



2018 New Hartford Highest Honor Graduates - 96.0 and Higher * Indicates a weighted cumulative grade point average over 100



Matthew Abraham



Aleema Arastu



Alexander Athari



Matthew Barmore



Carly Cabral



Yu Xin Chen



*Eun Woo Cho**



*Ikzzui Chu**



Joshua Clarkson



Corryn Collins



Sarah Corasanti



Amanda Dontino



Alyssa DuRoss



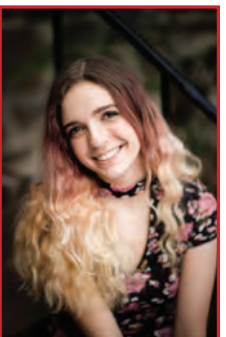
Yusuf Elazzazi



Alexis Falvo



Richard Falvo



Kimberly Fountain



Austin Franklin



Laurel Frisbee



*Chase Funkhouser**



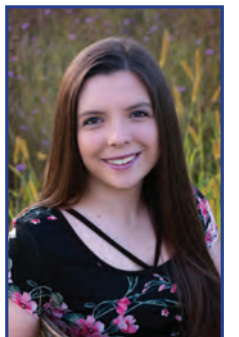
John Giaccio



Abigail Hall



Katherine Hamlin



Julia Horowitz



Cassandra Johnson



Tyler Kutty



*John Lamb**



Ethan Lampert



Nicholas Lemire



*Jax Li**



*Anjali Malhotra**



Claire Manley



*Leila Marhamati**



*David Mathews**



Emma Moger



Anna Pearlman



Jordan Restivo



Sidney Restivo



*Ethan Ross**



Adrianna Ryan



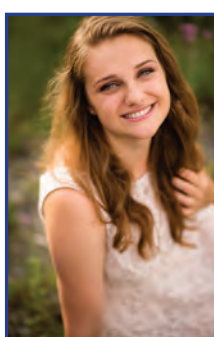
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Sarah Shatla



Victoria Walters



Kemeng Wei



Kayla Wrate



Emma Zupan



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2 THE TOWN CRIER

COMMUNITY NEWS

AUG.
2018



Town of New Hartford Closed on Former Gander Mountain Building for \$1.9 Million

Town of New Hartford Supervisor Paul Miscione announced that the Town Of New Hartford has closed on the former Grander Mountain Building at the Orchard Mall, next to Kohl's on June 28th, 2018. This 50,000 square foot building will house all town offices, the Police Department, Courts, a Community meeting room and Senior Services Center for the Town of New Hartford. This project was proposed by Town Supervisor Paul Miscione after extensive research in locating an area for the new offices that would not affect residential neighborhoods and have a central location with access to mail streets and highways. It was determined that this location met those requirements.

The town selected Architect Edward G. Olley Jr. AIA and his design team from the firm of GYMO Architecture, Engineering, Environmental and Land Surveying DPC to assist with creating an adaptive-reuse program compatible with Town functions and to provide professional design services for the project.

Town Supervisor Paul Miscione said, "This will bring our Town together in one building in the commercial shopping corridor rather than scattered all over town. The project will allow departments to coordinate business more efficiently and will also bring more business to the restaurants and department stores in the shopping center by creating a one stop shop for all residents.

This project will not only consolidate Town offices but will also consolidate New Hartford Town And Village Courts.

The project will be going out for bid in July for renovations work, anticipating construction would start in August 2018. The build out cost is estimated to come in at \$2.5-2.6 million for renovations and the Town of New Hartford has taken out a BAN from Adirondack Bank in New Hartford for a total of \$4.5 million.

This location will draw heavy foot traffic from our senior communities that surround this area and will connect into our trail system, allowing the project to be walkable

for many in the community. Town Supervisor Miscione will also work to achieve Climate Smart Communities by using Green Infrastructure Systems for renovation of the building. The Town has also applied for a DEC Grant for EVSE Charging Stations at this location so the public can charge their electric cars full time while using town services or shopping at the mall.

The Town of New Hartford is also the hub for commercial development in Oneida County and where many national brand stores have set record store sales. Town Supervisor Paul Miscione will keep promoting commercial development in New Hartford and will continue to welcome developers with the right vision and comprehensive planning in support of community needs.

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Sugar: History & Future

Submitted by James LaFountain, Owner of All American Fitness Center

In 510 B.C., Emperor Darius of Persia invaded India where he found “the reed, which gives honey without bees.” He, of course, was referring to the sugar cane. In 1619, sugar cane was brought to America, but could not grow. Louisiana produced half the sugar cane during the Civil War, and in 1858, when the Mason Jar was invented, this sugar was essential for canning. The ice cream craze also increased sugar demand at that time. In the early 1900’s, Milton Hershey, the “Chocolate Guy”, significantly increased the demand for sugar. Currently, high fructose corn syrup is cheaper to produce and transport and is extremely popular in the U.S. Although pleasing to the pallet, the ingestion of sugar, high fructose corn syrup and even artificial sweeteners, are root causes of America’s over fat issues and diseases associated with it.

When we ingest sugar, blood sugar levels increase, which sends a signal to the hypothalamus, an almond shaped area of the brain that has many functions, two of which are thirst and hunger. This “internal thermostat” senses the elevated blood sugar level and sends a signal to the pancreas to release insulin into the system, to bring the elevated blood sugar level down to normal. In most cases, too much insulin is released into the system and our body goes into “fat storage” mode. Being inactive and overweight may also encourage cells to resist insulin, leading to a diabetic condition.

For over 20 years, I followed a vegetarian diet, getting protein from low fat sources, like fish and chicken. It wasn’t until a blood test revealed an elevated cholesterol level that I explored an alternative dietary lifestyle. I am fortunate to have several physicians as clients. Picking their brains and doing extensive research, which suggested that I reduce my intake of sugar and chemically altered foods like bleached flour. This low glycemic load diet lowered my cholesterol by nearly 100 points in eight weeks. Many of my clients who follow what may be termed a “white out” diet (no sugar or bleached flour) have improved their lipid profile and have lost significant amounts of weight and kept it off.

Although this dietary approach significantly reduces carbohydrate intake, it must be understood, carbohydrates are not an evil food. Many grains, most fruits and vegetables are carbohydrate rich, yet possess essential nutrients. In hindsight, America would be much healthier if farmers gave up on growing sugar cane when in 1619, they couldn’t grow it.



Judge Joan Shkane

This is a continuing discussion of Legal Myths and Reality, because an informed citizen is always the most successful citizen:

MYTH: A pardon for a crime by a U.S. President will pardon the criminal for all purposes, so that a convicted criminal will never be punished on that conviction.

REALITY: We are all subject to two types of law, state law and federal law. Sometimes they are different, sometimes they are very similar. Generally criminal law is each state’s authority to decide, but there are also many federal laws that we must obey. A U.S. President does not have the authority to pardon a criminal for violating any state’s offenses. Therefore, under this law, a state could still prosecute and convict and then sentence for violations of its own criminal laws, and expect the criminal to serve his/her sentence unless a state governor pardons him/her. However, there is a path that the federal government could use to get around a state’s power to enforce its own laws. The U.S. Constitutional clause against double jeopardy (being tried twice for the same offense), could prevent prosecution and/or serving a sentence through a state court after a U.S. Presidential pardon. The New York State Attorney General’s office, all attorneys, does not believe that the double jeopardy clause was intended originally by the founders of the country to prevent a state from being able to pursue violations of its own state law. Legislation will be introduced in the New York Legislature to prevent a blanket pardon, and to insure that in New York no one is above New York law, regardless of what the federal government choses to do or excuse. The new legislation is suggesting that unlawful acts in New York will not go unpunished. Those supporting the state law believe that the federal legal system and federal government should not provide a basis for wrongdoers to escape state justice.

MYTH: The public has little input or participation in making court policies, and has little impact on legal policy except through elected representatives.

REALITY: Oneida County residents participated as “court watchers” several decades ago. They would attend courts, make notes, and use that participation to appropriately comment on procedures. It has been years since any local group has done this. Now, Court Watch NYC in January began training court watchers for Manhattan and Brooklyn. These residents sit in the audience on criminal cases and take notes on bail issues, the accused’s language skills, racial biases and other issues in the proceedings. Many see this plan as supporting one of the premier and most ancient rights in a democracy, that is, the public’s right to participate in forming and enforcing legal policies and procedures. So far, the project has trained over 150 court watchers who serve in shifts. Their immediate goal is to influence judges and prosecutors to change bail procedures. They

believe that “power shift is going to change the way that justice is meted out on a day-to-day basis.” Other communities in California and Chicago have similar projects. The results will be shared in weekly reports on their websites. They believe that the ultimate goal is about community engagement and participation in the system. Some local unofficial court watchers have wondered if it is time to re-engage in upstate New York communities.

MYTH: Identity theft is an easy crime to prosecute and prove.

REALITY: Up until a recent decision from New York State’s highest court, identity theft was a very difficult crime to prove. The paraphrased law reads as follows: A person is guilty of the crime of identity theft when (s)he knowingly (not by accident), and intending to defraud another, assumes the identity of another person by pretending to be that other person, or by using personal identifying information of that person. Some legal scholars read this law to say that the prosecution must prove that the accused BOTH used the victim’s personal identifying information AND also pretended to be that other person. The Court now said that simply using the personal identifying information of the victim will be sufficient to prove that the accused assumed the victim’s identity. This is a developing area of the law and the Court is seeking to make the crime easier to prove in order to convict. Many people believe that this is a serious crime of which anyone can easily be a victim, and should be treated as such.

Giving attention to legal myths is not wrong. It can be a starting point for developing an interest in the law. However, if legal issues are important in your life, for instance regarding custody of your children or money payable for any reason, it is wise to consult a lawyer who can advise you on the truth of legal myths. This discussion is not intended to render legal advice on specific cases or to express an opinion on any specific case.



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New and Noteworthy Non-Fiction

1. The Sun Does Shine: How I Found Life and Freedom on Death Row: Anthony Ray Hinton and Lara Love Hardin
2. Lincoln's Last Trial: The Murder Case That Propelled Him to the Presidency: Dan Abrams
3. What Truth Sounds Like: Robert F. Kennedy, James Baldwin, and Our Unfinished Conversation About Race in America: Michael Eric Dyson
4. The World as It Is: A Memoir of the Obama White House: Ben Rhodes
5. Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free: Steven R. Gundry M.D.
6. The Finnish Way: Finding Courage, Wellness and Happiness Through the Power of Sis: Katja Pantzar
7. Know It All Wine: The 50 Essential Topics, Each Explained in Under a Minute: Gerard Basset
8. Fake News, Propaganda, and Plain Old Lies: How to Find Trustworthy Information in the Digital Age: Donald A. Barclay
9. American Values: Lessons I Learned From My Family: Robert F. Kennedy Jr.
10. Royal Art of Poison: Filthy Palaces, Fatal Cosmetics, Deadly Medicine, and Murder Most Foul: Eleanor Herman
11. 11. Unbeaten: Rocky Marciano's Fight for Perfection in a Crooked World: Mike Stanton

New and Noteworthy Fiction

1. Tom Clancy Line of Sight: Mike Maden
2. The Perfect Couple: Elin Hilderbrand
3. There There: Tommy Orange
4. A Place for Us: Fatima Farheen Mirza
5. Something in the Water: Catherine Steadman
6. All We Ever Wanted: Emily Giffin
7. Us Against You: Fredrik Backman
8. Double Blind: Iris Johansen and Roy Johansen
9. When We Found Home: Susan Mallery
10. Clock Dance: Anne Tyler
11. A Gathering of Secrets: Linda Castillo

Friends of the New Hartford Public Library News

Fri. Sept. 21, 6-8 p.m.

Vintage Books and Bordeaux. A silent auction of distinctive and vintage books. Many autographed.

Sat. Nov. 3, 10-4 p.m.

The Bill Bonsted Indoor Miniature Golf Tournament. 18 holes of indoor miniature golf in the library. Prizes, trophy for best team score. Sponsors and hole designers are needed.

Upcoming events are sponsored by Friends of the New Hartford Public Library. All proceeds benefit the library.

Friends of the New Hartford Public Library Meetings

Please mark your calendar! All are welcome: July & August: no meeting, Sept. 15, Oct 20, Nov. 17.

If you are interested, the following items are available at the library circulation desk:
Friends of the NHPL Cookbooks: \$5.00
NHPL Library Tote Bags: \$2.00

New Hartford Public Library Board of Trustees Seeking New Board Members

The Board of Trustees of the New Hartford Public Library is seeking one new member. The Board of Trustees meets the third Wednesday of each month. Trustees must also sit on a Board committee.

Residents of the Town of New Hartford interested in applying should mail a cover letter and resume to Anne DuRoss at the New Hartford Public Library, 2 Library Lane, New Hartford, NY 13413 or email them to her at aduross@midyork.org. Applications should be made as soon as possible.

Friends Helping Friends and Boscov's

Stop by the Library and purchase a \$5 ticket and you will receive a 25% off shopping pass valid for October 16th, 2018 at the Boscov's. Every \$5 ticket benefits the Friends of the New Hartford Public Library. Your donation helps a non-profit organization and you get to save some money shopping at Boscov's....it's a win-win!

NHPL @ the NH Chamber of Commerce's Farmer's Market

Join us each Wednesday from 2:00-7:00 at the New Hartford Shopping Center for the Farmer's Market. We will be there each week with books to check out. Stop in and learn how to download eResources to your phones or tablets too. Hope to see you at this fun local event! The NHPL will be at the Farmer's Market weather permitting. In the case of heavy rain we will not be attending.

