other combat-related conditions.

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

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

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

This year's presenting sponsor is Arrow Bank who proudly continues the longstanding presenting sponsorship established by Adirondack Bank. Additional sponsors to date include Mohawk Valley Association of REALTORS; The Good News Foundation; WKTV News Channel 2; Booz Allen; Harland J. Hennessey VFW Post 5538; Oriskany Creek Farm; Mastrovito Auto Group; BAE Systems; Utica Boilers; Lodging Kit Company; Fuller Tool Incorporated; New York Central Mutual Insurance; Teva Pharmaceuticals Ltd; Walmart; Bond, Schoneck & King; Clifford Fuel Co., Inc.; McQuade & Bannigan; Portofino Restaurant & Events; American Food & Vending, and Hummel's Office Plus/BME Company.

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



Victor J. Fariello Jr.



A brass nutcracker from England depicting Punch and Judy.



An ornate brass inkwell is a family heirloom.



This Mary Gregory decanter is highly collectible.

From the Mailbag

Q. I have a very nice green decanter depicting a young girl. It was given to me several years ago by a great aunt who treasured it, as I do now. It stays in a china cabinet and has no defects. Can you tell me anything about it and its possible value?

A. Your beautiful decanter is an example of Mary Gregory glass. Mary Gregory was an American artist who worked for the Boston and Sandwich Glass Company in Cape Cod from 1880 to 1884. Her pieces display Victorian children. Although it is common to call all glassware with these designs "Mary Gregory," the truth is that other companies copied her technique long after she stopped working. Some of it was even produced in the Czech Republic. I would value your decanter at \$250.

Q. I was given this brass nutcracker recently by a good friend who had it for more than 50 years. It is solid brass and depicts Punch and Judy on either side. She believes it is English. Although I wouldn't part with it I'm curious as to what it might be worth?

A. What a great gift from an obviously good friend. The Punch and Judy theme almost insures its English, so I agree with your friend. I would say it is from the 1920's. I would appraise it at \$75.

Q. I had this antique brass inkwell passed down to me a few years ago. I have fond memories of it sitting on my grandfather's secretary desk. It is a family heirloom that won't be sold but I would like to value it for insurance purposes?

A. Your figural inkwell is highly sought after by collectors. The supply is dwindling and with high demand, prices on items like yours continue to rise. A \$300 value for insurance purposes would be very reasonable. Thank you for sharing it!

Happy collecting!

Support Your Historical Society!

If you haven't already done so, now is the time to renew or start your membership in this great community asset. The rates for 2026: \$20 Individual; \$25-Family; \$50-Contribute; and \$100-Corporate. You can also now pay for your membership online at the society's website newhartfordhistory.com or you can mail your check payable to 'NH Historical Society' to PO Box 238, New Hartford, NY 13413. All donations are tax deductible. This important community organization deserves our support!

Questers Wants You!

The Questers is an organization with members who are interested in history, preservation and antiques. The J. Schoolcraft Sherman Chapter #1519 meets monthly except July & August at the New Hartford Library the first Monday of the month at 4:30 p.m. We usually have a presenter at each meeting and Show & Tell where members bring an item to share with the group. New members are always welcome! Email me at vjfariello@gmail.com for more information.

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



What Makes a Home Look Expensive?

There is a common misconception in interior design that creating a beautiful, sophisticated home requires spending an extraordinary amount of money. In reality, some of the most elegant rooms are not necessarily filled with the most expensive things. What sets them apart is thoughtful selection, proper scale, quality materials and, perhaps most importantly, restraint.

Respected designers often notice that the difference between a room that simply looks “decorated” and one that feels polished comes down to a few fundamental principles.

Start with scale and proportion. One of the quickest ways to make a room feel less sophisticated is filling it with furniture that is too small. A tiny cocktail table floating in front of a substantial sofa or an undersized rug can make even beautiful furniture look disconnected. Conversely, pieces that overwhelm a room can make it feel crowded. Good design begins with understanding the architecture of the space and selecting furniture that belongs within it.

Choose fewer, better pieces. A sophisticated room does not need something in every corner. In fact, allowing a room—and its furnishings—to breathe often creates a much more luxurious impression. One beautifully made chest, substantial cocktail table or exceptional chair can have far more impact than several smaller pieces purchased simply to fill space.

Pay attention to materials. There is a visual richness to natural materials that is difficult to replicate. Real wood with visible grain, beautiful upholstery, leather, wool, linen, stone and metal add depth to a room. This doesn't mean every piece needs to be costly. It means being intentional about where quality matters. A well-constructed sofa upholstered in a beautiful fabric can anchor an entire room for years.

Don't match everything. Some of the most sophisticated homes look as though they have evolved over time. The woods coordinate without being identical. Upholstery fabrics relate to one another without coming from the same collection. An antique may sit comfortably beside something new. Mixing periods, textures and finishes creates a layered, collected quality that matching sets rarely achieve.

Invest in the right rug. A properly sized area rug can completely change a room. One of the most common design mistakes we see is a rug that is simply too small. A generous rug grounds the furniture and visually connects the entire seating arrangement. It is often the element that takes a room from feeling unfinished to

intentional.

