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July 2018

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**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
							
Cassandra Johnson	Tyler Kutu	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
						  <p><b>High Honors - 94.0 - 95.9</b>            Abigail Barringer, Sarah Benson, Sarah Bord, Bianca Cuchiarale, Madison Das, Nicholas Falchi, Rimsha Farooq, Elizabeth Haddad, Garrett Jones, Emily Julian, Kaitlin Liu, Alexis Manore, Joseph Murray, Louisa Pandolfo, Rylee Santino, Andrew Sins, Alexis Timmerman.</p>	
Ayla Schnier	Sarah Shatla	Victoria Walters	Kemeng Wei	Kayla Wrate	Emma Zupan		

**Honors - 90.0 – 93.9**

Akosua Akuoko, Joseph Alberico, John Angelucci, Pamela Barres, Ashley Belmont, Andrew Benson, Robert Berkhoudt, Zoe Bornes, Ryan Brooks, Andrew Circelli, Adam Clemons, Rachel Cole, Hannah Cooke, Suzanne D'Amore, Nina DeBella, Mara Dingman, Jesse Doan, William Eisenhut, Michael Fiorentino, Alexandria Green, Hailey Grisham, Bianca Hickey, Matthew Hurlbut-Coke, Kameron Karwowski, Madeline Kattato, Joseph Kelly, Charles Klempay, Dean Langman, Rebecca Mueller, Jeremiah Murray, Elisabeth Nole, Fallon O'Toole, Keelin Paquette, Amber Policelli, Ethan Reff, Tori Risucci, Isabella Saggese, Evan Schmidt, Codie Smith, Miranda Smith, Erin Spina, Madison Steckler, Matthew Strachen, Leigh Ann Thistleton, Jensen Todd, Kimberly Walker, Brittany Williams.




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**2 THE TOWN CRIER CONGRATULATIONS GRADUATES!! JULY 2018**






Val: Katrina Briody

Sal: Chloe Cattadoris

**NY Mills High School High Honors Graduates 2018**

Val: Katrina Briody - daughter of Christine Lawendowski & Frank Briody  
Sal: Chloe Cattadoris – daughter of Theresa & Joseph Cattadoris

**Honor Graduates:**  
Nicholas Briggs-Ellenberger  
Kailey Brown  
Shaun Crist  
Grace Reilly  
Kaliana Sobolewski

Val: Christopher Mazza

Sal: Rachael Powles


**Sauquoit Valley High School High Honors Graduates 2018**

Val: Christopher Mazza – son of Joseph and Deborah Mazza  
Sal: Rachael Powles – daughter of Jason and Anne Powles

**High Honor Graduates:**  
Katherine Nelson  
Abigail Dudek  
Kacey Simmons  
Giovanni Sibilia  
Veronica Vabishchevich  
Dylan Canarelli  
Kaleb Elliott  
Rachel Madden

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## CONSULT THE CONSULTANTS

THE TOWN CRIER

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### Great Expectations

*Submitted by Jim  
LaFountain, All American  
Fitness Center*

The Creation of Better Athletes - In the 70's, weight training in professional baseball was "taboo." In fact, I was fined for sneaking off to workout with a

local high school football team during my first spring training. Currently, I would be fined for not working out. For the past 40 years, all professional athletes must participate in an organized resistance program.

There is no magic involved in using resistance training to improve athletic performance. First and foremost, no amount of weight training, machines or elastic bands can "create" a better athlete. Consistent, well planned, near perfect practice can only do that. Resistance work can give an athlete a "bigger engine" that will allow for more intense practice and help generate more strength, and eventually more power during the performance of an athletic endeavor, but alone it will benefit little. The bottom line: resistance training, without sport specific practice, will produce minimal noticeable improvements.

Sport specific skills require the development of fine tuned neuromuscular pathways. A simple illustration would be the equivalent of walking along the same path in our back yard. Over time, a grassless path would be developed. Whether it's throwing a ball, sprinting or hitting a moving object, sport specific practice can only improve one's skills. I once participated in a study where several baseball players were asked to throw weighted baseballs several times a day, over the course of six weeks. We were not allowed to throw a "real" baseball during the study. Upon the completion of the study, we were asked to begin throwing a "real" baseball. To everyone's dismay, we were unable to throw a ball accurately for nearly a week. Throwing a "weighted" ball laid down completely different neuromuscular pathways from throwing an actual baseball.