The Friends of the Library Has Some Exciting News!

The Hannaford Supermarket located in New Hartford on Kellogg Rd. and Commercial Dr. has chosen the Friends of the New Hartford Public Library as a beneficiary of the Hannaford Helps Reusable Bag Program! This means for the entire month of August, every time a Community Bag is purchased at the Kellogg Rd. and Commercial Dr. locations we receive \$1!

This is truly a great opportunity for us, and an easy way for you to show your support for the Friends of the New Hartford Public Library!

Please go to the store, find the reusable bag rack and buy a few bags! And remember to spread the word – the more bags purchased, the bigger donation to the Friends. For more information about the Hannaford Helps Reusable Bag Program, visit hannaford.bags4mycause.com

Story Time

Story Time for preschool age children continues on Tuesdays and Thursdays at 10:30. Story time is a program of stories, songs, and crafts.

Rocking Chair Reader Story Time

Volunteers read to children every Friday at 10:30. Thank you to all of the wonderful volunteers that have taken part in reading to the children. If you are interested in becoming a Rocking Chair Reader, call the library at 315-733-1535 and ask for Ashlyn.

Social Artworking Mom/Dad and Me Painting Party

Monday, August 6, 6pm: Child and parent will work together to paint a Snoozing Raccoon on canvas.

This session includes up to 24 children with their parent. Ages 5-11. Parent participation is mandatory. This class is filled, but we will take names in the event of cancellations.

Kids Movies & Popcorn at the Library:

Thursday, August 2, 3:00 *(This is a Tween movie), Alex and Me

Thursday, August 9, 3:00 Dreamworks HOME

Chess Club

Join us in the cafe Mondays in August from 7:00-8:00 pm. We will provide chess boards and clocks. We will have two adult chess players to organize and provide informal guidance and instruction. All ages and levels welcome. The first meeting will address how to use chess.com so players to help players improve and gain experience.

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Dr. Allen Zuck, Optometrist, announces his retirement from the professional office located in Lamberto Opticians, 52 New Hartford Shopping Center. All examination records will be maintained, and continuation of care will be provided by the capable and caring staff of Lamberto Opticians. Dr. Zuck would like to thank all the wonderful people that entrusted him with the care of their eye health through the years in the New Hartford office

The contact phone number continues as 315-735-7590.

Become a Mohawk River Champion!

When: Monday, August 13, 11:00-12:00. What: Learn how YOU can help the environment by reducing sewage overflows into the Mohawk River. Who: Students ages 8-12. Why: During heavy rain storms or snow melts, clean water enters the sanitary sewer system and overflows into the Mohawk River. We need your help to become a Mohawk River Champion and reduce the environmental impacts on this regional natural asset. RSVP at New Hartford Library 315-733-1535 for this free, fun and educational presentation.

Dinosaur Hatching Egg Craft

Monday, August 20, 10:30. Join us in the library garden to make a dino egg and watch it hatch!!

YA Programs:

Gamers Unplugged: Board Games

Young Adults that enjoy strategy board games should join us on Tuesday, August 7th from 2:00-4:00 for a fun drop in program held in our YA section. We have recently purchased Catan, Ticket to Ride, and Risk. Bring your friends and disconnect to reconnect!

Ukulele Jam Session

Tuesday, August 7, 3:00-4:00. The library has 3 ukuleles to share. If you have your own ukulele, please bring it.

August Artist on Display Utica Art Association

The Utica Art Association Member's only Photography Show will be on display in the New Hartford Public Library for the month of August.

With a few interruptions, the Utica Art Association (UAA) has been in existence since 1836, and continues today with monthly meetings held at the Heritage Home at 7pm on the last Monday of each month from September through June. Programs vary between critiques of member's art work to presenters providing educational demonstrations on their own specialties and knowledge. The Association is always looking for and welcomes new artists to broaden their membership's interest and collective knowledge. For more information, please go to the Utica Art Association's website at www.uticaartassociation.org.

Display Case in August

Elizabeth Masi will be displaying china teacups in the display case as you enter the library for the month of August.

2018 Artists Needed To Display

The New Hartford Public Library has several months still available to exhibit your artwork in 2018. If you are interested in displaying your artwork, call the library at 315-733-1535.

Teen Readers' Advisory Board

Are you a teen with a vision of what you would like our library to offer you and your peers? If so, the Teen Readers' Advisory Board is for you! We are looking for teens that want to help plan young adult programs, have suggestions for our young adult book collection, and want a say in creating a young adult space in our library that reflects your needs. Please call 315-733-1535 for more details and meeting times.

Senior Level Yoga Classes with Bill Skinner

Classes will continue on Mondays from 3:00-4:00 through December 17, 2018. There will be no class on September 3rd in observation of Labor Day. Each participant is required to bring their own yoga mat. The classes are conducted by Bill Skinner. Bill received his training at The Savannah Yoga Center in Savannah, GA and has 4 years experience teaching senior yoga. Class is limited to 25 participants. Please call 315-733-1535 to register.

Yoga Nidra

Offered by Andrea O'Brien MS, OTR/L Holistic Occupational Therapist from O'Brien Wellness. Classes are scheduled for Mondays, Aug 27, Sept 24, Oct 22, Nov 26, Dec 17 from 6:00-7:00. Simply translated as "Yogic Sleep," Yoga Nidra offers profound deep rest and relaxation to the body. Perfect for those with little to no meditation experience as well as those with regular practice. Please bring a yoga mat to lay on, a soft blanket and a soft pillow. Dress comfortably. Space is limited, please reserve your spot with the library 315-733-1535.

Join Ruth Anne Kane for Knitting and Crocheting Lessons!

She will be teaching the basics of knitting and crocheting. Class meets on Thursdays from 1:00 - 2:30. All supplies are included but space is limited. Please call 315-733-1535 to register.

Does your Group or Club Need a Space to Meet?

The New Hartford public Library has meeting rooms available for the public to use. Have specific technology needs for your meeting as well? Let us know and we can try to accommodate those as well. Please call Amy at 315-733-1535 to book a space.

Important!!!!

Tai Chi Classes at the library are on hiatus

Classes will resume on September 13, 2018 and continue for 8 weeks.

Utica Classes of 1968 Plan 50th Reunion

Notre Dame High School, Utica Catholic Academy, and St. Francis DeSales are celebrating their 50th Class Reunion on Friday, Saturday, and Sunday, September 14, 15, and 16.

The celebration will begin with a "Meet and Greet" at the Holiday Inn, Burrstone Road, at 7 P.M. on Friday, September 14. Also included on Friday will be a tour of Notre Dame High School at 6 P.M. and a home football game vs. Mount Markham.

Saturday's events will feature tours of The Saranac Brewery at 4 & 5 P.M. and a reunion party at The Sanctuary, 728 Court Street, from 6P.M. on.

Casual attire is suggested for all events.

An 11 A.M. Sunday Mass at Our Lady of Lourdes, followed by a continental breakfast in the Lourdes Parish House, will conclude this great weekend.

A set of discounted rooms has been blocked at the Holiday Inn (315-797-2131). For information , please email 1968.50th.hs.reunion@gmail.com.



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Back to School Time!

From welcoming kindergarteners onto the school bus for the very first time to helping members of the Class of 2019 prepare for new opportunities ahead, everyone is excited about welcoming a new school year at New Hartford Central School District! Here are some important items to keep in mind.

New Student Orientation and Open House at Perry Junior High

If your child is new to the district and will be attending Ralph Perry Junior High School, the Junior High will hold a New Student Orientation on August 21, 2018, at 10:00 a.m. This orientation will provide students coming to New Hartford from other districts a special chance to meet with their guidance counselor to create strategies for a successful school year.

The Junior High will host a Grade 7 Open House on August 23, 2018 from 4:00-6:00 p.m. Students will receive their schedules and locker combinations. They will be provided time to practice opening lockers and tour the building with their parents. Faculty and staff will be available to answer questions.

Senior High Tour Day

To ensure a successful transition to the Senior High, sophomores are invited to the Senior High Tour Day on August 24, 2018 at 11:00 a.m. During this event, sophomores will receive their schedules, take a tour of the building, learn to navigate their schedule, and get locker assignments.

Kindergarten Orientation

Everyone wants to ensure that all students have a great start to the school year, especially our kindergartners. Each elementary school building will host a Kindergarten Orientation on Tuesday, September 4, from 9:00-10:30 a.m. Families will receive details about the event in August by mail. This orientation provides kindergarteners the opportunity to visit the school with their parents, see their classroom for the first time, and meet their kindergarten teacher! The orientation relieves a great deal of anxiety children often experience on the first day of school.

First Day of School

The first day of classes for all K-12 students is Thursday, September 6, 2018. Faculty and staff will meet and be making last minute preparations for student arrivals on Superintendent's Conference Days September 4 and 5, 2018.

Curriculum and Back to School Nights

"Curriculum Night" at our elementary schools and "Back to School" nights at the Junior and Senior High are great opportunities to meet teachers and to learn about New Hartford Central School's educational programs. All of these events will be held at 6:30 p.m.:

Myles Elementary "Curriculum Night": September 17, 2018
 Bradley Elementary "Curriculum Night": September 12, 2018
 Perry Junior High "Back to School Night": September 27, 2018
 Senior High "Back to School Night": September 13, 2018
 Hughes Elementary "Curriculum Night": September 20, 2018

Please visit our website at www.newhartfordschools.org for an updated listing of events and new initiatives throughout the school year. Like us on Facebook and follow us on Twitter(@NHCS) to see district news stories and event updates. Enjoy the exciting first weeks of school, and best wishes for a safe, successful, and memorable 2018-2019 school year!

New Hartford Central School Fall Sports

JV and Varsity sports will start on Thursday, August 16th with modified sports commencing on August 27th. Varsity and JV Football will start on Monday, August 13th. Please mail or drop off the Pre-Participation Form and Blue Card to the respective nurse's office as soon as possible. These forms as well as a current sports physical need to be reviewed by the nurse in order for the student athlete to be cleared to participate.

Summer sports physicals will take place at the High School on August 1, 2018, 8:00 AM – 11:00 AM and at Perry Junior High on August 13, 2018, 8:00 AM – 11:00 AM. Appointments are strongly recommended. Please contact the nurse's office by email (lmoretz@nhart.org) with any questions or to set up an appointment.

Remember Who You Are

Ashley J. Simons, MA, MAC, LMHC

A lot of us spend an insurmountable time focusing on the ways in which we want to change ourselves, but little time on highlighting all the good stuff we already have within. As time goes on we lose the ability to focus on what we want and who we are.

We begin to forget who we are at our core. How often do you think about when you were a kid and remember what made you excited, happy or set your soul on fire? Who were you before life got in the way?

For instance, maybe were you an incredible problem solver or a quick-witted individual that made everyone around you laugh. Maybe you loved walking in the woods and catching bullfrogs. How often do you do that now? Are the people around you lifting you up and acknowledging you and your talents? Are you working in a field that spurs passion and excitement? Are you in a relationship where you hear more about the good things you bring to the relationship or are you hearing more about your flaws?

People come to my office and tell me they want to change. They have broken parts that they feel they need to fix. Trust me when I say I am not immune to pain, struggle, or trauma and I know that there are habits that can truly be destructive. However, I am a chronic optimist and I have witnessed the power of individuals having the courage to be themselves no matter what challenges they are facing. When we either recall or begin to tap into who we truly are, and we begin to be that every day most of our anxieties, fears, and so forth begin to fade into the background.

Of course, there is a lot more work to be done when we start to tap into our true selves and we move towards living a more authentic life. However, there are simple steps like going back to the beginning of our lives, maybe asking people around us that would remember simple questions like, what kind of kid was I? What interests did I have? Then when you have a moment asking yourself when was the last time I truly felt joy, had complete confidence in my ideas and choices, when I laughed until I cried or when I acknowledged the quirky parts of myself that make me who I am?

I encourage you to do more of what you love, embrace the profound talents that you already have and to look for ways to share them or to expand them. You got this!

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AUG. 2018

COMMUNITY NEWS

THE TOWN CRIER 7



Join us for a Local Food Swap!

By: Alyssa Davis, Brick House Acres

Grab a friend and enjoy an evening of food, friends, and fun! We invite anyone with a passion for growing, baking, or preserving food to join us.

What is a food swap? A gathering of friends and neighbors who swap excess produce and goods to diversify their pantry. A food swap is a great place to get to know your neighbors, try new things, and begin building your local food network. Bring your bounty and come home with a basket full of locally-grown goodies.

What can you bring to a food swap? Any items that you have grown, cooked, or canned yourself - preferably made with local or home-produced foods.

- * Fresh produce & herbs from your garden
- * Jam/jelly/preserves
- * Baked goods
- * Granola or dried fruits/veggies
- * Containers of refrigerated soup
- * Items that you have canned yourself
- * Fresh eggs, milk, or meat (from your backyard or farm)

- * Homemade yogurt/kefir/cheese
- * Honey/maple syrup
- * AND MORE...

Not sure what to bring? Just bake up some of your favorite treats or portion homemade stew into containers. It doesn't need to be fancy... just homegrown, homemade goodness. Keep packaging simple and bring a sample and copy of the recipe if possible.

What should I bring? We recommend 5-10 portions for swapping. Bring 5 items, swap for 5 items. You can bring multiples of the same item or an assortment. Put perishable items in a cooler. Bring a drink and a basket or bag to transport your goodies home.