Lighting matters more than most people realize. Beautiful rooms rarely rely on one overhead fixture. Layer your lighting with substantial table lamps, floor lamps and accent lighting. Lamps also provide an opportunity to introduce interesting shapes, materials and height. The warm pools of light they create in the evening make a home feel instantly more inviting.

Finally, make your home personal. The most memorable interiors don't look like they were purchased in one afternoon. Artwork collected while traveling, a piece inherited from a grandparent, books you actually read, family photographs and objects with a story give a home something money cannot buy: character.

At Grace Furniture, we believe a beautiful home should feel sophisticated without feeling untouchable. It should be comfortable, personal and designed around the people who actually live there. With quality furniture, hundreds of fabrics and finishes, area rugs, lamps, accessories and experienced interior design guidance, you don't have to travel to a major city or order blindly online to achieve a truly elevated interior. You can find it all right here at Grace Furniture. 9785 River Road, Marcy (315) 735-0732 www.gracefurniture.com

Because ultimately, the secret to a home that looks expensive isn't how much you spend. It's how thoughtfully you put it together.

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





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Drink water and eat balanced meals for energy and concentration.
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Good posture while sitting, standing and at your desk can prevent neck and back pain.
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WEDNESDAYS	THURSDAYS
4:15 – 5:00 Preschool ages 2½ to 4 Ballet & Tap 5:00 – 5:30 Jazz ages 5 to 8 5:30 – 6:30 Jazz & Lyrical Combination ages 9+	5:00 – 5:45 Primary ages 5 to 8 Ballet & Jazz 5:45 – 6:15 Hip-Hop ages 5 to 9 6:15 – 7:15 Ballroom ages 7 to 11 7:15 – 8:15 Ballroom ages 12 and up

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Please make sure to scan the QR Code at the end of this article and save it to your phone.

Water Damage... Flooded Basements, Burst Pipes, Toilet Overflow, Sump Pump Failure

Having to deal with a burst pipe in your home or business can be extremely difficult. Even more problematic is a break when the home or business owner is away and the damage is allowed worsen. An uncontrolled water leak from a broken pipe creates extensive flooding and water damage of carpeting, drywall, baseboards, and furniture and depending on the location of the break, can also damage the heating and electrical systems in your home. In addition, mold can begin to colonize in as little as 24 - 48 hrs. Disaster Services can accurately evaluate the extension of water damage both visible and hidden using thermal imaging and advise as to the most effective course of action to take. You can be assured that by calling Disaster Services you will be dealing with a company that has over 44 years of experience in our area and has handled hundreds of water losses. You will also have the owner on site while the work is being performed and always available to take your calls. Disaster Services will be with you every step of the way during the process. Along with our attention to detail, this is the reason Disaster Services is so highly recommended by local professionals in our industry. Check out our Google and Facebook reviews and visit our web site @ disasterservices.us for a complete list of our services.

Sewer and Drain Backup:

Sewer overflow or drain back-ups can present a more technical approach to the clean- up due to the contaminates involved. Porous, semi-porous building materials and contents will generally involve removal where affected by sewage, followed by proper remediation cleaning and disinfecting procedures. Hard surface areas when properly remediated will bring the space back to a pre loss condition and ready for new material replacement.

Basement and Attic Mold:

Several factors can influence a mold growth in a basement or attic area. Attics and basements are one of the most common areas of mold growth in the home. Attics tend to have the perfect conditions for mold growth (hot, humid, and an abundant food source consisting of the wood framing and sheathing). Most homeowners may go up in their attic seldom if ever so the mold problem is allowed to grow undisturbed sometimes for years! Basement mold is a common problem in many homes due to ground water seepage mainly at the base of the walls around the perimeter of the basement.

What Are The Signs of An Attic Mold Problem:

Dark black staining on wood surfaces, both the underside of the roof sheathing and also the framing lumber itself. If the wood in your attic shows any dark discoloration, a spotty or solid pattern the problem has moved beyond moisture and you may have mold that should be removed.

What are the Signs of a Basement Mold Problem:

Several factors can influence a mold growth in a basement 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.

Do I Need a Water Mitigation Company and What Does a Water Mitigation Company Do:

The purpose of a professional water mitigation company is pick up the phone when a clients emergency arises! Respond to the incident, evaluate and get the situation under to prevent further damage and discuss a plan with the homeowner moving forward. Disaster Services will determine the extent of water travel, evaluate and remove, if necessary, any affected structural materials, like drywall and flooring. If left unaddressed, wet flooring and drywall can rapidly lead to major problems, like structural weakening and mold growth. We will also determine the proper type and amount of drying equipment necessary to dry the structure back to a pre loss condition. Disaster Services will make sure you get the help you need when you need it most. Customers should get clear answers to their questions about services and procedures. ... Trusted companies will provide detailed information about the services they provide and how they are performed.

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.
- Has Reputable 5 Star Local References.
- Is Fully insured For Water Mitigation And Mold Remediation Services.
- Offers A Detailed Plan For Damage Repairs.
- Knows How To Navigate The Insurance Claims Process With You.
- Uses The Latest State-of-the-Art Equipment And Techniques.
- Treats You, Your Home And Its Contents With Respect.