Experts believe resistance work, that addresses all major muscle groups, combined with flexibility training, can position an athlete for better performance and minimize their risk of injury. Professional sports teams provide the latest equipment and superior instruction for each player in their organization.

Whether using barbells, dumbbells, machines or elastic bands, some simple rules to follow are:

- \* address all major muscle groups in each workout.
- \* each repetition must be done through a full range of motion.
- \* each repetition must be performed in a controlled manner. Myth: fast reps=fast athletes.
- \* total body workouts performed on 2-3 non-consecutive days a week are preferred. Athletes must be allowed to recover in order to devote much needed energy to practice and games.
- \* athletes are NOT weight lifters. They are simply using weights to improve their performance.



### 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 person cannot gift property that does not yet exist.

REALITY: New York State's highest Court declared in 1961 that a valid gift may be made of property that does not exist yet at the time of the gift. This ruling came from a lawsuit regarding the right to turn the play "Pygmalion" into a musical. The musical that it became was "My Fair Lady", a real blockbuster both on stage and in film. Gabriel Pascal obtained the rights to produce the musical version of "Pygmalion". Before his death he wrote a letter to his secretary confirming that he was giving her a share of his profits from the yet unproduced musical stage version. After his death, arrangements were made to produce the musical. The secretary sought to share in the profits based on the letter giving a gift of a portion of the musical show that was not in existence at the time of the gift. The Court upheld her right to the gift saying that it was valid even though the gift did not exist at the time of the gifting.

MYTH: In a lawsuit about alleged police brutality, the person suing may always see the accused police officer's disciplinary records.

REALITY: The New York State Civil Rights law prohibits police agencies, and other agencies who can see the records, from telling or showing anyone about an accused officer's disciplinary records. The records are completely confidential and cannot be opened and shared. Those who believe in the reason for the law say that the law was made to shield officers from defense lawyers looking to discredit police testimony. Releasing disciplinary records could prejudice public opinion against police officers, which could cause danger to the public who must rely on police assistance. Those who oppose the law and seek to change it say that this is one of the strictest laws of its kind in the country. They believe that it is against the goal of transparency in government; that the secrecy law hurts police efforts to mend ties in predominantly minority communities; and that it is irresponsible because it causes people to believe that they do not have the right to know about police patrolling their neighborhoods and who can legally use deadly force against them. New laws have been proposed to eliminate or change this secrecy law.

MYTH: The federal U.S. Immigration and Customs Enforcement agency (ICE) has unlimited power to arrest and deport suspected illegal immigrants.

REALITY: The driving issue today is whether or not ICE can arrest and detain suspected illegal immigrants at the courthouse door, and in courthouse buildings, including those on the way to and from the courts. New state laws are proposed that will limit ICE's ability to

do this. Now ICE must produce a warrant and let the judge of the particular court know that ICE intends to arrest an individual. The new law, if passed, would require ICE to produce a warrant signed by a judge, or a court order approved by a judge, for all arrests, including those for non-criminal violations such as a traffic ticket. Between 2016 and 2017 the number of courthouse arrests and attempted arrests in New York State jumped 1,200 percent. Yes, that's 1,200 per cent. Those against these arrests argue that such arrests are undermining the justice system because victims are afraid to call police for help and to go to court to ensure their safety. The court system itself spends much effort to ensure that everyone has equal access to the courts, and this makes court efforts useless. Those supporting ICE argue that making courthouse arrests is a safe and efficient way to carry out their duties. They attack sanctuary cities that they believe prevent city-run agencies from cooperating with ICE officials. They argue that of the 440 immigrants arrested in 2018 so far for being in this country illegally (even if they have committed no crimes and are living and working peacefully), 40 were criminal offenders who allegedly re-offended. To restrict ICE arrests from the courthouse, they say, would force them to engage in more enforcement in the community, posing increased risks for law enforcement and the public. This continues to be debated in the legislature. The federal government claims priority over the state government, and many states are resisting this claim.