How does the swap work? The swap is held like a silent auction. Offer your goods for the items you want, then choose which items you want to trade for. All swaps are a one-to-one trade: one jar of pickles for one bunch of rhubarb.



What if I have food allergies? Not a problem. We understand that food choices are very personal and make sure everyone knows that it is OK to say no. At the swap, you get to choose what you want to trade for and can gracefully decline any offers for items that don't fit your diet or taste.

Want to come? Please RSVP at the link below:
www.brickhouseacres.com/events/local-food-swap
This is a free event. Must be 12 or older to attend. Can't wait to meet you!

Brick House Acres is a family-run greenhouse & berry farm located 10 min. south of Utica, NY. Our garden center opens in late May with a wide variety of annuals, perennials, herbs, and veggie plants for your garden. Pick-your-own organic berries in the summer. "Your source for vibrant, healthy plants that thrive!"

2018 Local Food Swap Dates:
Friday, August 31st: 6:30-8:00pm
Friday, Sept. 28th: 6:30-8:00pm
Location: Brick House Acres, 10628 Roberts Road, Frankfort, NY.

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New Hartford Citizen's Band

The final concert of the summer for the New Hartford Citizens' Band is Wednesday, August 1, 7:30 to 9:00 at the Village Park on Oxford Road. If you have missed any of the previous concerts, bring your chair and a friend and be prepared for an evening of great entertainment. In case of rain, the concert will be moved to the Rec. Center on Mill St. As always, refreshments will be available.



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Historical Selfie Scavenger Hunt

Presented by:  **History Center**



Explore Mohawk Valley history through this interactive, county-wide scavenger hunt. Grab your camera to learn about the people, places, and events that shaped Oneida County and your community.

August 1st—31st, 2018

Be one of the first 5 to complete a hunt to receive a history center membership & a fun gift! Participation prizes for children under 18, plus be entered to win the grand prize gift basket.

Pick up your clue sheet at:
Oneida County History Center
1608 Genesee Street
Utica, NY 13502
www.oneidacountyhistory.org

Contact the Oneida County History Center for complete rules and details
315-735-3642 or rmlain@oneidacountyhistory.org   



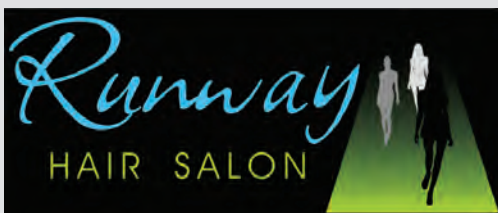
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How Facing Off With Our Past Can Help Us All

by Kristy Lenuzza

When I was a kid, I called my dad “The Man Who Never Smiled.” As you can imagine, this nickname thrilled him. I wish I could say it was one of those moments in childhood when fading memories and blurred dreams merge into one, and you’re not sure what’s real. But I can’t. I remember it clear as day. It’s not that my dad was a jerk. He wasn’t. I was very blunt and observant as a kid and merely stating what I saw. That’s how kids work. They say what they see. No personal agenda; just what is.

I remember my dad’s nightly ritual of coming home from the hospital and going straight into his study. I knew that the sound of the door closing followed by the faint clink of ice hitting a glass meant my dad needed a moment. It was his transition from the fast pace and high-stress medical life of saving lives into the fast pace and high-stress domestic life of having a spouse and two kids.

Fast forward thirty years and I’m facing off with my younger self as I stand in the shoes of being a parent while looking into the eyes of my kids. Their talent for eyeballing my moods and b.s. is a real art. I instantly empathize with my dad as I sometimes feel like “The Lady Who Never Smiles.” I am so in my head ruminating to-do lists and worries at record speed that my face shows it. I can’t help it. There are days where I am my best self and days when I can’t find her anywhere. There are moments when I feel clear-eyed and grounded; wholly in my element and days when my body is electric with anxiety, and I’m wild-eyed; ready to pounce.

“Insight in and of itself is an intellectual comfort. Power in and of itself is a blind force that can destroy as easily as build. It is only when we consciously learn to link power and light that we begin to feel our rightful identities as creative beings.”— Julia Cameron, author of The Artist’s Way

But for the days when self-awareness is clouded by concern, who better than an unaffected kid to wake me up and be my eyes for me. They see what is. They feel what is. We may not like it, but chances are, the more we don’t like it, the more they’re right on the nose. And on the days when I’m not about to completely lose it, I am forever grateful for these small mortals keeping me in check. Like when my daughter pointed to a picture in her book and said, “Look, Mommy. It’s you,” smiling and pointing to the evil Maleficent. Or when she said, “Mom, that lady acts like you,” while Diane Keaton freaked out at the peak of a nervous breakdown in Baby Boom. Humbled by a toddler? I’m betting I’m not the first.

This goes for any moment in life where you are the leader. Wherever we are running the show, it takes humility and courage to make a point to understand where others stand; to be willing to peer through their vantage point and to see what they may be seeing. This allows for us to practice compassion for others and equally important, although incredibly more difficult, compassion for ourselves.

These moments spotlight what’s out of sync in our minds and bodies so that we can course correct and realign in the right direction. Is there a high chance we may end up in a pool of tears in the bathroom or a wine glass in the bathroom? Sure. Take comfort knowing that small space cries offer the most significant release and relief. They also give us space to gain perspective (there it is again) so that we can better understand and appreciate ourselves.

Be grateful for the buttons pushed, they help us feel what needs our attention. Because sometimes facing off with our past is what’s needed to lovingly return us to our present.

Kristy Lenuzza is a writer, speaker and personal development trainer whose focus is helping you

find your inner and outer voice through creative communication techniques. If you are interested in booking Kristy for a “Sow to Speak” workshop or speaking engagement, please contact her at kristy@kristylenuzza.com.

You can follow her blog and learn more at www.kristylenuzza.com.

You Can Make a Difference in the Quality of Life for Others!

Do you have a passion for connecting with individuals who reside in long-term care facilities? You can make a difference! The Resource Center for Independent Living (RCIL) and the NYS Long Term Care Ombudsman program are hosting a Reception on Wednesday, August 15th from 11:30am – 1:30pm at 258 Genesee Street in Utica.

Nobody grows up saying they want to live in a nursing home or other types of long-term care facilities, but sometimes it is necessary. When this happens, residents often need someone to guide them through this transition and educate them on their rights residing in a nursing home. RCIL and the NYS Long-Term Care Ombudsman program are looking for Ombudsman Volunteers to provide this much needed presence in local nursing homes throughout Herkimer, Madison, Oneida and Otsego Counties.

The Ombudsman Program provides advocates and resources for those who reside in long-term care facilities such as nursing homes, assisted living and adult care facilities; working to investigate and resolve complaints on behalf of the residents.

Join us to learn more about this great volunteer opportunity! Just a little bit of your time (about 2-4 hours per week) can have a big impact on the quality of life for others! Please RSVP by Wednesday, August 8th by calling 315-272-1872.

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COMMUNITY NEWS

THE TOWN CRIER

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The Women's Fund of Herkimer and Oneida Counties Thanks Community for Support

The Women's Fund of Herkimer & Oneida Counties, Inc. which is celebrating its 21st year this year, recently held its *Power of the Purse Luncheon* at Harts Hill Inn, Whitesboro. Over 250 guests attended this event which raised over \$25,000. The Women's Fund of Herkimer and Oneida Counties would like to thank all of the attendees, sponsors and supporters of our annual luncheon. Our luncheon, *Power of the Purse*, is our major annual fundraiser to allow us to succeed in our mission to *Empower Women and Girls to Realize their Dreams*. It is designed to raise the resources necessary to meet our goals of Women Helping Women as well as raise awareness of the work of The Women's Fund. "We are truly grateful for the community's support of our mission" shared Carol Mandour and Cindy McLean, *Power of the Purse* Luncheon Co-Chairs.

This year's guest speaker was Amy Dickinson. Amy Dickinson writes the "Ask Amy" column, widely syndicated through North America and with a readership estimated at 20 million. She is also a regular panelist on the popular NPR comedy quiz show, "Wait Wait Don't Tell Me...!"

This year's recipient of the Alumnae Award was RCIL. Their mission is independence. At RCIL, real solutions are provided to the personal, social or governmental barriers that may prevent a person's decisions from being respected and realized

This year's recipient for the Dream Maker Award was Mary Finkle. This award is given annually to an individual who has had a positive impact on our community. Mary Finkle has been a long time community organizer, advocate, and nurturer for the community of the Mohawk Valley.

To learn more about the Women's Fund go online to: www.womensfundhoc.org.

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THE TOWN CRIER

NH CHAMBER NEWS

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COMMUNITY NEWS

THE TOWN CRIER 13



Historical Selfie Scavenger Hunt

Join the Oneida County History Center for our second annual historical selfie scavenger hunt. Explore Mohawk Valley history through this interactive, county-wide scavenger hunt. Grab your camera to learn about the people, places, and events that shaped your community. Clue sheets will be available at the history center or on our website www.oneidacountyhistory.org starting August 1st. This program is free and open to all ages.

Choose an Oneida County or Utica-based hunt and follow your clue sheet to historical sites, buildings, and markers around the greater Mohawk Valley. Take a selfie at each location on either a camera or smartphone after learning about the location's history. Post your photos and tag the history center on Facebook, Instagram, or Twitter to share your adventure. Upon completion, bring evidence of your journey to the Oneida County History Center located at 1608 Genesee Street, Utica. The first five individuals to complete a hunt will receive a history center membership & a fun gift. All entries will be entered to win the grand prize gift basket, plus children 18 and under will receive a participation prize. All entries must be submitted in person at the history center by August 31, 2018 at 4:00 pm. Please contact rmclain@oneidacountyhistory.org or 315-735-3642 with questions.

The Oneida County History Center, formerly the Oneida County Historical Society, is a private 501(c) (3) not-for-profit educational institution and is dedicated to preserving history and promoting the culture of the Greater Mohawk Valley. Admission to this program is free for the general public; donations are encouraged. Please contact the center at 315-735-3642 or visit the OCHC website (www.oneidacountyhistory.org) or [Facebook.com](https://www.facebook.com/oneidacountyhistorycenter) page for additional information.



Aaron R. Evans, CFA, CFP® a Senior Advisor at
Strategic Financial Services

Over The Wall

With the help of our accountant partners, we recently implemented a new charitable giving strategy for a client. In previous years, many taxpayers itemized their taxable deductions and received the full tax benefit of their charitable contributions. Under the new tax law, the increased standard deduction and state and local tax deduction cap, a much higher "wall" now needs to be cleared before itemization begins. To help our client continue their philanthropic goals while still receiving some the tax benefits we proposed "donation clustering".

Example: Prior to 2018, Mr. and Mrs. Sample made annual donations of \$5,000 to various charitable organizations. Along with their NYS income tax, property tax and mortgage interest deductions, they were easily able to surpass the \$12,700 standard deduction and itemize. This year with the same income, donations and deductions, they will fall short of the new \$24,000 standard. By clustering 3 years of donations in 2018, they can surpass the "wall" and itemize. A repeated cycle of clustering would allow for itemization and some tax benefit every 3 years, versus likely never itemizing with a stream of annual of donations.

Advanced Method: In addition to directly giving to charitable organizations, this front-loaded clustering strategy can be implemented through the creation of donor advised-funds or charitable remainder trusts which would allow for deductions in the year created, while delaying distributions to charities until future

years. These vehicles may have additional tax benefits by accruing capital gains in a non-taxable investment account.

Remember, everyone's goals and finances are different. If giving is a part of your plan, this strategy could be a tool that helps meet your objectives, while adapting to the new tax laws. Please be sure to consult with your tax professional.

Original content provided by Aaron R. Evans, CFA, CFP® a Senior Advisor at Strategic Financial Services

This material does not constitute the advice or recommendation of Strategic Financial services, and should not be used as the basis upon which to make investment or financial decisions. Strategic Financial Services provides advice and makes recommendations based on the specific needs and circumstances of each client. This material is not intended to provide professional tax or legal advice, which should be obtained from a certified tax professionals and licensed attorneys.

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The New Hartford Class of 1958 will be having their 60th Class Reunion Friday and Saturday, August 10th and 11th

We celebrated our 50th Reunion ten years ago, and thought it may be our last. Because we have held reunions every five years since graduation, our classmates have wanted to keep it going!

We are unable to contact the following classmates: Joan Bogner Lyons, Nancy Barthamley Lobel, Kenneth Brooks, Ed Kanfoush, Nancy MaMahon Stark, Paul Temple, Linda Tischler Hartle, Curtis Upham, Laney White Smith

Please contact Cynthia Rinaldo Stevener at 315-733-2043 if you have any information on these classmates.

We welcome New Hartford graduates from any class- once a Spartan, always a Spartan!

Please contact Cynthia at the number posted above if you'd like to attend!

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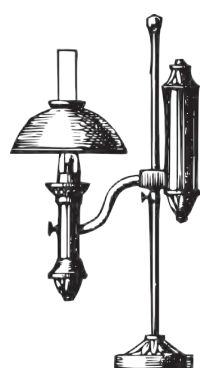
ANTIQUE TALK

AUG.
2018



Victor J. Fariello Jr.

Antique, Vintage or Collectible?