For more information on any concerns, please feel free to call Disaster Services. When in need of emergency or non-emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are a locally owned company who will answer your calls when you call. No answering machines, voice prompts etc. We are a N.Y.S. licensed mold removal firm and recognized by all insurance carriers, working closely with both the home owner and insurance carrier. When calling our office, you will always speak to a live voice and not an answering machine. We realize that in your time of need you should be speaking to someone and not a machine. When your emergency arises, call us at 315 797-1128 day or night. Check out our Google and Facebook reviews.

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A black and white QR code is displayed within a white border. Above the QR code, the words 'SCAN ME' are written in white capital letters on a black rectangular background.

A HISTORIC TEA

A Taste of History

Join the New Hartford Historical Society

November 7, 2026 from 1:00 PM to 3:00 PM

At the New Hartford Presbyterian Church

45 Genesee Street New Hartford

For a Historic Tea

Enjoy the Teas from the Boston Tea party paired with dishes that have colonial root.

	Before 10/10/26	10/11- 11/2/26	At the Door
Cost: Members:	\$35.00	\$40.00	\$45.00
Non-Members	\$40.00	\$45.00	\$50.00

To Register go to: <https://www.eventbrite.com/e/new-hartford-historical-society-tea-tickets-1997937791718?aff=oddtcreator>

Historical Tea

Make Checks payable: New Hartford Historical Society

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NEW HARTFORD PAST TIMES

September 2026

NEW HARTFORD HISTORICAL SOCIETY



Celebrate the Boston Tea Party
and support the Historical Society with our
“Taste of History”
Enjoy an Afternoon Tea at the
New Hartford Presbyterian Church



The New Hartford Historical Society is pleased to announce our fall fundraiser. Come join us November 7, 2026 from 1pm to 3pm at the New Hartford Presbyterian Church on Genesee Street in the Village of New Hartford. Five varieties of teas, the same varieties thrown overboard during the Boston Tea Party, will be served. Each tea will be paired with period foods that have Colonial roots.

Sponsorship opportunities are still available. Five *tea sponsorships* are still available for any business or person who would like to sponsor one of the tea stations. Tea sponsorships are \$300 and that includes four (4) tickets to the event. If you or your business is interested in sponsoring one of the teas, please email us at historicalny@yahoo.com.

	Before 10/10/26	10/11-11/2/2026
Members:	\$35.00	\$40.00
Non-Members	\$40.00	\$45.00
At the Door:	Members \$45.00	Non-members \$50.00

Register at the link below.

<https://www.eventbrite.com/e/new-hartford-historical-society-tea-tickets-1997937791718?aff=oddtcreator>



BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$20 for Individual, \$25 for families, \$50 for Contributing and \$100 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

Planning a Class Reunion?

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

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New Hartford Historical Society ~ Membership Form ~

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Halfway to St. Patrick’s Day
Drive-Thru Corned Beef &
Cabbage Dinner

Mid-September is halfway to St. Patrick’s Day so why not celebrate with a delicious corned beef and cabbage dinner prepared and served by the good folks at the Irish Cultural Center of the Mohawk Valley.

On Sunday September 20th, you can enjoy a delicious Corned Beef & Cabbage DRIVE-THRU Dinner at the Irish Cultural Center of the Mohawk Valley. The address is 623 Columbia Street, Utica. The Dinner pick-up begins at 10:00am and goes through 2:00pm, or until the meals are sold out.

You can enjoy a full meal of Corned Beef & Cabbage and Irish Soda Bread, for just \$19 per meal. No need for reservations or pre-orders, just come to the ICCMV after 10am on Sunday September 20th, and your hot meal will be brought to your car!! All proceeds will help the ICCMV continue offering great Irish Cultural programs and events. Thanks for your support!



Lunch and Learn:
Remembering 911
25th Anniversary

The H.A.R.P. Museum at the Irish Cultural Center is honored to welcome Utica Fire Department Retired Deputy Chief Peter Caruso to Lunch and Learn at 11:00 am on Wednesday, September 9, 2026.

Deputy Chief Caruso will give a presentation on the role that the Utica Fire Department played after the horrific events of September 11, 2001, in New York City. He will also speak to the physical and emotional effects on UFD personnel immediately after 911 to the present time.

Caruso joined the UFD in September 1991 and retired in May 2012 as Deputy Chief. He oversaw incident

management, command and control of fire fighters in critical operations, daily personnel management, training, and safety. He currently works for REM Fire Systems to train companies and clients in fire safety.

A \$20 registration fee will cover the program and lunch; meal tax and gratuity are included. Please register at this link, <https://bit.ly/4zggF7n>, or leave a message at 315-733-4228 Ext 6.

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



Ireland’s 911
Memorials & Heroes

On 7 PM Thursday September 17, the Irish Cultural Center of the Mohawk Valley will continue its reflection on 911 with a look at Ireland’s 911 Memorials and Heroes.

It is estimated that of the nearly 3,000 people killed as a result of the September 11, 2001 terrorist attacks 1,000 were of Irish descent. The presentation will focus on some of the memorials built in Ireland and the inspiration behind their construction. Presenter Michael Hoke and his wife Chris were recently in Ireland visiting these sites.