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.

### NH Senior Center Relocating End of July

The New Hartford Senior Center will be relocating to the Willowvale Volunteer Fire Department at the end of July 2018. They will be at this location until the Gander Mountain location is available. If you have any questions, please call the Senior Center at 315-724-8966.

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THE TOWN CRIER

LIBRARY NEWS

JULY  
2018

### NH Public Library

2 Library Lane                      315-733-1535

### New and Noteworthy Non-Fiction

1. Calypso: David Sedaris
2. The Restless Wave: Good Times, Just Causes, Great Fights, and Other Appreciations: John McCain and Mark Salter
3. The Soul of America: The Battle For Our Better Angels: Jon Meacham
4. Barracoon: The Story of the Last Black Cargo: Zora Neale Hurston
5. Facts and Fears: Hard Truths from a Life in Intelligence: James R. Clapper with Trey Brown
6. Three Days in Moscow: Ronald Reagan and the Fall of the Soviet Empire: Bret Baier and Catherine Whitney
7. Dear Madam President: An Open Letter to the Women Who Will Run the World: Jennifer Palmieri
8. No Better Friend, No Worse Enemy: The Life of General James Mattis: Jim Proser
9. What’s Your M.O.?: Live Your Best Life the Michelle Obama Way: Jennifer Worick
10. Library on Wheels: Mary Lemist Titcomb and America’s First Bookmobile: Sharlee Glenn
11. Going to the Mountain: Life Lessons From My Grandfather, Nelson Mandela: Ndaba Mandela

### New and Noteworthy Fiction

1. The Outsider: Stephen King
2. Shelter in Place: Nora Roberts
3. The Gray Ghost: Clive Cussler and Robin Burcell
4. The Death of Mrs. Westaway: Ruth Ware
5. To the Moon and Back: Karen Kingsbury
6. By Invitation Only: Dorothea Benton Frank
7. The Cast: Danielle Steel
8. The High Tide Club: Mary Kay Andrews
9. Warlight: Michael Ondaatja
10. The President is Missing: James Patterson and Bill Clinton
11. When Life Gives You Lululemons: Lauren Weisberger
12. The Pharaoh Key: Douglas Preston and Lincoln Child

### Thank You to the Town of the New Hartford Highway Department!!

The Touch the Trucks event was a huge success!! We are so appreciative of the Town of New Hartford, and especially Rick Sherman, Chris Moran, Tom Panzone, Doug McCormick for bringing their big trucks to our parking lot for the children to explore!

#### Community Survey

Thank you to those that have completed our Community Survey. Your input is valued. It provides us with suggestions for improvement and lets us know what you value in your library. If you haven’t filled out a survey yet, you can complete one online on our website ([www.newhartfordpubliclibrary.org](http://www.newhartfordpubliclibrary.org)) or stop in and pick one up at the circulation desk.

#### Stop in and see our new Maker Cart!!

The Friends of the Library have generously purchased us a beautiful new Maker Cart that will be in the Children’s area. The cart is currently stocked with pom poms, pipe cleaners, construction paper, rulers, glue, washi tape, crayons, and stamps & stamp pads. If you have kids that love to create – bring them in to use this fun and educational cart!

#### Story Time

Story Time for preschool age children continues on Tuesdays and Thursdays at 10:30. This 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.

#### Mark your calendar – All Ages Children’s Summer Programs

*Thursday, July 12, 2:00:* Puppets with Pizazz - Did you ever wonder why Little Red Riding hood couldn’t tell her own dear Granny from a wolf? This is where Nancy Sander starts her wacky interpretation of this beloved tale.

*Monday, July 23, 2:00:* Butterfly release – Personally connect with a butterfly and make a wish! Learn how to identify a caterpillar.

*Tuesday, July 24, 2:00:* Barnyard animals – Meet the animals on the farm, learn about them and pet them too!