The Tariff Act of 1930 defines antiques as "works of art (except rugs and carpets made after the year 1700), collections in illustration of the progress of the arts, works in bronze, marble, terra cotta, pottery or porcelain, artistic antiquities and objects of ornamental character or educational value which shall have been produced prior to the year 1830." Thus was born the 100 year rule, that is, that for an item to be classified as "antique", it has to be at least 100 years old. This has become an accepted definition, however, the vast majority of us refer to things that are much younger than that as antiques, such as glassware from the 1930's and furniture from the 1940's.

The definition for Vintage is a little trickier. In general terms, it often refers to items less than 100 years old. In more precise terms though, it describes items that were manufactured and used in the period 1960-1979. A similar term, Retro, is generally used to describe items

from 1950-1959. Although the term Vintage is used to mean different things, most experts agree it should not be used in reference to anything less than 20 years old.

Newer items that have a following fall into the Collectible category. These can be items that are only a few years old up to 25 years. Action figures and other toys such as dolls are in this category. Baseball and other sports cards, as well as coins and stamps, make up a large part of the collectibles market.

Whether an item is an Antique, Vintage or Collectible has little to do with value. Many collectibles of recent years are more valuable than some very old antique items. The value is determined by the laws of supply and demand. A high demand for a collectible item that has a limited supply will result in a high value. On the other hand, there are many items over 100 years old still in good supply but that lack any real demand for them in the marketplace.

What you need to be aware of is that most people advertising their items for sale will not necessarily use them correctly. They will list an item that is simply vintage as antique. They will also call things vintage that really don't qualify because they are too new. The impact of those abuses of the terms probably won't have much effect on your buying habits, however, it's just good to be aware of what you are buying. If you buy something that is supposed to be a bonafide antique but was produced much later, then that will affect the price you would be able to get for it. As always, the best advice is "buyer beware."

Madison Bouckville Antique Week August 13-19

It's almost here! The Madison Bouckville Antique

Show on Route 20 is August 13-19- a week long antiques event that features over 2,000 dealers. For many of us, this is an annual tradition that we wouldn't miss. If you've never been, you should really go check it out. You won't be disappointed! For more information check out their website at www.madison-bouckville.com.

Happy collecting!

Please support your New Hartford Historical Society. If you're not a member yet, or need to renew, please consider this great investment in your community. Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, New Hartford, NY 13413. Check them out at <http://nhnyhistorical.com>.

Victor J. Fariello Jr. is a lifelong resident of New Hartford and has been a collector and dealer of antiques for many years. He is a past officer and member of the New Hartford Historical Society and is in the process of organizing the Jedediah Sanger Chapter 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.

The Good News Center Events

Separated & Divorced Support Group

Meets every other Sunday, 5:00-6:30 pm; upcoming meetings August 5th, August 19th and September 9th at The Good News Center, 10475 Cosby Manor Rd., Utica. The group meets in a warm, caring, confidential environment designed to help you learn skills and practical information that will guide you in rebuilding your life after your separation or divorce. Free and open to all. For more information contact Judy at 315-735-6210, judy@thegoodnewscenter.org, or visit us at www.thegoodnewscenter.org.

The Third Option

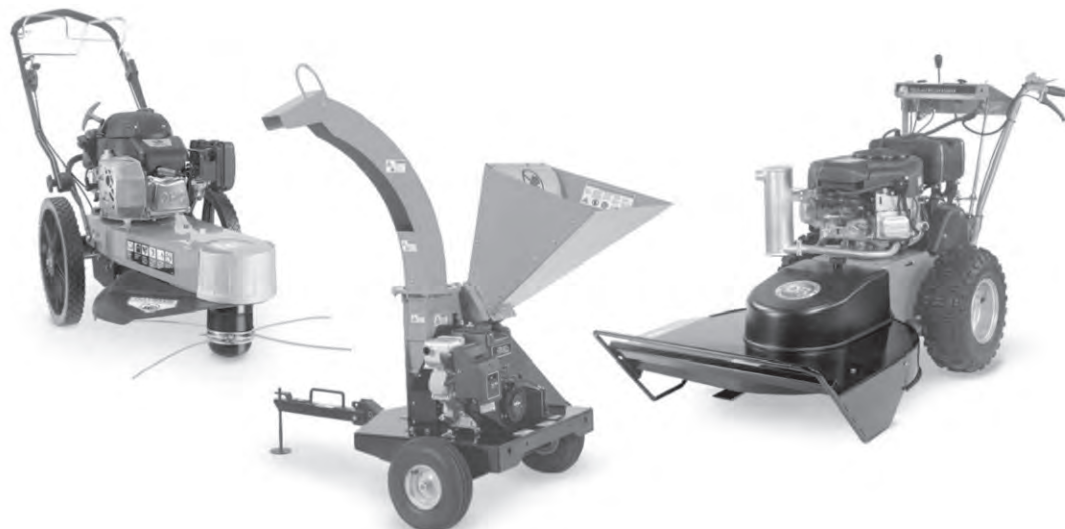
Meets every other Sunday; upcoming meetings August 5th, August 19th and September 9th 6:30-8:30 pm at The Good News Center, 10475 Cosby Manor Rd., Utica. **WISH YOU HAD A BETTER MARRIAGE OR WANT TO ENHANCE YOUR MARRIAGE?** Learn communication skills such as how to handle anger more constructively, resolve conflicts, and communicate better. Hear couples share how they overcame problems in their marriages. The Third Option support group for married couples. For more information and to register call 315-735-6210, info@thegoodnewscenter.org or visit us online www.thegoodnewscenter.org.

Flags for Heroes and Families

The Good News Center is proud to once again announce the posting of 1000 flags on Utica's Memorial Parkway the week before Veterans Day which will be on display November 2nd – November 11th. On November 11th a ceremony will take place at the Memorial Parkway where visitors can see the flags on display. The flags will be tagged in memory or honor of a loved one. The cost to sponsor a flag is \$35. You may also call for information on sponsoring a portion of the field. All proceeds will be used to support the Veteran's and Rehabilitation program at Sitrin Health Care Center. You can order by calling us at 315-735-6210.



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Sitrin's Georgian Court Estates

Sitrin's Georgian Court Estates, located on Oneida Street in South Utica, offers independent living to individuals over the age of 62.

Georgian Court Estates Offers Luxurious Living for Independent Seniors

If you're looking for space and security, with a touch of luxury and comfort, then Sitrin's Georgian Court Estates is the perfect home for you!

Located on Oneida Street in South Utica, Georgian Court Estates offers independent living to community members over the age of 62. Discreetly tucked away into nature, the desirable apartments give tenants the feeling of living in the country, while also being close to local restaurants, shops, credit unions, and banks.

Outside, the property's charming courtyard offers space for picnicking and get-togethers, with room for strolling and sitting. Additionally, tenants are able to enjoy their surroundings from their own private balconies, while also having access to public transportation out front.

Inside, individuals can choose from one-, two-, and three-bedroom apartments. Each private space includes Energy Star appliances, Corian countertops, and comfortable wall-to-wall carpeting. Washers and dryers are also located on each floor.

In addition, building elevators offer easy access to each floor, which contain small sitting lounges available for socializing. For added convenience, there is a secure parking garage for vehicles.

Seasonally, the worry-free complex takes care of snow removal, while also maintaining the manicured grounds, and keeping the building clean and neat year-round. Apartment rentals begin at \$1,025 per month, which includes utilities. Cable, internet, and phone are available at additional costs. Those who choose to live at Georgian Court Estates also receive complimentary membership to Sitrin's Wellness Program, located nearby at the Sitrin Medical Rehabilitation Center in New Hartford. A popular component of the Wellness Program is aquatic therapy. Members can take advantage of the many classes offered in Sitrin's two heated therapy pools.

To learn more about independent senior living or to schedule a private tour, call (315) 624-7117.

About Sitrin: In addition to independent senior living, Sitrin provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbrook), NeuroCare, residences for people with intellectual disabilities and medically complex conditions, adult day health care (OPAL Program), military rehabilitation, adaptive sports, specialized care clinics, dental clinic, aquatic therapy, a wellness center, and child care center.





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Jack Williams, a New Hartford Graduate and past member of the NH Marching Spartans, marching with DCI corps 7th Regiment from Nashua NH.

Come Celebrate the 40th Show of Drums Along the Mohawk!

The summer’s exciting musical event will showcase Drum Corps International’s 2018 Summer Tour and celebrate Drums Along the Mohawk’s 40th show in Central NY. The committee invites fans to come celebrate with them at 7 PM on Thursday, August 2nd at Rome Free Academy Stadium on Turin Street, Rome, NY.

Eight DCI Corps for the 2018 Drums Along the Mohawk Are:


- The Academy - Tempe, AZ
- Blue Stars - LaCrosse, WI
- Jersey Surf - Camden County, NJ
- Madison Scouts - Madison, WI
- Oregon Crusaders – Portland, OR
- Pioneer - Milwaukee, WI
- Spirit of Atlanta - Atlanta, GA
- Troopers - Casper, WY

The show began as a fundraiser for the Avant Garde Drum and Bugle Corps of Saratoga, NY by a group of local parents whose children marched with the corps. It continued long after the corps disbanded due the loyalty of the drum corps fans in Central NY. Fans come to Rome from all over the US and Canada!

Tickets for the 40th Drums Along the Mohawk are available from the secure show website www.drumsalongthemohawk.com or by calling 315-339-6484. Band directors, music boosters, and school color guards can contact the show for group rates using the DRUMS hotline or contacting info@drumsalongthemohawk.com.

Come feel the music! Come celebrate the 40th show!

2018 Drums Along the Mohawk tickets are available at Big Apple Music and Rome Chamber of Commerce.



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Special Performance at New Hartford Presbyterian Church

A special performance of the musical prayer “Dear God, Stay with Me,” composed by member Richard Harris, was presented at New Hartford Presbyterian Church on Sunday, July 1. Pictured with Harris, far left, are cellist Nicholas Adair, vocalists Barbara Robinson and Dorothy Brown, pianist Jeanne Jones, and vocalists Signe Sheldon and Virginia Emmert. Rev. David Jones, who grew up at New Hartford Presbyterian Church, wrote the piano arrangement to accompany Harris’s lyrics and melody.

**Support a Worthy Cause
Donate Today!**

The Country Pantry is in the middle of its KIDSPAK Program, serving approximately 250 families monthly, in Clinton, Clark Mills and Westmoreland. A KIDSPAK is a large bag filled with kid-friendly food. Bags are given out in June/July and August. We are looking for donations for the month of August. We also accept financial donations. The following items are needed:

- juice boxes
- peanut butter
- granola bars
- raisins
- applesauce or other fruit cups
- crackers
- animal crackers
- cereal
- tooth brushes
- toothpaste

If you, or your company would like to donate, items can be dropped off August 6, between 8:30-10:00 a.m. Or we can arrange to pick them up from you. Call Mary Zimblar at 315-272-5267



Afternoon Adventurers After School Program

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This program will be limited to the first 25 students applying who are currently enrolled in Kindergarten through 4th grade for the 2018-2019 school year.

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You will have the opportunity to sign up for as little as 1 afternoon or as many as 5 afternoons per week.

When attending only one day per week, the cost will be \$18 per week/\$72 per month. For multiple days, please multiply the number of days per week by \$18. Paid monthly. However, if you attend all five afternoons; the cost will be \$75 per week/\$300 per month.

For further details, call 315-724-4347. Due to summer hours you may get our machine. Please feel free to leave a message and we will get back to you within the week.

Why not return where it all began or start fresh to experience what everyone is talking about?

We look forward to having many fun adventures with you.



Cynthia Davis, LCSW-R
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“When things are bad, we take comfort in the thought that they could always be worse. And when they are, we find hope in the thought that things are so bad they have to get better.”

~ Malcolm S. Forbes



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CHAMBER NEWS

AUG. 2018



Summer Love “It’s Never Too Late to Date”

Submitted by MaryJo Timpano, a Wellness Consultant at Community Wellness Partners in Clinton NY and the Director of Health and Wellness at the Rome Rescue Mission. She has extensive experience in the wellness field and a passion for working with older adults. She has an MA in Psychology with a Health and Wellness specialization and is a Masterpiece Living certified Successful Aging Coach. She is currently in training to pursue her goal of becoming a Certified Yoga Teacher.

Community Wellness Partner’s (CWP) showing of the documentary The Age of Love in April was an opportunity to showcase our commitment to change the experience and perception of aging. It shined a light on our culture of growth, engagement and purpose for every person regardless of their age or level of living. The film followed the adventures of thirty older adults in Rochester, NY as they navigated a first-of-its kind speed dating event for 70-90 year olds! The purpose of the film was to challenge aging stereotypes and discover common ground among generations. At Community Wellness Partner’s we believe in possibilities. Every day we challenge the status quo about what it means to grow older in our society and create opportunities to live life to the fullest.....like hosting our very own “first-of-its kind” speed dating event right here in our community.

The Age of Love is also about possibilities. It disrupts our pre-conceived ideas about what it means to grow older and how our feelings of romantic love, companionship and friendship change, or don’t, as we age. Imbedded in the humor and entertainment value of the film is a powerful message that resonates with people across age groups. Community Wellness Partners will bring this idea to life at Preswick Glen in August. If you are 60 years old or older and are interested in the possibility of finding love, companionship or friendship please consider signing up for this event. Space will be limited so please contact

Sari at (315) 734-9586 to answer a few short questions and pre-register. For more information please stop by the Community Wellness Table at the Clinton Farmers Market Thursday August 9th! I would also encourage you to view “The Age of Love” trailer for an inside peek at this game-changing documentary.