There is no charge to attend this program, but to ensure adequate seating, please register at this link, <https://bit.ly/4xCzqQy> or leave a message at 315-733-4228 Ext 6.

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



Gordon W. Felt, Chief Spokesman for the Families of Flight 93

The Battle for Flight 93:
Decisions, Courage, and
Collective Action

Presented by Gordon W. Felt

On 7 PM Thursday September 24, Gordon W. Felt brings “The Battle for Flight 93” to the Irish Cultural Center of the Mohawk Valley, sharing the story of the 40 passengers and crew members who, on the morning of September 11, 2001, faced the unthinkable — and chose to act together. Drawing on the official record from the 9/11 Commission Report, NTSB, and FBI, the presentation walks audiences through the timeline of that morning: from the hijacking at 9:28 a.m. to the passenger vote, the collective prayer, and the assault on the cockpit at 9:57 a.m. that ended the flight in a field near Shanksville, Pennsylvania at 10:03 a.m.

Framed around the theme of E Pluribus Unum — out of many, one — the presentation honors what the historical record supports: a complexly diverse group of strangers who assessed their situation, planned under impossible conditions, and acted as one, without regard to nationality, faith, age, or profession. Rather than speculating on individual roles in the cabin, the presentation focuses deliberately on the collective decision-making that defined those 35 minutes — a story of ordinary people revealing extraordinary courage when the moment demanded it.

Gordon W. Felt serves as Chief Spokesman for the Families of Flight 93, an organization he has represented at the Flight 93 National Memorial nearly every September 11th anniversary since 2002. His brother, Edward P. Felt, was among the 40 passengers and crew members aboard United Airlines Flight 93 who confronted hijackers on the morning of September 11, 2001. Felt served on the Flight 93 National Memorial Federal Advisory Commission, the Flight 93 National Memorial Leadership Team, and for many years as President of the Families of Flight 93. He has testified before Congress on the Memorial’s development, delivered remarks at the Memorial’s dedication, groundbreaking, and Tower of Voices ceremonies, September 11th commemorative services, and spoken at events including the Congressional Gold Medal presentation, Flight 93 Plaque dedication ceremony at The Capitol and the commissioning of the USS Somerset. Felt works closely with the National Park Service and the Friends of Flight 93 National Memorial to preserve and share the story of the 40 passengers and crew, and speaks regularly to students, civic groups, and audiences nationwide with the goal of helping people connect personally with the events of September 11th and the collective courage of those aboard Flight 93.

To ensure adequate seating, please register at this link, <https://bit.ly/4qbS9A2> or leave a message at 315-733-4228 Ext 6. This is a Pay What You Can event with a suggested minimum fee of \$5.00 that is totally optional. All donations collected either online or at the event will go to the Friends of the Flight 93 Memorial.

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.



The Irish Cultural Center of the Mohawk Valley
Reflects on the Tragic Events
of
September 11, 2001



11:00 AM Wed 9/9/26
Lunch and Learn: A Remembrance and Perspective of 9/11
with Ret. UFD Deputy Chief Peter Caruso. Lunch to follow - \$20

7:00 PM Thu 9/17/26
Ireland’s 911 Memorials & Heroes – Stories of those of Irish descent
that lost their lives that day and how they are remembered in Ireland.
Presented by Michael Hoke

7:00 PM Thu 9/24/26
The Battle for Flight 93 – Remsen resident Gordon Felt shares his
personal story of the action taken by the 40 passengers on Flight 93
which crashed in Shanksville, PA on 9/11/2001.





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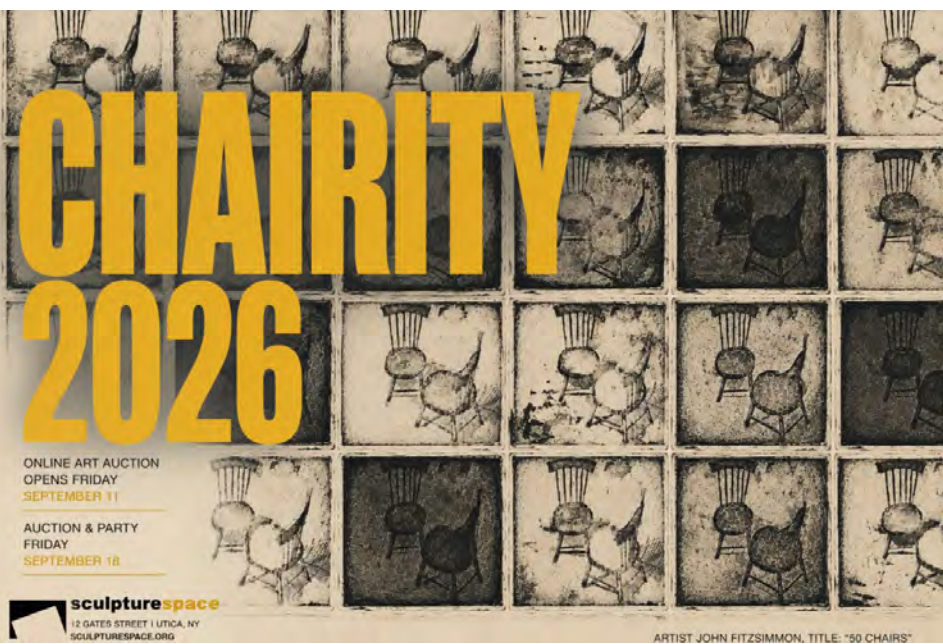
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Christopher J. Carbone

Values-based, Multi-Generation Estate Planning for Families

A well-designed estate plan can form the foundation for a family legacy, providing a values road map for future generations to follow.