*Tuesday, July 31, 2:00:* Utica Zoomobile

#### Summer Programs with registration and age requirements

Preschool Music & Movement: Fridays (6 week session) 10:30-11:00. July 6, 13, 20, 27 & August 3, August 10. This program is for 3-5 year olds. The kids will sing songs, play instruments, and explore large and fine muscle movement with Miss Amy. *This program is registration required. This class is filled, but we will take names in the event of cancellations.*

#### Dramatic Fanatic “Summer Camp Mystery”:

Monday, July 16, 2:00. It’s talent show night at Camp Ana-waka-weeeble-wobble-rama-lama-ding-dong, the coolest camp on Earth. But when the talent show judge is poisoned with a cup of juice, it becomes clear that someone doesn’t want the show to go on! Join us to help solve the mystery!

*This Library mystery is for kids ages 8-13 years old, and there are 16 characters.*

*Register to be a part of this fun mystery. We are still taking registration for this program.*

#### Level Up AdkOps Sphero Boat Obstacle Challenge

Tuesday, July 17, 2:00-3:30. The session will include a design challenge where students will design their own “Sphero Boat.” Participants will spend approximately 30 minutes learning some basic block coding procedures that will help them execute the challenge. Level Up staff will move through the groups offering technical assistance, design tips, and guidance as appropriate. Each team will be required to design a robotic boat that can navigate a water-based obstacle course, meeting a series of objectives along the way. There will be prizes (to be determined) for the winning team. *Students do not keep the robots or devices used as part of the program challenge. Session for up to 20 participants – ages 9-12 years old.*

*Register to be part of this fun challenge. We are still taking registration for this program.*

#### Social Artworking Mom/Dad and Me Painting Party

Monday, August 6, 6-8pm: Child and parent will work together to paint a Snoozing Raccoon on canvas.

*This session includes up to 24 children with their parent. Recommended ages 5-11.*

*Parent participation is mandatory. This class is filled, but we will take names in the event of cancellations.*

#### Kids Craft Sessions at the Library:

Monday, July 9, 10:30-11:30 Book Bag Craft

Monday, July 16, 10:30-11:30: Bird Feeder Craft

Monday, July 30, 10:30-11:30 Mason Jar Aquarium Craft

*Kids up to age 13 are welcome. No registration required and all materials are provided.*

#### Kids Movies & Popcorn at the Library:

Thursday, July 19, 3:00, Peter Rabbit

Thursday, July 26, 3:00, Sherlock Gnomes

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

Thursday, August 9, 3:00, (to be announced)

#### YA Programs:

Henna Tattoo DIY Tuesday, July 10, 1:00. Teens can create temporary tattoos using a Henna Tattoo kit provided by the library.

Teen coffee house hour Thursday, July 12, 2:00 and Thursday, July 26, 2:00. Teens can meet and enjoy a coffee bar.

Board Games & Colored Pencil Art in Teen Section Every from Tuesday July 10 thru Aug 7, 2:00-4:00

Ukulele Jam Session Tuesday, August 7, 3:00-4:00.

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*“You fill your life with peace when  
you discover you only have to be  
yourself, to be what you always been.”  
~ Author Unknown*



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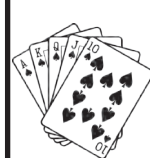
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**JULY  
2018**

## LIBRARY NEWS

**THE TOWN CRIER**

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*The library has 3 ukuleles to share. If you have your own ukulele, please bring it.*

Teen Movies

Monday, July 9, 6:30-8:30, Everything, Everything

Monday, July 30, 6:30-8:30, Love, Simon

### July Artist on Display

Frank Kieler The artwork by Franklin Kieler depicts abstract images rooted in visual storytelling. Frank developed his skills to sketch characters, concepts, and storyboards; while getting his Bachelors of Science Degree in Computer Animation at the Art Institute of Fort Lauderdale. That schooling led to his abstract and surreal black and white artwork. With influences such as Walt Disney and Jim Henson, he focused on great stories and artistic skills for film and animation. For ten years he worked on independent film productions; many of which received awards such as the short film ‘Hope;’ and feature film ‘Ink and Steel.’ Franklin continues to work on his artwork and films in Upstate New York; where he frequently attends art shows and events. His latest film, ‘Grace is Gone,’ is nearing completion and can be followed on Facebook along with his latest art endeavor listed under Paris Hill Reflections.