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 c (3) nonprofit affiliation of LuterhanCare and Presbyterian Homes & Services. Offering the most comprehensive post-acute continuum of services in Oneida County, NY, Community Wellness Partners employs 980 team members and serves over 1,000 older adults each day throughout our continuum, which includes Home Care, Independent Living and Assisted Living, to Rehabilitation, Skilled Nursing, Wellness Center and more.

“You are never too old to set another goal or to dream a new dream...” C.S. Lewis

Bellamy Awards Committee Announces 2018 Award Recipients; Career Achievement Award for Erin Hamlin

The organization announced that it will bestow two Bellamy Community Awards and a Bellamy Career Achievement Award at its 6th Annual Francis J. Bellamy Community Awards Breakfast to be held at 8:00 a.m on August 28, 2018 at The Beeches.

The Bellamy Awards Committee is bestowing Bellamy Community Awards to Rome Fire Chief Ronald Brement and Rome Elks Lodge #96. The organization will also bestow its first Bellamy Career Achievement Award to local Olympic star Erin Hamlin.

NBT Bank is the Major Sponsor of the Bellamy Awards Breakfast. This is the sixth consecutive year of them being the lead sponsor of the event. “We are extremely proud and very appreciative to have NBT as the Major Sponsor again this year,” said Victor Fariello, chairman of the Bellamy Awards Committee. “NBT has been a great partner for us from the first event in 2013 and their support has been unwavering,” Fariello added.

This is the sixth year the Bellamy organization has made awards to outstanding individuals who exemplify the ideals of Francis Bellamy. The inaugural

Community Award winners were Charles Sprock and Ava Dorfman in 2013. Father Philip Hearn and Dennis Surace were the 2014 recipients.

In 2015, Community Awards were given to Charles “Chip” Roe (posthumously) and then Common Council President John Mazzaferro. Also in 2015, a Lifetime Achievement Award was presented to former Rome Mayor Carl Eilenberg. In 2016, Bellamy Community Awards were given to Rev. Paul Angelicchio, Fred Normand and Monsignor Francis Culkin (posthumously). Last year, Bellamy Community Awards were presented to Art Pierce, executive director of the Capitol Theatre and posthumously to former Rome attorney Paul Worlock. The organization also bestowed a special Bellamy Legacy Award to the Hinman Family.

The awards will be presented at the 6th Annual Francis J. Bellamy Community Awards Breakfast. The event will be held on August 28, 2018 at The Beeches. The event falls on the 87th anniversary of Bellamy’s death. Oneida County Sheriff Rob Maciol is the Keynote Speaker for the event.

The Francis J. Bellamy Community Awards Committee was founded in 2013. Members are Victor Fariello, Chairman; David Gordon, Co-Chairman; Rev. Cedric Broughton, James Hamer, Malinda Abraham, Jason Gulla, and Lenny Giardino.

Tickets for the breakfast are \$25 per person and are available at the Rome Chamber of Commerce, 139 W. Dominick St. and Jervis Library, 613 N. Washington St. or by mail at Bellamy Awards, PO Box 194, Washington Mills, NY 13479. Information on sponsorship, ads and tickets can be obtained by emailing bellamyawards2018@gmail.com.

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Part 1: Missed Opportunities For Teaching Children

I just finished watching season 2 of 13 Reasons Why. It was intense and I am not going to get into the nuances of the whole season here. There is just too much to cover.

Anyway, when you see the part I am choosing to focus on you will probably be surprised. And don’t worry for those of you who haven’t gotten to Season 2 yet. There’s no spoiler alert here.

To set the scene, Zach is having a fight with his mom about why he doesn’t talk

to her about the way he feels.

Verbatim:

Mrs. Dempsey: “Why would you keep this from me?”

Zach: “‘Cause that’s how we do things, isn’t it?”

Mrs. Dempsey: “What does that mean?”

Zach: “I don’t even know how you feel about Dad dying. I don’t know how you feel about anything. What if I felt like Hannah did? Because I have, Mom. I actually have. What would you do?”

Mrs. Dempsey: “Zachary Shan-Yung Dempsey, that is enough! Don’t say such things.”

Zach: “Why not?”

Mrs. Dempsey: “This trial. That girl, has put thoughts in your head. You do not feel that way. You’re fine!”

Zach: “Yeah, exactly. I’m fine.”

I stopped dead when I watched this scene. I had to pause it. And to my husband’s dismay go into a 10 minute dissertation about what it all meant. Cue his eye roll.

If you are still wondering what it was about this interaction between Zach and his mother that struck me, I will explain.

My emphasis on the line “You do not feel that way. You’re fine!” was not a mistake.

From the time children are little, they are frequently told that what they are feeling is not true. And much of the time it comes from a place of love and care.

Bear with me here.

They fall, we say: “You’re ok. That didn’t hurt.”

They tell us they are scared, we say: “No, you’re not. This isn’t scary.”

They say they hate their sister, we say: “No you don’t, you love her.”

They are agonizing over social media posts gone wrong, we say: “This really isn’t a big deal.”

And I get it. As parents we don’t want our children to suffer, to feel bad, sad, scared, or hurt. It’s hard to watch them deal with strong emotions like frustration or anger. We don’t want to make their crying worse when they fall so we try to avoid them having any reaction at all.

But consider this. If you were walking down the street and an older gentleman tripped and fell in front of you, would you stand over him and say “Dust it off buddy, you’re fine.”?

If you’re best friend told you how scared she was to go to the doctor, would you say “No you’re not, the doctor isn’t scary.”?

Sometimes we say things to kids we would never dream of saying to an adult.

And even though we have the best of intentions, when we try to stop our kids from feeling a certain way by brushing it off, distracting them, or by trying to take away the frustration, we are missing an opportunity to help them learn to work through those feelings. When they fall and it actually hurts, and we tell them they are “fine” or “ok”, we are sending a confusing message that they don’t really know about their own body. We are communicating to them that they are not the authority on their feelings or of themselves. That their own feelings can’t be trusted.

Humans learn compassion by being exposed to it; just as we learn to handle being frustrated by being exposed to frustration. Avoidance does not help us learn to cope with struggle.

So, I encourage you to try out switching it up.

Child falls: “Ouch, falling hurts sometimes.”

Child is scared: “This one is really tough for you. Even adults get scared sometimes.”

Child is angry at sister and says she hates her: “You are so mad right now you even feel like you hate her.”

Teen struggling with mean social media posts: “You must feel really hurt by this.”

I am wondering how you feel reading this. Angry, annoyed, guilty. You may even feel like I am being extreme. Whatever it is you are allowed to feel it. These are all normal reactions.

And I’ll add, there is an actual evolutionary reason why you want to try to help your child avoid disappointment, hurt, fears and so on. Humans are hard wired to avoid pain and suffering. It’s what kept us alive when we were running from dinosaurs and what still serves to keep us safe from certain dangers. Most of us, however, don’t have as many overt dangers lurking around the next corner. So really, there is no need to try to avoid these strong emotions. Learning to manage them will serve us well in modern day.

And finally, reacting doesn’t mean over-reacting and acknowledging won’t make the emotional expression worse. Not acknowledging actually has the potential to do that, because your child may feel like you don’t “get it,” that they have to do something more to help you understand how serious it is.

By validating their experience you are connecting with them. You are showing them you have faith in their ability to manage disappointment, you are helping them build resilience, and you are communicating trust; trust that they have the ability to get through life’s difficulties and trust that you are a strong and loving presence for them.

Stayed tuned for Part 2, as I take a look at the other things we may be inadvertently, and non-maliciously, teaching our children.

Was this helpful? Email me your thoughts at jennie@jenniemazzajones.com.

Are you feeling like the daily struggle is just too much? Are you worried your child may have needs that extended beyond what you are currently able to offer them? Do you live in Central New York? If you are interested in learning more about psychotherapy and play therapy for your child I can be reached at 315-737-3094 or jennie@jenniemazzajones.com

Jennie Mazza Jones, LCSW, RPT, CCPT has a private practice located in Clinton NY, where she specializes in providing psychotherapy to children and their caregivers utilizing Play Therapy. Jennie helps kids who long to feel accepted, want to do well, and wish they could control their worries, anger, and behaviors, but struggle because they communicate in a way that many adults don’t understand. She also helps parents/ caregivers who want to help the important children in their lives reach their truest potential, but are afraid to make the wrong move, fear the worst, or are just unsure of what to do next. Jennie can be reached 315-737-3094, jennie@jenniemazzajones.com and www.jenniemazzajones.com.

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Class of 1968 New Hartford High 50TH Reunion dinner will be held on October 13, 2018 at the Yahnundasis Golf Club. Other activities are planned. For details email Ken Jackson at kjackson@rochester.rr.com.

Please come to help us celebrate!

We need to know the number of classmates planning to attend. At your earliest convenience, please contact Todd Roberts at TRoberts14450@aol.com to make your \$50 per person payment.

We are unable to contact the following people: Randy W Bullock, Kathleen Callan Corr, Barbara Fisher Lewis, Susan G Harrington, Neal G Heiman, George Hopkinson, John R Johnson, Celeste Peters Pylman, Donna M Peters.

Please email Ken if you have any contact information for these classmates.

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26

THE TOWN CRIER

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NEW HARTFORD PAST TIMES AUGUST 2018

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PART THREE OF A THREE-PART SERIES

The following information was narrated by Mary Hughes who was raised on the Hughes Farm, Paris Road, New Hartford. As published in the 2002 Tally-Ho Newsletter.

CONTINUED FROM JUNE 2018...

The McNamara's - John and Kate, Rhoda, Mary and Kate, all daughters of Gertrude. Kate and Rhoda worked in the cotton mill in New Hartford. That mill was on the Sauquoit Creek about where the approaches are for Route 8. I think they worked a 7 to 5 shift. Their brother, John, had a cold cure and several alcoholics lived with the family in this house. We always wondered how so many people could live in such a small space. I remember when John would walk his patients past our house on warm day.

Across from the McNamara's lived a family by the name of Schultz. I do not remember if they were farmers. Two of the daughters worked in Utica. A son Raymond, a little older than I, walked to school with the rest of us, but I never knew this family very well. But I do recall Lena, one of the daughters who married Denny Crowd. He was a motorman on one of the Utica Street cars - but he also managed a house of ill repute. This brothel was on Pearl Street near Utica's old City Hall and my father's friends were always concocting stories about Denny. They said that when the street car came to the city hall, Denny would jump off and run down the street, check on his business and then jump back on and continue the route. Later Denny did have problems with the police. There was some truth to the gossip. I do recall that the Schultz family were Christian Scientists and they were the first family of that sect that I have ever known.

Almost on the corner of Gilbert and Paris, on the east side of Paris, is a little old farm house, once the Ganey farm. When I was going to school, a Mr.

and Mrs. Tappin (an elderly couple) lived there. They always sat in their window in the morning and waved to us.

Paris Road was once the turnpike linking Utica to Binghamton. The Yeandle house was once an Inn. If you look at that house, even today, you will note a door on the left. This door opened into the bar and the stairway leading to the loft where people slept. I remember my parents, if they saw someone walking up the road, would remark, "Who's coming up the pike now?" Paris Road was modernized with concrete in the early 1920's at the place where Old Paris Road meets Route 12, a swampy area. Originally they had cut large trees and placed them across the road - a corduroy road. I remember watching them remove those logs when they had surfaced Paris Road. As soon as we had a modern road, the Binghamton-Utica bus began its daily schedule going past our house. It was most convenient. We would stand at the edge of our driveway, flag it down, and in a very short time be in downtown Utica.

We purchased our first car in 1915. It had a rubber bulb shaped horn, brass lights, and some kind of curtains which we could attach it if rained. Roads were not kept free of snow, so no winter driving. My father, that first winter, decided to put the car in the barn behind the cows. It rusted, so he built a garage. The people on Pippin Hill banded together and purchased a huge roller. They hired my father and Polly and Molly to roll the snow so that the surface was hard. But it was not a successful venture and my father refused to offer the next winter - too much to ask of Polly and Molly.

THE END.

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Do you have a fond memory of growing up in New Hartford? A favorite place? Artifacts of times past? Please share them! Your story may be considered for publication on our website or featured in our monthly article.

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chrismartin@newhartfordhistory.com

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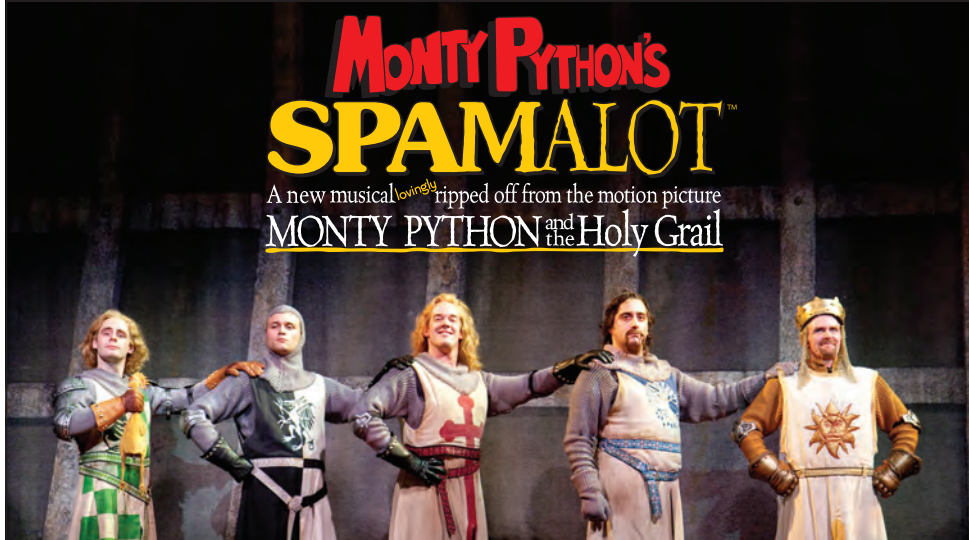
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FT 300 Ranking June 2018

Locally-Owned Firm Receives Prestigious National Recognition

Strategic Financial Services, Inc. (“Strategic”), a New York-based wealth and investment management firm founded in Utica in 1979, is proud to announce it has been named to the 2018 edition of the *Financial Times* 300 Top Registered Investment Advisers. The list recognizes the top independent RIA (Registered Investment Advisor) firms from across the United States. Strategic is the only firm in Central New York to earn this distinction.