Cathy Nakamura, CTFA, senior lead family office relationship manager at Wealth & Investment Management, Wells Fargo Bank, N.A., has experience helping clients navigate the process of planning a lasting, values-driven legacy.

“A good starting point is to determine your values and how those values are reflected in your estate plan. You can create the structure to communicate those values to the next generation and beyond.”

Nakamura suggests taking these five steps:

1. Create a family mission statement

Though it’s not a legally binding document, a family mission statement explains the values you’d like to pass on to the next generation. Working through the details together, as a family, helps the next generation understand your wishes.

“I’ve found that oftentimes, it’s a sudden life event that makes the next generation aware of the family wealth,” Nakamura says. “The next generation may not know how to handle the wealth or honor their parents’ wishes.”

She encourages parents to outline their estate-planning goals and objectives and create their family mission statement before sharing with the family.

“It starts with the wealth creator identifying their values and what they want their legacy to be,” Nakamura says. “Open communication helps beneficiaries understand the values of the estate plan and alleviates potential family conflict.”

2. Promote actions that align with family values

Your estate plan can encourage future generations to behave in a manner consistent with your family values. “For example, trust language could support choosing a less lucrative profession but one that aligns with the family’s values,” she says. “Similarly, they can set conditions that reward other behaviors, such as earning a degree or building a productive career.”

When beneficiaries understand the rationale behind your estate plan, it can foster greater family harmony.

3. Highlight the importance of education

Investing in younger generations by funding their education can be an important part of your values-based estate-planning strategy — and may have tax advantages, too.

“Paying into a 529 plan or paying tuition bills directly to the institution can help reduce estate taxes,” Nakamura says. “In addition, you can make up to five years’ worth of annual-exclusion gifts to the 529 plan in one year.¹ So, based on the 2026 annual exclusion of \$19,000 (or \$38,000 per couple), you can contribute up to \$95,000 (or \$190,000 per couple) without using any of your lifetime exemption. While the money in 529 plans may only be used for educational expenses, those funds can also be transferred to another beneficiary, such as a grandchild or great-

grandchild, if the original intended beneficiary does not use the funds.”

Please consider the investment objectives, risks, charges and expenses carefully before investing in a 529 savings plan. The official statement, which contains this and other information, can be obtained by calling your financial advisor. Read it carefully before you invest.

Another option is to create a trust with provisions providing financial support to named beneficiaries for their health or education, for starting a business, or for other endeavors important to the wealth creator.

4. Fund a foundation or donor-advised fund

Starting a foundation or donor-advised fund can offer tax benefits and also provide direction and purpose for family wealth.

“Charitable giving is a great way for families to work together around the idea of giving back in a manner that aligns with the family’s values,” Nakamura says.

5. Consider bringing your advisors together as you plan

As you consult with your tax and legal advisors to determine the appropriate wealth transfer strategy for a values-based legacy, consider including a fiduciary strategist or wealth strategist to help you create a road map.

“Don’t overlook the opportunity to talk to your family about what matters to you — and what you hope will matter to them when you’re gone,” says Nakamura.

1 The donor must elect that the gift be treated as having occurred over a five-year period in order for it to qualify for the federal gift-tax exclusion. If additional gifts are made to the same beneficiary during this five-year period, a federal gift tax may apply. If the donor dies within this five-year period, a pro rata share will be included in the donor’s estate for federal estate tax purposes. State gift and estate tax laws may vary. Consult your tax advisor.

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

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MVILR Prepares for Fall Open House & Senior Showcase

In preparation for the upcoming Fall Semester, the Mohawk Valley Institute for Learning in Retirement (MVILR) invites the community to attend its annual Fall Open House and Senior Showcase Thursday, September 10, from 10:00 am to 1:00 pm on the MVCC Rome Campus, 1101 Floyd Ave in Rome. Parking is free.

The event will offer current and prospective members an opportunity to explore the many educational, social, cultural, and wellness programs available through MVILR. Attendees will have the chance to meet instructors, learn about upcoming courses, visit with community organizations, register for classes, and enjoy light refreshments. There are currently 53 diverse and exciting classes and special events available to members, including academics (science, history, literature), health and wellness (yoga, Be Fit, meditation, Latin dancing), the arts (watercolor, open studio, crafts), current events, local culture and more. Two programs, Music Mondays (12:30 – 1:30 pm on Mondays) and Special Programs Speakers Series (10:45 – 11:45 am on Tuesdays) are open to the public for free, bringing in local musicians including Monk Rowe & John Hutson and Rick Kincaid's Rattlin' Bog, and guest speakers including political analyst John Zogby and Olmsted Utica's Phil Bean.