### Display case July

Sheila Himmelman will be displaying items in the display case as you enter the library for the month of July.

### 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.

### American Red Cross Blood Drive

Join us on Monday, July 16th from 11:30-4:30 and save some lives! We are partnering with the American Red Cross and would love your support. Please call 315-733-1535 to schedule an appointment. Walk-ins are always welcome!

### Senior Level Yoga Classes with Bill Skinner

Last classes, Monday, July 2 & July 9, 3:00-4:00. 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, July 23,

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.

### PLEASE JOIN US FOR THE FOLLOWING UPCOMING EVENTS

Wed., July 11, 7-9 p.m.- Ice Cream Social

Goey sundaes, homemade cake, The New Hartford Citizen’s Band, Bubbles the Clown, children’s raffle baskets (each child gets a free ticket at the door), 50/50 raffle. HELP NEEDED!

Sign up sheets will be at the circulation desk in June. The event will take place at the New Hartford Recreation Center from 7-9 p.m.

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 Miniature Golf Tournament

18 holes of indoor miniature golf in the library. Prizes, trophy for best team score. Sponsors and hole designers 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: June 30, 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

## Trash & Treasure Flea Market

Thank you to all the participating vendors and the "treasure hunter shoppers" who attended the Trash & Treasure Flea Market on May 19th. The Friends also appreciate the support of John Cunningham at the New Hartford Rec Center, Trainor Associates and P J Green. These events help the Friends to continue their mission of providing extra programs and services at the library.

## “RA”

### A New Shelf at the NHPL!

Your New Hartford Public Library administration and staff take pride in the strong support the library receives from our community. A leisurely stroll through our excellent building quickly reveals what that support has produced.

Throughout the library’s history, New Hartford community members have donated thousands of books. Many of these volumes are sold in the Friends of the Library’s book room. Some books are shared with other libraries. A fair number of these gifts become part of the NHPL’s collection.

Previously, these “RA” (Recent Acquisition) books were shelved in their respective content areas. Your library’s staff felt that this shelving, while being an appropriate practice, did the books and their donors a disservice. Excellent titles were buried in the stacks and the NHPL’s patrons, unless they searched for a specific book, had no idea of the books’ existence.

To remedy this problem, your staff has created a “RA” shelving area that will hold these recent acquisitions for two months after they are catalogued by the library. “RA” will appear on the books’ spines. The RA shelves are located in the left stacks of the “New” section, toward the wall with our computers.

One of the first “RA books” is Jeffrey Frank’s Ike and Dick: Portrait of a Strange Political Marriage (2013) - an excellent, intriguing history. Many more will follow. Stop by and check out the NHPL’s “RA” shelves!!!!

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THE TOWN CRIER

COMMUNITY NEWS

JULY 2018

## Food Truck Festival Coming to New Hartford

The Town of New Hartford will host a food truck festival at Sherrillbrook Park in July and August. The event will take place on Wednesdays, July 18 and Aug. 15. From 5pm until dusk. If the two events are a success, town officials plan on making the food trucks a weekly occurrence in 2019.

“I think it’s a good thing,” said Fourth Ward Councilman Rich Woodland. “It’ll bring people together.”

Woodland brought the idea up at the board’s May 23 meeting. He drew on Utica’s What the Truck event for inspiration.

What the Truck — now it its third season — runs every Tuesday night at Canal Park in North Utica throughout the summer. About 15 food trucks serve close to 1,500 people each night of the event, organizers say.

Woodland said he is speaking with the Utica Food Truck Association to see what trucks the town can get to come to Sherrillbrook Park.

“It’s going to be a good variety,” Woodland said.

Town Supervisor Paul Miscione also is supportive of the food truck event. He said he was looking to get six to eight trucks involved and the money raised will be put back into the parks.

“I think it is a good idea,” Miscione said. It will bring more people to the park.”