This is the fifth annual FT 300 list, produced independently by the Financial Times in collaboration with Ignites Research, a subsidiary of the magazine that provides business intelligence on the asset management industry. Thousands of RIA firms applied for consideration, having met a minimum set of criteria. Applicants were then graded on six factors: assets under management (AUM); AUM growth rate; years in existence; advanced industry credentials of the firm’s advisers; online accessibility and compliance records. No fees are required to apply for this award.

“It is a great honor to be considered an industry leader. We are fortunate to have an outstanding team that works hard for great clients. Many thanks to the Financial Times for the recognition,” said Alan R. Leist III, CFA, Principal and Senior Advisor at Strategic.

The final FT 300 showcases the most elite of RIA firms: On average, each firm on the list has been in business for over 22 years and manages \$1.7 billion in assets.

With offices in Utica and Syracuse, New York, Strategic Financial is an established investment management firm and regional leader in the financial services industry. While successfully operating with established roots, they continue to grow and expand their geographic footprint and influence across New York State and the Northeast. The firm has an aggressive growth plan, focusing on creating measurable and meaningful financial and experiential growth for their client base.

Strategic Financial Services focuses on goal-based, long-term investing and financial planning. The firm is driven to grow the wealth, portfolios and life experiences for families and individuals across the Northeast. To learn more, please contact Mike Leist at 315-724-1776 or email mleist@investstrategic.com.

Rescue Mission of Utica Celebrates Selection as Hannaford Helps Reusable Bag Program Beneficiary

Rescue Mission of Utica, a faith-based nonprofit committed to reaching out to men, women, children, and families with the Good News while meeting physical, mental, emotional, spiritual and practical needs through their programs and services, has been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of July.

The Hannaford Helps Reusable Bag Program launched in October 2015 and is designed to support local hunger relief organizations through the sale of the reusable Fight Hunger bag.

Rescue Mission of Utica was selected by Hannaford store leadership as the July beneficiary of the program at the 50 Kellogg Rd., New Harford Hannaford store. For every reusable Fight Hunger bag purchased, at the store location during July, Rescue Mission of Utica will receive a \$1.00 donation. “Hannaford has been a great supporter of the Rescue Mission of Utica and our effort to provide meals to those in need in our community,” said Rescue Mission of Utica Executive Director, Jim Haid. “We are grateful to have been selected for this program. Proceeds from the purchase of the reusable Fight Hunger bags, will help us with the close to 150,000 meals we will serve this year.”

For more information on the Hannaford Helps Reusable Bag Program, visit hannaford.bags4mycause.com or facebook.com/hhbagprogram

Angels Among Us Food Pantry

The summer schedule for the Angels Among Us Food Pantry is:

Saturday August 18	10AM -12Noon
Saturday September 14	10AM -12Noon
Saturday September 28	10AM -12Noon

The food pantry is located at St John The Evangelist Church, 66 Oxford Rd, New Hartford, NY. In the event of food insecurity and food emergency issues, please contact the St John’s rectory from 9AM to 2 PM at 315-732-8521.

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*“Good credentials don’t ensure
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NHFD News

Your New Hartford Volunteer Fire Department responded to 66 alarms during the month of June as indicated by the monthly call report listed below by category:

Fires	=	1
EMS	=	33
Hazardous	=	6
Service Type	=	8
Good Intent	=	6
Other Alarms	=	12
Weather Related	=	0
Other	=	0
Total Calls for the Month of June 2018 = 66.		



Total calls year-to-date through June 30, 2018= 558.

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.

From the Chief, the Officers and Members of your NH Volunteer Fire Department... Importance of Understanding 911

In the June issue of *The Town Crier*, we explained about the importance of the “I Am Responding” system and what it means not only to your fire department but to our community. This month, we are focusing on the 911 system and its importance to both the community and to your New Hartford Volunteer Fire Department.

Online search engines suggest that the average citizen dials 911 only once or twice during his or her lifetime. Unfortunately, most emergencies do not make advance appointments or delay their untimely occurrence based on human convenience.

Therefore, we cannot stress enough to New Hartford residents the importance of a pre-plan and become familiar with best practices regarding the utilization of 911 emergency services.

Before an emergency...

Make sure your street address numbers are clearly displayed on the front of your home and mailbox. Be sure to use Arabic numerals that are a minimum of 3” in height. Writing in numbers should be avoided. The numbers should be made from a reflective or contrasting material, and should be visible from the street when traveling from both directions, not just on a sunny day, but also during inclement weather or at night. If the numbering placement is not visible from the street, the numbers should be displayed on the mailbox and or

road sign at the road as well as on the house. Make sure the numbers are not obstructed by objects such as tree limbs, bushes, debris, or decorations. When possible place the numbers near a light source for better visibility. If responders cannot quickly and clearly see your address, help likely will be delayed. *We can't help you if we can't find you!*

Do not program the 911 number into a speed-dial button on your cellular or home phone. Many thousands of inadvertent 911 calls are placed by speed-dial-enabled phones that are jostled in pockets or purses. When the pre-programmed button is depressed accidentally and a 911 call is placed, emergency tele-communicators have an obligation to listen to private conversations and other often embarrassing activities that are occurring in the background, in order to investigate whether an emergency truly is occurring. This is a substantial problem for 911 tele-communicators. Such actions further engage the dispatcher on your accidental call when other real emergency calls are occurring.

Know when to utilize 911. Is your call 911 worthy? If you are reporting a crime-in-progress, or if you need a fire or EMS response, you should call 911. If you are reporting a non-emergency incident - one where the suspects already have departed a scene and there is nothing fleeting or life-threatening occurring - call the non-emergency number for your dispatch center.

For instance, if you arrive home and observe someone you don't recognize running out your front door with your television set, you need to dial 911 immediately. However, if you want to report that your friend stole your flat-screen television last week and won't return it, utilize the non-emergency number. The non-emergency number for the NHPD is 315-733-6666 and for the NHFD the number is 315-732-4775.

Know how to dial 911 from your workplace phone. Do you need to dial a particular number to obtain an outside line before you dial 911 for emergency assistance? Large corporations, post-secondary educational institutions and military installations often want those requesting emergency assistance to dial a local on-campus number instead of calling 911 directly. While it is best that a 911 caller can see an emergency so they can answer detailed questions about the situation, check with your employer or location to determine how they prefer you to obtain emergency assistance.

Help persons with special needs or chronic illnesses prepare. If you have a loved one who has a chronic medical problem or one who has special needs or disabilities (severe diabetic, severe epileptic, autistic, deaf, blind, wheelchair-bound, etc.) call your local emergency communications center and ask them if they might place information into their computer-aided dispatch (CAD) (Computer Aided Dispatch) system about your loved one, so that it might be available in a time of need.

It is important to note that a caller should never assume that the tele-communicator has access to this pre-provided information, because even emergency dispatch centers are not immune from computer or human failures; however, it cannot hurt to offer to provide the information before an emergency occurs.

Please note this important article will be continued in the September issue of the *Town Crier*!

For information on your New Hartford Volunteer Fire Department please visit- www.nhfd.com.



New Hartford Highway News

Submitted by Highway Superintendent, Richard Sherman

The mason crew continues to work on catch basins and grates throughout the town. If you have a catch basin in need of repair that we don't know about please give us a call with the location. The brush crews will continue to pick up the brush and green waste. Please be patient as we are still working on the best way with the compactors to work. Having both trucks in one area working together seems to be better overall and a little faster.

Just a reminder that trash drop off is every Monday from 7:00-2:00 at the highway garage at 111 New Hartford Street. Also the tag program is the first Monday of every month. Tags can be purchased from the Town Clerk's office at 48 Genesee Street at Butler Hall building first floor. The second Saturday of the month is also drop off at the highway garage from 8:00 a. m. to 12:00 noon. The trash drop off will continue for the months of August and September and will end September 24th.

The Town has taken delivery of the 2nd new leaf vac truck for picking up leaves. These two trucks will be working 2 shifts a day when leaf season is here this fall. These trucks take the place of 4 brush trucks that pull 4 leaf vac truck and use 12 employees. The trucks have one person driving the machine and operating the boom with a joy stick. This will allow other employees to be able to do other fall projects. When putting out leaves this fall, PLEASE DO NOT put anything else in the piles with the leaves. No brush, stones, pumpkins or green waste.

On July 12 and 13th, the Town, working with the City of Utica, took down our first Fema house located at 12 Henderson Street. The demolition and clean up went very smoothly. We have 10 more locations to demolition in the Town of New Hartford and hope to have it completed by the end of September. If you have any concerns, please call me at 315-534-2998 or email me at rsherman@townofnewhartfordny.gov.



Mondays & Fridays: Lo-Impact Aerobics at the Center 11:00. Senior Evaluations: 2nd and 4th Wednesday by appointment. Tuesdays & Thursdays: 10:00-12:00 Exercise at All-American Fitness Center.



New Hartford Adult Dining & Activity Center
48 Genesee St.
(315) 724-8966



24 Hour Notice
Required for Reservations
12:00 Noon is the deadline
Therapeutic Diet Available

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rib B Que 11:00 OFA Representative	2 Greek Lemon Chicken 10:00 Canasta	3 Sl. Ham & Cheese 10:00 Bridge/ Chair Yoga 11:00 Aerobics
6 Sausage/pepper/onions 9:30 Art 10:30 Knitting/Crocheting 11:00 Aerobics	7 Chicken & Gravy 10:00 Canasta/Bridge/Chair Yoga 10:00 Computer Help 11:00 Entertainment	8 Sweet/Sour meatballs Linda Avolio Acacia Village Information	9 Tuna Salad 10:00 Canasta	10 Roast Pork/Gravy 10:00 Bridge /Chair Yoga 11:00 Aerobics
13 Veg. Lasagna Roll 9:30 Art 10:30 Knitting/Crocheting 11:00 Aerobics	14 Salisbury Steak/Gravy 10:00 Canasta/Bridge/Chair Yoga 10:00 Computer Help 11:00 Entertainment	15 Hawiian Chicken Attorney Michael Arcuri Real Estate. Hear Him before buying or selling your home.	16 Spaghetti&Meatballs 10:00 Canasta	17 Seafood Salad 10:00 Bridge / Chair Yoga 11:00 Aerobics
20 Spanish Rice 9:30 Art 10:30 Knitting/Crocheting 11:00 Aerobics	21 Chicken Breast 10:00 Canasta/Bridge/Chair Yoga 10:00 Computer Help 11:00 Entertainment	22 Swedish Meatballs Dominick Manfredo Information about Sunset Wood Apartments.	23 Ital. Wedding Soup 10:00 Canasta 11:00 SENIOR BAND	24 Sl. Turkey with Gravy 10:00 Bridge /Chair Yoga 11:00 Aerobics
27 hicken Parmesan 9:30 Art 10:30 Knitting/Crocheting 11:00 Aerobics	28 Oven Brown Fish 10:00 Canasta/Bridge/Chair Yoga 10:00 Computer Help 11:00 ENTERTAINMENT	29 Meatloaf w/ Gravy Birthday Party Jeff Glatt Entertainment	30 Mushroom Stew 10:00 a.m. Canasta	31 Baked Ham/Fruit 10:00 Bridge 11:00 Aerobics

NH Senior Center News

Submitted by Eileen Spellman, director, 315-724-8966, townofnewhartfordny.gov

The New Hartford Senior Center is now temporarily located at the Willowvale Fire House. We will be here until The Town of New Hartford Consolidation Project will be done at the former Gander Mountain in the Orchard off Clinton St and Middle Settlement Rd. This is an important location for the Police and Courts and was much needed. All the Town Departments will be there except the Highway Dept. Garage which will remain on New Hartford St.

Willowvale is very nice and the people are making us feel most welcome.

I will miss being at the 1 Sherman St address as we made many friends there and we had a great place for over 31 years. However there will be a most needed program there for the children. The Nursery school will be expanded and they are providing a latch key program for the younger children who are in first to forth grades. So we all will be winners. A safe place for the young ones and a brand new home for the Seniors.

I want to thank all who worked so hard helping us pack and move to Willowvale. We would like to give a special thank you to the New Hartford Highway Staff for all they did to make sure everything got to where it should go. We were sending items to Gander, Pole Barn, Willowvale and the dumpster. In a week’s time. We did it. Our next move to Gander will be much easier.

I am currently working on the Health Care and Flu Shot Clinic for Oct. 4, starting at 9:00 a.m. to 1:00 p.m. This will be at Willowvale Fire Dept.

August will bring Carol Allen from the Oneida County Office for the Aging to speak about and help you receive your farmer’s market coupons. Please call for date and time.