Coordinating with the Open House beginning at 10:00 am, there will be a Senior Showcase in the Plumley Center atrium. More than 27 community organizations, non-profits, and businesses serving the senior population, covering topics including health and wellness, finance, insurance, available local resources, and aging issues, will host information tables throughout the event. Printed and digital course catalogs will be available at the event. For additional information, visit MVILR.org, call Chris Sunderlin at 315-334-7761, or email MVILRMVCC@gmail.com.

The Mohawk Valley Institute for Learning in Retirement is a community of lifelong learners dedicated to intellectual growth, social engagement, and personal enrichment. Through classes, special events, and community partnerships, MVILR provides opportunities for adults to continue learning, exploring, and connecting throughout their lives. It is a non-profit organization that has offered diverse, equitable and inclusive educational opportunities to meet the needs and interests of the area's senior population since 1997.



Join us!
September 25, 2026 • 6PM - 10PM
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- We're offering a special ticket price for younger individuals, making it easier for those under 40 to experience the event

Questions? Contact Katherine Keeney
Katherinek@hgsutica.com

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Saturday, September 12th, 2026 | 10:00am Registration | 11:00am Walk
Sherrill Brook Park, 4191 State Highway 12 South, New Hartford, NY (1 mile loop)

\$25 Registration Fee
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105 Genesee Street, New Hartford (315)733-4227
office@firstumconline.org Rev. Andy M. Anderson

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
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SAUQUOIT VALLEY UNITED METHODIST CHURCH

2946 Mohawk Street, Sauquoit (Cor. Pinnacle & Mohawk)
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Worship Service - Sunday 10:30am
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ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 315-732-8521 Rev. Matthew Rawson
Saturday: Vigil 5:30 p.m. Confessions Tues 6-7pm
Sunday Masses: 8am & 11am
Mon, Wed & Fri Masses: 6:45am
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
Sunday School for all ages at 9am.
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.
Handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

Rev. Hannah Ratliff, Pastor
45 Genesee Street, NH 315-732-1139
newhartfordpresbyterian.org • office@newhartfordpres.org
Sunday morning worship will remain at 9:30 on September 6, but returns to the regular time of 10:30 on September 13, which is Rally Day, marking the start of the new church year.
Services are live streamed on Facebook and YouTube.
A time of refreshments and fellowship follows each worship service.
The Adult Study Group will reconvene on September 20 and 22, meeting Sunday and Tuesday mornings at 9:30 and 11:00, respectively.
The quiet, meditative Taize service, which takes place at 7 p.m. on the first Wednesday of every month, will be held on September 2.
The Oneida County Senior Lunch Program will be held at NHPC at 12 noon on Monday, September 21.
The church office will be closed on Friday, September 4 and Monday, September 7, thereafter returning to the normal schedule of being open 8:30 a.m. until 3 p.m. Monday through Thursday and 8:30—11 a.m. on Friday.

The NHP Women's Fall Rummage Sale will take place in the Fellowship Hall from 9 a.m. through 3 p.m., with a Bag Sale at 1, on Thursday, October 1.

The September schedule:

9/2 — 10 a.m. Sew 'n Sews
9/2 — 2:30 p.m. Farmers Market on the Village Green
9/2 — 7 p.m. Taize service
9/4 — Church Office closed
9/6 — 9:30 a.m. Worship
9/7 — Labor Day, NHPC closed
9/9 — 10 a.m. Sew 'n Sews
9/12 — 9 a.m.—3 p.m., NH-Westmoreland Kiwanis Plant Sale/Food Truck Fundraiser on Village Green
9/13 — 9:10 a.m. Choir Rehearsal
9/13 — Rally Day: 10:30 a.m. Worship, Communion
9/14 — 6:30 p.m. NHP Women's Meeting
9/15 — 7 p.m. Session Meeting
9/16 — 10 a.m. Sew 'n Sews
9/16 — 12 Noon Members & Friends Lunch
9/19 — 11:30 a.m.—1:30 p.m. PEO Fall Tea
9/20 — 9:10 a.m. Choir Rehearsal
9/20 — 9:30 a.m. Adult Study Group
9/20 — 10:30 a.m. Worship
9/21 — 12 Noon Oneida County Senior Lunch Program
9/22 — 11 a.m. Adult Study Group
9/23 — 10 a.m. Sew 'n Sews
9/26 — 1—5 p.m. Private Event
9/26 — 3 p.m. Hope House meal prepared
9/27 — 9:10 a.m. Choir Rehearsal
9/27 — 9:30 a.m. Adult Study Group
9/27 — 10:30 a.m. Worship
9/27 — 11:45 a.m. Rummage Sale setup begins
9/28 & 9/29 — Rummage Sale setup continues
9/29 — 11 a.m. Adult Study Group
10/1 — 9 a.m.—3 p.m. Rummage Sale
10/1 — 1 p.m. Bag Sale