## Eating with the Experts - Boilermaker Pasta Buffet and The Runner’s Forum

It’s year number 21 for the Boilermaker Pasta Buffet! This little gem of an event, which occurs during the Fitness Mill Health & Wellness Expo, has raised thousands of dollars for the United Way of the Valley & Greater Utica Area over the years. The *all-you-can-eat buffet* is a favorite of runners and non-runners alike. Everything is prepared right on premises by Sodexo Food Services. We offer a variety of sauces and pastas, freshly tossed salad with bread and of course, meatballs. Don’t forget dessert! This year we have again added a cold pasta salad to cool off on a hot afternoon. All this for \$7.00 and remember all proceeds go directly to the United Way of the Valley & Greater Utica Area.

The Pasta Buffet and The Runner’s Forum will again partner their events giving you the opportunity to “Eat with the Experts”! Enjoy the informative program while “carb loading” or, if you choose, simply experience the panel discussion without food.

The 2018 Runners’ Forum Panel includes: *Olympic Bronze Medalist, Erin Hamlin and Ultra Marathoner & Author, Dane Rauschenberg, along with local experts in nutrition and exercise.* This is your chance to ask the experts questions about running, nutrition, training, and injuries.

Come “Eat with the Experts”!


The Pasta Buffet is sponsored by The Boilermaker Road Race, Sodexo and MVCC.

Boilermaker Pasta Buffet and Runner’s Forum  
Saturday, July 7, 2018  
MVCC Alumni Center  
Runner’s Forum is Free - 1:00 to 2:00  
All-you-can-eat buffet - \$7.00 - 12:00 to 3:00pm  
All Proceeds Benefit The United Way of the Valley & Greater Utica Area

## New Hartford Central School Fall Sports Sign-Ups

Students in grades 6-11 were asked to sign up for fall sports during a designated period in their Physical Education class in June. Upon signing up for a fall sport, they received a Blue Card as well as a Pre-Participation Form. These forms need to be completed in their entirety and returned to the nurse at Perry Junior High for incoming 7th - 9th graders and the High School nurse for incoming 10th - 12th graders. These forms are NOT to be completed and signed sooner than 30 days prior to the start of the season. JV and Varsity sports will start on Thursday, August 16<sup>th</sup> with modified sports commencing on August 27<sup>th</sup>. Varsity and JV Football will start on Monday, August 13<sup>th</sup>. Please mail or drop off the Pre-Participation Form to the respective nurse’s office on or soon after July 17<sup>th</sup> for JV and Varsity Sports and July 28<sup>th</sup> for Modified sports.

A current sports physical must also be on file in order for your student athlete to be eligible to compete. 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](mailto:lmoretz@nhart.org)) with any questions or to set up an appointment.



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~ Maria Robinson

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### Arbor Day Celebration

Second grade students from Bradley Elementary School, participating in the festivities for the 35th Arbor Day Celebration. The Tree City program is sponsored by the National Arbor Day Foundation, in cooperation with the National Association of the Tree Foresters and the USDA Forest Service.



### Scagel Accepted into Grad School

Allison Scagel, daughter of Donald and Nancy Scagel of Sauquoit, was accepted and will attend the University of Buffalo in the fall to pursue a Ph.D. in Behavioral Neuroscience. She will be focusing specifically on dog behavior with the goal of becoming a Certified Applied Animal Behaviorist.

Allison graduated from the University of New Hampshire with a Bachelors degree in Wildlife Biology and minors in Psychology and Animal Behavior in 2015.