ZUMBA will be back Thursday, August 2 at 9:45.

We will have New Hartford Chief Michael Inserra here in September to speak about Scams and what you should be especially aware of in this area. This will be scheduled for Wednesday Sept 12 at 11:15 a.m.

Shingle shots will be available at the Willowvale Fire House Monday Aug.6 at 10:30 a.m. Please call 315-724-8966 to order the shot if you want one. This is the Shingrex shot which is more powerful than the previous ones. If you had a shingle shot already ask your doctor if you can have this one. I had the previous

shingle shots and did get this one as I do not want to get the shingles. Most insurances will cover this.

A very special thank you to Micaela Honsinger, Maddy Surace, Megan Lorenz, Claudia Bernat, Katelyn Valetе for volunteering at the Senior Center this summer. Mary Mac Enroe and Barbara Ambrose did a great job helping us pack for our big move.

Chair Yoga classes will be Tuesdays at 11 to Noon. There will be chair yoga classes on some Saturdays, 10:00 a.m. to 11:00 scheduling permitting. These classes will be at the New Hartford Public library until the New Hartford Town Hall is ready at the former Gander Mountain building.

Check out the Bingo at the Willowvale Fire Department every Wednesday starting at 7:00p.m. Come earlier and enjoy the appetizing selection of food offered to make your day extra special.

The New Hartford Road Runners meet at Willowvale every first and third Tuesday at 1:00p.m. and they have a great time. Call 315-797-1538 for further information.

We will have three very special speakers come on Wednesdays at 11:15 a.m. in August.

Linda Avolio from Acacia Village on Aug. 8th Information about Acacia Village

Attorney Michael Arcuri same time Aug 15 to speak about buying and selling your home and what should do and be aware of.

Dominick Manfredo will be here to speak about Sunset Wood. These three people all work with and for Seniors. Come hear what they have to say, and learn what is out there for you.

Come hear the Senior Band Thursday Aug. 23rd at 11:00 a.m. They are good and will brighten up your day.

Have a safe summer.



UU Church Donated to Kids Oneida


The UU Church of Utica is pleased to donate a portion of our plate collections in the amount of \$500 to Kids Oneida, specifically towards the Supervised Visitation Program which will be used to help fund visits for those who may not be able to personally afford them. The Supervised Visitation Program serves both long-separated children and parents who want to reestablish relationships, as well as families just entering the legal system for custody and visitation agreements.

The UU Church of Utica has a mission to nurture spiritual community, honor diversity, and advocate for social justice. Whomever you are, whatever faiths you have known, and whomever you love, you are welcome here.

Overview

Introduced to New York State in 1988 by Donna LaTour-Elefante and The Family Nurturing Center of CNY, The Nurturing Parenting Programs continue to be operated today by Kids Oneida. These services provide an evidence-based curricula that were initially designed, field tested and validated as a treatment strategy designed to build nurturing parenting skills and reduce abusive and neglectful child rearing practices.

The Supervised Visitation Program serves both long-separated children and parents who want to reestablish relationships, as well as families just entering the legal system for custody and visitation agreements. The staff’s highest priority is to ensure the best interests and safety of children, while helping to build nurturing families. Local judges and law guardians have come to rely on Kids Oneida to provide high quality, professional, comprehensive services for children and parents who are separated.



Cynthia Davis, LCSW-R
Licensed Clinical Social Worker-Registered

“Trust in God, but lock your car.”
~ *Author Unknown*



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Savings Strategies for the Gig Economy

If you're one of the growing legions of gig workers, freelancers, or commission-based employees, your income stream might feel a bit like a roller coaster. And that can make it tough to save for retirement.

"More and more people are participating in the gig economy," says Donna Peterson, Retirement Income Strategist at Wells Fargo Advisors. "It's a challenge to figure out how to save when you only make a small amount one month and a large amount the next month."

A challenge, but an important one to overcome.

Make saving a monthly must-do. Peterson suggests that people with variable income make retirement savings part of their monthly budget. "Consider retirement savings as one of those (expenses) that occurs on a monthly basis," she says. To find the right amount to save, she says, "you need to determine what amount you can or should save for the year and then convert that into a

percentage of the income you expect to receive."

With each payment you receive, Peterson suggests that you set aside that percentage in a separate account that you won't use for expenses. Transfer those funds into a retirement savings account, such as a traditional or Roth individual retirement account (IRA), either once a month or when each payment comes in. Peterson says 15% of income is a commonly cited rule of thumb for retirement savings, but ideally, you'd consult with your financial advisor to determine how much you should be saving based on your circumstances.

Know your investment options. There are multiple ways workers with variable incomes can save. Gig workers with spouses who have steady paychecks might ask their spouses to contribute the maximum to their qualified employer sponsored retirement plan (QRP), such as a 401(k), 403(b), or governmental 457(b).

You and your spouse could also contribute to an IRA as long as you both have earned income. However, IRAs, like QRPs, have limits. In 2017, the total IRA contribution limit is \$5,500 (\$6,500 for those age 50 or older) per person.

You can contribute to a Traditional IRA up until the year you turn 70 ½. Contributions to Roth IRAs are allowed at any age as long as you are at or under the modified adjusted gross income (MAGI) limits. Your tax advisor and financial advisor can help you understand what kind of IRA may be best for you.

If you and your spouse have both maxed out your IRA contributions, you can still save more, if you are a business owner. "You could set up a business plan and get access to higher limits," Peterson says. SEP (Simplified Employee Pension) and SIMPLE IRA (Savings Incentive Match Plans for Employees) allow significantly higher contributions.

These kinds of plans, however, must be offered to all employees of the business, so they can cost more if you have employees. Even if you can't save more in a retirement account, Peterson adds, you can still save in taxable accounts or consider annuities. Any savings, no matter the source, can be used to fund your future retirement.

Stick to your plan. Whatever the method, consistency is the key. "Keeping that consistent percentage is a good strategy to help ensure that you're doing all you can to save the right amount for retirement," Peterson says. "Never assume you're going to make it up the next month."

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CNY CHAPTER #490
MILITARY ORDER OF THE PURPLE HEART
9th ANNUAL MOTORCYCLE RIDE
AUGUST 11, 2018

The ride will be approximately 100 miles, starting and ending at the "HARLEY-DAVIDSON" store parking lot on Commercial Dr. NY Mills.

Registration will be from 8:00am-9:45am at the Purple Heart Chapter's table in the Harley-Davidson store parking lot.

The ride will kick off at 10:15am lasting about 2 hours. A chase car will follow the ride and a rest & gas stop will be held halfway.

All funds raised from the 9th Annual Purple Heart Motorcycle Ride will support CNY Chapter #490 Purple Heart Service Programs.

Pre-Registration until August 10th
\$25.00 for Rider and \$10.00 for passenger.
Day of the Ride \$30.00 and \$15.00 per passenger
Cars & Trucks May Enter to Support and Follow.

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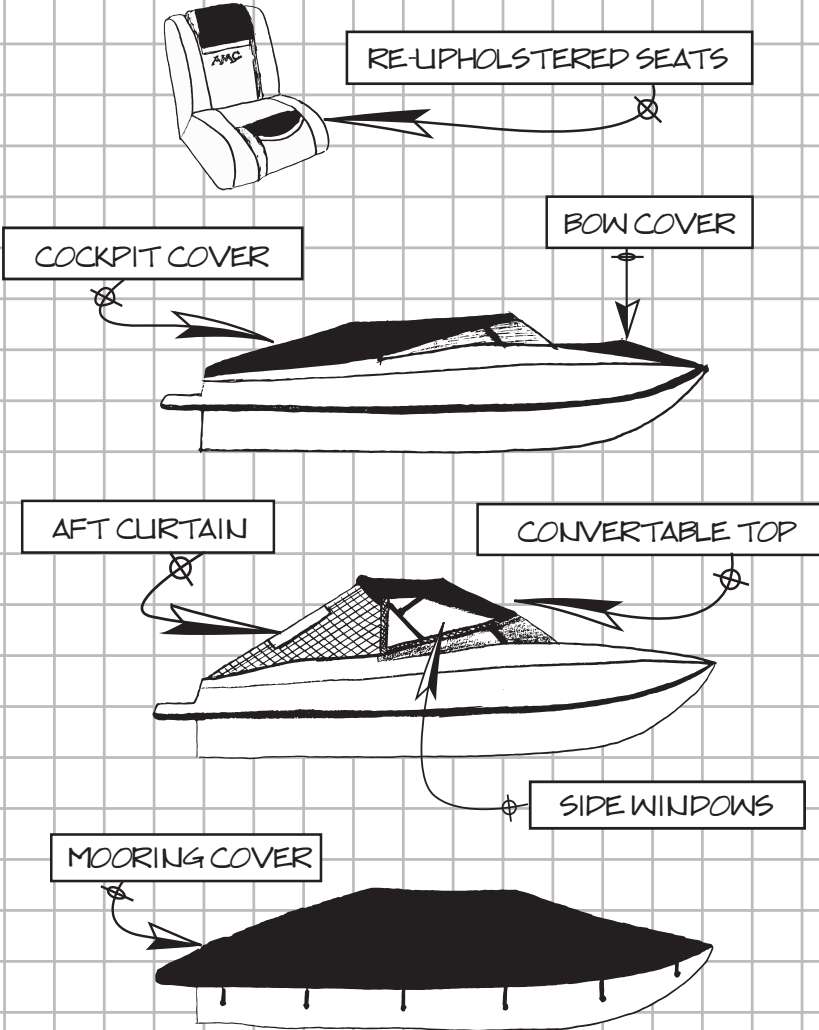
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Our Lady of Lourdes/ Notre Dame Elementary Annual Bazaar

Our Lady of Lourdes Parish, on Genesee St., in Utica, NY, will hold their 2018 Bazaar to benefit the Parish and Notre Dame Elementary School the weekend of August 24, 25 and 26. The Bazaar begins on Friday, the 24th at 4PM (no early birds) with rides, games, food, entertainment and cash prize raffle tickets totaling \$7,500. Hours are 4 – 11PM Friday, Noon to 11PM Saturday and Noon to 5PM Sunday.

Friday features a fish fry dinner with many other choices available including pizza, sausage and peppers, clams, steak sandwiches, hot dogs, hamburgers and ice cream. Entertainment on Friday is Frank Cannistra from 5:00 – 7:00PM, followed by Showtime from 7:30 – 10PM. On Saturday afternoon/evening Joe LaPaglia opens from 5 - 7PM and is followed by Classified from 7:30 - 10PM (bring your chairs). Sunday's music is by Uncle Charlie and the Meatballs from 1 – 4PM, to be followed immediately by the Basket Raffles, and lastly, at 4:30PM, Sunday's daily cash raffles plus the one grand prize raffle ticket drawing for \$5,000.

New this year is Main Event Amusement's rides and games for kids and adults. On Friday, rides will start between 5 and 6PM, and arm bands, good for unlimited rides for a four-hour period are available for purchase at \$20ea. On Saturday, rides will start between noon and 1PM and arm bands can be purchased for a four-hour period. Rides will then shutdown for an hour and arm bands can again be purchased for another four-hour unlimited ride period, again at \$20ea. On Sunday rides will start between noon and 1PM and arm bands can be purchased for a four-hour unlimited ride period. Individual ride tickets are also available for purchase at: 1 ticket/\$1.25; 25 tickets/\$25. Kitty rides are 3 tickets per ride, and large rides are 4 tickets per ride.

ONLY on Friday and Saturday and ONLY on the grounds of the Bazaar will be


a chance to enter and win a 50/50 Raffle for that day. Ticket prices will be \$5 for 10 tickets. The winning ticket for each day will be drawn during the first break by Showtime, on Friday night, and the first break by Classified on Saturday night. **YOU MUST BE PRESENT TO WIN.**

Cash prize raffle tickets (not 50/50 tickets) are currently available for the purchase price of \$10 each, following weekend Masses and during the week at the Parish offices in the Seton Center, located next to the main parking lot behind the Church. Tickets are also available at Chanatry's between 10AM and 4PM every Sunday through August 19th, and on the Church grounds throughout the weekend of the festival. In addition, bi-weekly and starting Tuesday, June 26th, a \$50 cash prize will be awarded. During the week of the festival there will be a Friday and Saturday drawing for 1 - \$50, 1 - \$250 and 1 - \$500 cash prize, and on Sunday, a drawing for 3 - \$50 prizes, 2 - \$250 prizes, and one grand prize of \$5,000. Basket raffle tickets for the basket or baskets of your choice are available throughout the weekend. Proceeds from the raffles will be split between Notre Dame Elementary School and the Parish. It's never too early to start winning, so start purchasing your raffle tickets today!

We want to thank our many sponsors for this festival who include, but are not limited to, M. Griffith Investments, Chanatry's, Bank of Utica, Bagg's Square Café, Adorino Construction Inc., and National Building and Restoration.

Plan to come down, support Our Lady of Lourdes Parish and Notre Dame Elementary School and enjoy a fun filled weekend of great entertainment, great food, and a chance to win \$5,000. See you there!!

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THE TOWN CRIER

COMMUNITY NEWS

AUG. 2018



Annual Sporting Clays Tournament

The Leatherstocking Council of the Boy Scouts of America held its annual sporting clays tournament at the Vernon National Shooting Preserve of which 67 participants competed for prizes and awards. The event proceeds will benefit the shooting sports program of the Leatherstocking Council.