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www.zionlutheranNY.org
Facebook: Zion Luteran Church, New Hartford, NY
YouTube: @zionlutheranNy
Sunday Morning Worship at 10am; Coffee Hour at 11am
Worship is also livestreamed on our YouTube channel.
September 6 – Rev. Marie Duquette
September 13 - Deacon Patsy Glista. Zion Lutheran Church will celebrate the ELCA's annual day of service, "God's work. Our hands." Service projects for the greater community include a sock drive and school supply collection for local non-profit agencies, as well as preparing meals for Your Neighbors.
September 20 – Rev. Marie Duquette
September 23 – Book Group at 4:00 p.m. Letters from a Skeptic by Dr. Gregory A. Boyd and Edward K. Boyd
September 27 – Rev. Jennifer DeWeerth
Al-Anon Meetings, Wednesdays at 12:30 p.m.
Handicapped Accessible

ST. MARGARET'S ECUMENICAL & RETREAT CTR

47 Jordan Road, New Hartford

To register for an event or volunteer opportunity, or to schedule a personal or group retreat, please email info@stmargaretshouseny.org or call 315-724-2324. Office hours, Monday-Friday, 8am to 4pm

Worship Services Wednesdays at 11:45 AM

Please contact St. Margaret's for the information to join by Zoom

Wednesday Lunches at 12:30 PM - Please make a reservation by the Friday before - Suggested donation \$15

Men's Group | 1st & 3rd Wednesdays from 10:30 AM to 11:45 AM - Meant to be a time of fellowship and exploration, Father Nick Smith will begin each week by asking "What is saving your life today?" Is it spiritual practice? Is it coffee? Is it some curious enigma? Let's find out and share our conclusions!

Conversations with Father John | 2nd Wednesdays at 1:30 PM - Join us for conversations about faith hosted by Father John LaVoe.

Caregiving Support Group | 3rd Mondays at 2 PM - Facilitated by the Rev. Deacon Barbara Groves, the group's focus will be to provide a place for folks who are caregivers to gain support for themselves, and exchange ideas to help care for loved ones at home.

Grief Support Group | 3rd Fridays at Noon - St. Margaret's continues to host a peer facilitated grief support group for anyone experiencing loss - new members are welcome to join.

Coffee and Conversation with Rev. Deacon Jean | 4th Wednesdays at 1:30 PM - Join The Reverend Deacon Jean Skinner for conversations about faith. Please consider bringing a few cans of food for our food pantry as a donation.

Monthly Dinners: Dine In at 5:30 PM and Take Out at 6 PM - Suggested Donation \$19; Please reserve your seat by the preceding Wednesday.

September 15th Pork Roast, Mashed Potatoes, Gravy, Salad, and Dessert

Book Club with Judy | Alternating Mondays and Thursdays, 10:30 to Noon - Please register one week prior to each session. Feel free to bring a snack to share!

Monday, Sept 14: Life Lessons from St. Thérèse of Lisieux by Joseph F. Schmidi and Marisa Guerin

TRINITY LUTHERAN CHURCH

2620 Genesee St., South Utica. (315) 732-7869
trinitylutheranutica.com
Sunday School 9am. Worship Service 10:30am
Holy Communion is celebrated on the 2nd and 4th Sundays of the month.
Trinity Christian Preschool, weekday classes from Sept-May
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THREE STEEPLES UNITED

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

ST. JOHN OF KRONSTADT RUSSIAN ORTHODOX MEMORIAL CHURCH

1009 Conkling Ave, Utica, N.Y. 13501
Fr Archpriest Michael Taratuchin, Rector
(315) 723-7475 (frmichaelt@msn.com)
Fr. Priest Ephraim Willmarth, assistant priest
Find us on Facebook www.stjkutica.org
Vigil 5pm Saturdays (6pm for weekday services)
Divine Liturgy Sundays and Feastdays 9:30AM
Potluck lunch following Sunday Divine Liturgy.
Our Patronal Feast Day will take place on Saturday November 1st. The greeting of the Bishop will take place at 9:30 AM, followed by the Hierarchal Divine Liturgy (with the Procession of the Cross, weather permitting).

MUSLIM COMMUNITY ASSOCIATION OF MOHAWK VALLEY

1631 Kemble Street, Utica NY 13501
E-mail: Uticamasjid@gmail.com
Friday Prayer at 1:15 pm
Quran Classes 5-8 pm
Sunday School 10am to 1 pm.

**UNITARIAN UNIVERSALIST CHURCH of UTICA**

10 Higby Road • www.uuutica.org
The Unitarian Universalist Church is an open minded, open hearted spiritual community. Unitarian Universalists come from different faith backgrounds but our shared values bring us together. Whoever you are, whomever you love, whatever your beliefs, you are welcome at UUUtica.
Services are at 10:30 AM on Sundays, in person and on Zoom.
Hospitality hour with coffee and snacks follows each service.
September 6 – James Cheney II: The Little Falls Textile Strike - We commemorate Labor Day with the author of Women, Immigrants, and the Working-Class Battle in Little Falls, New York: The Textile Strike of 1912-1913. Driven primarily by immigrant women and unskilled workers, the strike is recognized as a watershed moment in the American Labor Movement. J.N. Cheney is a local historian who focuses on the labor movement, radical politics, and community action in the Mohawk Valley.
September 13 – Rev Janet Stemmer: Homecoming and Regathering - On the Sunday following Labor Day, we re-dedicate the community to our shared values and welcome new visitors. Homecoming includes our Water Ceremony, where members bring small samples of water from places of personal or spiritual significance during the summer to pour into a shared central bowl. That water will be used during the year for baptisms and other sacred events.
September 20 – Justin Thompson: My UU Origin Story - Just like any superhero or supervillain, we all have an origin story. Some of us have been lifelong UUs, some of us shopped around before choosing UU as a spiritual home. Justin Thompson's journey was one with many twists and turns, starting off as a Baptist, landing in a Mega church, and committing to Unitarian Universalism. Justin is an adjunct

professor of Sociology at MVCC and a lay leader within the Mohawk Valley UU cluster.