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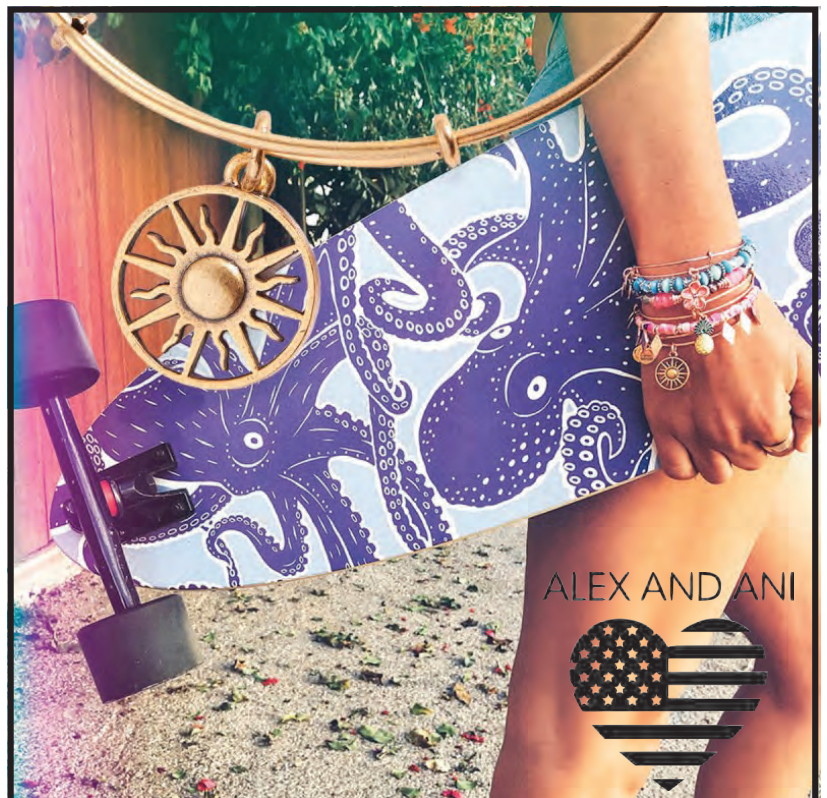
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<p><b>Lightlife Foods Jumbo Smart Dogs Meatless Hot Dogs</b> <b>\$3<sup>49</sup></b> Reg. \$4.89</p>	<p><b>Against The Grain Pizza Shell</b> <b>\$6<sup>29</sup></b> Reg. \$7.99</p>	<p><b>Sambazon Organic Superfruit Packs</b> <b>\$4<sup>99</sup></b> Reg. \$7.99</p>
<p><b>Dandies Marshmallows</b> <b>\$3<sup>99</sup></b> Reg. \$4.99</p>	<p><b>Kevita Organic Master Brew Kombucha</b> <b>\$2<sup>49</sup></b> Reg. \$3.69</p>	<p><b>Bragg Organic Apple Cider Vinegar Drink</b> <b>\$2<sup>29</sup></b> Reg. \$3.19</p>
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THE TOWN CRIER

ULTIMATELY YOU

JULY 2018

## Ultimately You Day

It was recently my good fortune to witness a day of beauty for a group of women re-entering the work force. WERC at Empowered Pathways, is a non profit organization that teaches skills necessary to hold positions of employment. Debi Talerico, a hair designer and activist has been involved with the organization for a couple of years and had a vision that unfolded this past June. She has named it Ultimately You and hopes that salon owners from surrounding counties will participate as well.

After a 4-week training program, the graduating class was invited to a day of beauty involving new hair styles, color, manicures, and a make up - make over! What a treat for these women, what a treat for us to watch their excitement and gratitude. Some of these young women hadn't experienced such luxuries. Some haven't ever had their nails done, or hair styled. The smiles on their new made up faces, is evident in the photo attached.

Professional makeup and hair designer Lana Stevens, co-owner of Body Solutions in Whitesboro, applied various colors and tones to enhance each women's features along with eye lashes. Nails were buffed and polished by Deanna Gifune of Ultimate Image. Hair stylists from Ultimate Image; Susan Perretta, LuAnn Nelson White and Colleen Capra Pertta along with Deb Talerico, the organizer of the day, transformed their dull, over treated hair into a healthier, fashionable style.

One woman commented, that she had never dyed her hair to rid her gray additions, but that day, she felt with her color treatment and new stylish hairdo, she not only felt twenty years younger, but also felt confident, and was very grateful for the spa day. She told me she went to WERC to learn how to better use the computer and particularly, Microsoft Excel and Word. "No one uses pens and paper anymore, so I couldn't think of applying for a job without learning new computer skills." She is looking for employment as a receptionist, and is very optimistic about her future.

WERC teaches skills on the computer, but also coaches the women how to create their resumes, apply for positions, public speaking, preparing for the interview and everything else that goes along with applying for a job. There is even a closet where the women can shop for their interview outfit. Most of them are single parents, have never been in the work force, or haven't applied for a position in over 20 years.

Now, its their turn to succeed in their new careers, and ultimately creating a new life.