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Sunday Morning Worship, 10:30

Sunday Evening Youth, 5:00

Sunday Evening Discipleship, 5:30

Tuesday Morning, 6:30, Men's Fellowship Breakfast

New Hartford Campus

Wednesday Evening, 6:30, Praise Team Practice

Wednesday Evening, 7:00, Prayer Meeting

Thursday Evening, 6:30, College/Career Ministry

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We are handicapped accessible!

HOPE ALLIANCE CHURCH

4291 Middle Settlement Road, P.O. Box 626, N.H.

General Office: 732-1349

Rev. Andy Ward, Pastor

Sunday Services: Sunday School for entire family: 9:30 a.m.

Morning Worship: 10:45 a.m. Communion First Sunday of the Month.

Tuesdays: Ladies Bible Study - 9:30 a.m.

Wednesdays: AWANA - 6pm

Fridays: Christian Service Brigade - 7pm

Sundays: Jr. & Sr. High Youth Fellowship.

Hope Alliance Church is handicapped accessible.

ST. THOMAS CHURCH

150 Clinton Road - 735-8381

Pastor: Rev. David Sears

Saturday Vigil: 4 p.m.

Sunday Mass: 9:00 a.m.

Confessions: Sat. 4:45-5:15 p.m.

Holy Day Schedule:

Holy Day Masses 12 noon

Adult Religious Education, Open to the Public

We are handicapped accessible!

ST. STEPHEN'S EPISCOPAL CHURCH

25 Oxford Road - 732-7462 (Parish & Rectory)

The Very Rev. Joell Szachara

Sunday Service of Holy Communion at 10am followed by fellowship

We host:

YMCA School Age Child Care Office & Program (315-797-4787)

Al-Anon Meetings: Sundays at 5pm & Thursdays at 5:30pm

AA Meetings: Sundays at 8pm

Yoga by Kristy: Tuesdays at 5:30pm & Thursdays at 9:30am

EGA Meetings: 1st Mondays of the Month

St. Stephen's is handicapped accessible.

ST. GEORGE'S EPISCOPAL CHURCH

9389 Elm Street, Chadwicks

tlmas@roadrunner.com

For more information, please contact Brian Johnson

at 315-736-3572

Sunday Holy Eucharist: 10 a.m.

IMMANUEL BAPTIST CHURCH

Pastor Fletcher Matlack

9501 Weston Rd., NH (Next to Perry Jr. High), (315) 737-5222

www.ibcfamily.com E-mail: info@ibcfamily.com

Sunday School for all ages: 9:00 am - 9:45 am

Sunday Morning Worship Service 10:00 am

Nursery, Preschool and Children's Worship hour: 10:00 am

Prayer meeting held every Wednesday at 6:30 pm

Youth Group for ages 12 and up meets every other Saturday

from 6-8 pm. See our website for schedule.

Church is handicapped accessible.

NEW HARTFORD PRESBYTERIAN CHURCH

45 Genesee Street, NH - 732-1139

www.newhartfordpresbyterian.org

Worship services begin each Sunday at 9:30 a.m., led by the

Rev. Dr. Sue A. Riggle.

Communion is available on the first Sunday of each month.

OUR LADY OF THE ROSARY CHURCH

1736 Burrstone Road - 724-0402

Pastor Joseph Salerno

Saturday, Vigil Mass, 4 p.m.

Sunday: 7:30, 9 & 11a.m.

Weekday Mass Schedule:

Mon., Wed., & Fri. - 7:30 a.m.

Miraculous Medal Novena & Communion Service - Tues 7pm

Communion Service: Thursdays 7:30am

Reconciliation: Sat 3-3:30pm

Handicapped Accessible and Air Conditioned

SAUQUOIT VALLEY UNITED

METHODIST CHURCH

Cor. Pinnacle Rd. & Mohawk St., Sauquoit

email: sauquoitvallyumc@aol.com

Pastor Carl Getz

Office - 737-7505

Sunday Worship 11 a.m. (Nursery Care Available)

Sunday School 9:30 a.m. For all ages.

Handicapped Accessible

FIRST BAPTIST CHURCH OF NH

7 Oxford Road - Office phone: 733-4570

Rev. James Harrieff, Pastor

Sunday Service - 9:30am

Sunday School - 11:00am

UNITARIAN UNIVERSALIST CHURCH

10 Higby Road, Utica

315-724-3179. www.uuutica.org

Sunday services at 10:30 AM

Aug. 5: Do'An Prajna Sabunim, guiding teacher of Lotus

Heart Zen in Oneida will be the speaker.

Aug. 12: Rev. Lynn Ashley is the guest in the pulpit. She

is Minister Emerita of the Unitarian Church of Barneveld,

where she led the congregation for more than seven years.

Aug. 19: Glenn Coin. "I am a humanist." UU Utica member

Glenn Coin will discuss how he became a humanist and what

humanist philosophy tells us about how we should best live.

Aug. 26: Rev. Erin Djaka Holley will lead her first service as

our newly installed minister.

BIBLE BAPTIST CHURCH

4431 Middle Settlement Road – 797-0404

www.bbcnhny.org

Pastor J. Douglas Hanback

Sunday Services:

9:30 am Sunday School

10:45 am Worship Service & Children's church

Wednesday Prayer Meeting: 6 pm

Nursery Provided. **Handicap Accessible!**

FAITH IN CHRIST FELLOWSHIP CHURCH

3431 Oneida St., Chadwicks - 737-0753

www.faithnchristfellowship.com

Pastor : John Kelly

Sundays: Worship, 10 a.m.

Children's Church during the sermon.

Bible Study and Prayer - Wed evening 7:00 p.m.

ST. GEORGE ORTHODOX CHURCH

350 Higby Road, New Hartford, 315-292-6682

Reverend Fr. Nikolai Meyers

Sat - 5pm Vespers

Sun - 9am Matins

Sun - 10am Liturgy

Wed - 5:30pm Vespers

Bookstore hours: Open Sundays after Services.

NEWMAN CENTER at UTICA COLLEGE

1600 Burrstone Road - 792-3284

Rev. Paul J. Drobin

Saturday Vigil: 5 p.m.

Sunday: 10:30 a.m.

LIVING FAITH BIBLE CHURCH

Corner of Pinnacle Rd. and Oneida St, Sauquoit - 737-5075

David Green, Pastor

Sunday Service: 10:30 am

Junior Church available. Nursery also available

Wednesday Bible Study - 7:00 p.m.

Sunday School 9:30am

We are handicapped Accessible.

WESTMINSTER-MORIAH-OLIVET PRESBYTERIAN CHURCH

Minister Rev. Robert G. Umidi, PHD.

Music Director Richard Crawley

Worship service: Sunday 10:30 a.m.

714 Washington St., Utica

Handicapped accessible

315-732-6518, www.wmoutica.org. find us on Facebook &

Twitter

NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

WHERE JESUS IS LORD!

Pastor Walter J. Wharram, Jr.

Sunday Morning Prayer - 8:45am

Sunday School - 9:30am

Sunday morning Worship Service - 10:30

Mid-Week Bible Study - Thursdays 7pm

Summer Hours - Beginning 7/1/18:

Sunday Morning Prayer - 8:30am

Worship Service - 9:30am

Campfire Meetings -Thurs 6:30pm starting 7/12/18

TRINITY LUTHERAN CHURCH

2620 Genesee St., Utica. (315)732-7869

Fall/Winter worship:

9am - Sunday School & Adult Bible Study

10:30am - Worship is led by our Seminary Student Vicar Peter

Saie. At the conclusion of his stay with us, he will become an

Ordained Minister of the Lutheran Church - Missouri Synod.

Handicapped accessible.

FIRST PRESBYTERIAN CHURCH

1605 Genesee Street, Utica 732-5111 - fpcutica@verizon.net

Opening Doors, Hearts & Minds: Serving Christ & Community

Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship

10:45 - Sunday School for Elementary Ages

Faith Enrichment for all ages

Call or email for schedule.

Nursery Care Provided

Wheelchair Accessible

ST. VOLODYMYR THE GREAT UKRAINIAN

CATHOLIC CHURCH

4 Cottage Place, Utica, NY (315)735-5138

Very Rev. Michael Bundz, Pastor

Masses: Sunday 10:00 am

Saturday 5:00 pm, in English

confessions before Mass

Handicapped accessible

LIFE IN CHRIST FAMILY CHURCH & BIBLE SCHOOL

25 Robinson Rd. Clinton - 315-853-1582. www.licfc.org

Pastors Peter & Addie Forrester

Adult Sunday school 8:45 AM

Sunday Service 10 AM

(Nursery & Sunday school provided)

Wednesday Prayer Mtg 7 PM

Monday night Bible study (every 3rd Mon.) 7 PM

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-

SACRED HEART ST. MARY'S CHURCH

201 Main St. NY Mills, NY

Saturday Vigil Mass: 4:00 PM

Sundays: 7:30 AM, 8:45 AM, 11:15 AM

Parkinson Support Group
Presbyterian Home
3rd Tuesday
of each month
at 12:30
797-7500
for more information



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Weekday 12:10 PM -Tuesday, Thursday, Friday
12:10 - Communion Service Only Wednesdays

ANNUNCIATION CHURCH

7616 E. South Street, Clark Mills - 853-6138
Fr. Kevin J. Bunker Deacon Gil Nadeau
Weekday Mass: Mon & Tues 8am, Wed 7:45am,
Fri. 8 am Communion Mass
Weekend Mass: Sat. 4pm Vigil, Sun. 9:30am
Confession: Sat 3:15pm-3:45pm

STONE PRESBYTERIAN CHURCH

8 So. Park Row, Clinton
Scott Leonard, Commissioned Lay Pastor
Sunday service-10:30AM
Website: www.stonepres.org
E-mail: stonepres@verizon.net
Office phone: 315-853-2933
Handicapped Accessible

CLINTON UNITED METHODIST CHURCH

105 Utica Road, Clinton
Pastor Jeff Hale
Sunday Worship Service 9:30 AM
Sunday school during worship following children's time
Office Phone: 853-3358
www.clintonmethodist.org

PLYMOUTH BETHESDA UNITED CHURCH OF CHRIST

500 Plant St, Utica (Oneida Sq, across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings 9:30am
Last Sunday of the month - 10:30am
www.plymouthbethesda.com

CORNERSTONE COMMUNITY CHURCH

500 Plant St. Utica(Oneida Sq. across from Dunkin Donuts)
Mike Ballman, Pastor
Sunday Mornings: 11:15am
Last Sunday of month 10:30am
www.cornerstoneutica.com

CHRIST CHURCH (REFORMED PRESBYTERIAN)

8470 New Floyd Rd.
Rome, NY 13440
Website: www.christchurchreformed.com
Facebook: <https://www.facebook.com/ChristChurchReformed-Presbyterian>
Pastor: Aaron Goerner
Services:
Sunday School: 10AM
Sunday Worship: 11AM
Thursday Bible Study 7PM

HOLY TRINITY ROMAN CATHOLIC CHURCH

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Sunday 11:30AM only all Polish Mass in Central NY
Weekday 8AM Mass followed by Rosary 7 days a week
Confessions Daily 7:45am, Saturdays 4pm
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Service Times:
Sunday School
Sunday Adult Service: 10:00 a.m.
Wednesday Night Prayer: 7:00-8:00 p.m.
Thursday Evening Bible Study: 7:00 p.m.

Pastor Mark Waterman
315.736.1161

3995 Oneida Street #4
New Hartford, NY 13413



@NLAC4all



BEIT SHALOM

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

TEMPLE EMANU-EL

2710 Genesee Street, Utica, NY – 724-4177
teuticaoffice@gmail.com
Rabbi Peter Schaktman
Friday Shabbath Services: 7 p.m.
Friday Evening Oneg Sabbath sponsored by the Sisterhood of Temple Emanu-El. All are Welcome

TEMPLE BETH-EL

2710 Genesee Street, Utica , NY – 724-4751
Cantor: Kalman A. Socolof
Executive Director: Mrs. Mundy B. Shapiro
Friday Evening Services: 5:30 p.m.
Sabbath Morning Services: 9:30 a.m.
Weekly Morning Minyan Services are held Mon., & Thurs.
from 8:00 a.m. at 2710 Genesee Street.
Friday Evening Oneg Sabbath as well as the Saturday Morning Kiddush are sponsored by the Sisterhood of Temple Beth El.
All are Welcome.

ZVI JACOB

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

THE JEWISH COMMUNITY CENTER

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

MVHS to Host Summer Medical Camp for Mohawk Valley Teens

The Mohawk Valley Health System (MVHS) will host a two-day medical camp at the St. Elizabeth and St. Luke's Campuses for teens ages 15 through 18. MediCamp demonstrates how a hospital operates and provides the opportunity to explore different departments for potential career endeavors. This year's camp will take place on, Thursday, August 16, in the Sister Regina Conference Room at the St. Elizabeth Campus and Friday, August 17, in the AC 1 and 2 Conference Rooms at the St. Luke's Campus from 8 a.m. to 3:30 p.m.

Program application information can be found at mvhealthsystem.org/medicamp. Space is limited as only 20 applicants will be accepted. Applications for MediCamp are being accepted through Friday, July 27 and applicants will be notified of acceptance into the program by Tuesday, July 31. There is a \$25 fee for MediCamp, which includes the cost of the MediCamp healthcare package as well as breakfast and lunch daily.

For more information, contact Shelly Forrester at 315-624-6354 or sforrester@mvhealthsystem.org or Hollice Paciello at 315-801-3595 or hpaciell@mvhealthsystem.org.

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