September 27 – Kelli Dunham – Building the Net Before We Fall - Who catches us when we fall? Drawing from her experiences with caregiving, grief, and the community that surrounded her partner at the end of her life, Kelli Dunham explores how we build the networks that carry us through illness, loss, and other moments when we simply can't do it alone. Because community isn't something we create in an emergency. We build the net long before we need it — one relationship, one small act of care, and one moment of showing up at a time.

Kelli Dunham is creator of Second Helping – a show, a workshop, a movement. She is an RN, ex-nun, and a non-binary comedian/storyteller who has performed with The Moth Mainstage and on Showtime. Her latest show, Second Helping, is a deeply human and just funny enough look at grief, caregiving, and her partner's decision to use medical aid in dying.



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.tbetutica.org
Fri night - 5:30pm • Sat morning - 9:30am

THE JEWISH COMMUNITY CENTER
2310 Oneida Street, Utica - 315-733-2343
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ZVI JACOB
Orthodox Synagogue
110 Memorial Parkway, Utica - 315-724-8357
Interim Rabbi Levi Charitonow
Services are held Saturday at 10am, and on holidays.
Services may be held at other times if there is a minyan.
Visit our website www.zvijacob.org. All are Welcome.



New Hartford Rotary News

On August 12, 2026, we welcomed Kaitlyn Carhart, Director of Philanthropy for Mercy Flight Central who spoke to our members about the importance of this life-saving organization for all residents who live in the 25-county area in central and northern New York that they service.

Mercy Flight Central continues to demonstrate exceptional leadership in emergency medical care, earning renewed recognition and expanding its ability to serve communities across Upstate New York.

The organization recently achieved a full three-year reaccreditation from the Commission on Accreditation of Medical Transport Systems (CAMTS), the national benchmark for safety and clinical excellence in air medical transport. This reaccreditation reflects Mercy Flight Central's unwavering commitment to high-quality care, rigorous training, and operational integrity. It also reinforces the trust placed in the organization by hospitals, first responders, and families throughout the region.

Locally, Mercy Flight Central also celebrated 10 years of service in Oneida County, marking a decade of lifesaving missions from its base at Griffiss International Airport. The anniversary highlighted the dedication of pilots, clinicians, dispatchers, and partner agencies who make rapid critical-care transport possible every day.

For Rotary members, Mercy Flight Central's continued growth is a reminder of the vital role nonprofit organizations play in strengthening community resilience. Their work embodies the spirit of "Service Above Self," and their partnership with local responders ensures that residents receive the highest level of care when minutes matter most.

Mercy Flight Central is an independent, nonprofit organization of air medical professionals, devoted to integrity, compassion, and excellence – Providing critical care to the sick and injured. As part of our continuing efforts to serve our local communities and assist local organizations like Mercy Flight Central, the club presented Kaitlyn with a check totaling \$1,215.00 to assist Mercy Flight Central with the very important work they do. Shown in the photo are (from l to r): Kaitlyn Carhart and Program Chairs Dorene Gortner and Rev. Dr. Mary Webster.

For 65 years, New Hartford Rotary has been working to make our community and the world a better place to live. We are always looking for new members and if you would like to work with like-minded members of your community to help us in our endeavors, we'd love to have you come and join us for lunch. New Hartford Rotary meets every Wednesday at 12:15 PM at Preswick Glen, 55 Preswick Dr., New Hartford, NY 13413. For more information about The Rotary Club of New Hartford, NY you can check our website at <https://newhartfordrotaryclub.org> or follow us on Facebook at <https://www.facebook.com/NHRotary/>.



9th Annual – September 20th, 2026

Virtual Option Sept. 20-26
Register at ConnorsWay.com (Click on RunSignUp)
Free T-shirt with registration thru Sept. 4th

Kids ½ Mile Fun Run – Free Registration
Free T-shirt with registration thru Sept. 4th
Pre-Registration is required
Sponsored by Bruce F. Daniels, P.C.

Food Trucks & Music
Awards to top Runners
Proceeds Fund Scholarships for Area Youth

Sponsorships Available thru Sept. 4, 2026
For more information go to
ConnorsWay.com
www.Facebook.com/Connorswaymemorial



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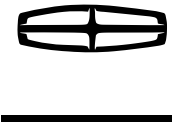
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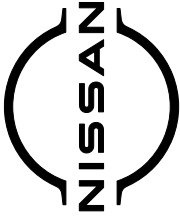
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