Stephanie Eghigan, Executive Director of WERC of Empowered Pathways, was delighted with the reaction from her students. There were tears of joy on the recipients as well as the staff witnessing the happiness that Deb and her colleagues were able to provide.

This is the first, but not last 'Ultimately You' day donated by all the stylists, nail tech and make up artist.

Cosmo Prof donated gift bags to the women, lunch was provided and each left that day with a renewed confidence and a beautiful rose to match their beauty inside and out.

For more information on WERC, (Womens' Employment and Resource Center) and their new association with Peacemakers, please visit their website, Wercmv.org or call Stephanie to talk about what you can offer this worthwhile organization.



Before photo of one of the WERC women preparing to re-enter the work force.



After makeover photo





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# NH Class of 1968 Reunion

Class of 1968 New Hartford High 50<sup>TH</sup> 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](mailto:kjackson@rochester.rr.com).

Please come to help us celebrate!

*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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## COMMUNITY NEWS

THE TOWN CRIER

11

### New Hartford Citizens' Band Concert Series

The schedule for the 2018 New Hartford Citizens' Band Concert Series, under the direction of Michael DiMeo, is as follows:

July 11, 7:30, New Hartford Rec. Center Ice Cream Social

July 18, 7:30, New Hartford Village Park (Alumni Concert)

July 25, 7:30, New Hartford Village Park

August 1, 7:30, New Hartford Village Park

There will also be a rehearsal on Monday, July 16 at 6:30 at the New Hartford Presbyterian Church in preparation for the Alumni Concert. All musicians who have played with the band in the past are encouraged to participate in this special event.

### 15<sup>th</sup> Annual Great American Irish Festival

The 15<sup>th</sup> Annual Great American Irish Festival is being held on Friday, July 27<sup>th</sup> and Saturday, July 28<sup>th</sup> at the Herkimer County Fairgrounds. According to the organization's President, Peter Karl III, there are a number of new features this year. For the first time, attendees can purchase a VIP area pass. In addition, there will be a "sip and paint" tent, two Irish comedians will be performing, and the NYS Highland Games Championship will be held (under the lights on Friday night and Saturday afternoon). This is also the final local appearance by the popular Kansas City band, the Elders, who are disbanding later this year. On Sunday, July 29<sup>th</sup> (following a 10:30am Mass at St. Joseph/St. Patrick Church), there will be an Irish Brunch at the new 20,000 square foot Irish Cultural Center (ICC) located in Utica's Brewery District. This will be followed by the South Bend, Indiana band, Kennedy's Kitchen, performing during the afternoon. On that final July weekend, the 300 person Event Center and Museum of the ICC will be open; the interior of the ICC's Irish Pub-Restaurant (which will seat 102) is being built currently in Ireland with its components delivered for installation at the site in August. For further information, visit [www.gaif.us](http://www.gaif.us).



### "In Trust" Doesn't Equal "No Trust"

With the new tax laws in place for 2018, the majority of our estate planning discussions with clients and attorney partners have shifted from tax mitigation to asset protection.

When estate plans involve minor children and young adults a commonly implemented strategy to protect assets against the spending patterns of teens and twenty-somethings is the use of testamentary trusts. These trusts are created for the benefit of heirs at one's passing, and typically name and independent trustee to provide oversight of the distribution of inherited assets. In addition to protecting heirs from themselves, trusts can protect even the most financially sound heirs from creditors, predators, spouses/family or other "interested parties".

**Old School:** Historically the strategy seen most is one referred to as "ages and stages". Upon death, assets are held in trust for minor beneficiaries where they have access to income and principal for health, education, maintenance and support (and other items with trustee approval) with a percentage of principal being distributed at specific ages. Example: 1/3 at age 25, 1/2 at age 30, and the balance at age 35. After the final stage, the trusts terminate along with their associated protections.

**New Twist:** As we age, our financial lives usually get more complicated versus simpler. Marriage, kids, real estate, businesses, etc. all come into play. Understanding these factors, many plans are now specifying the majority (if not all) assets to be placed into trust until later ages or for heirs' lifetimes. This isn't a matter of not trusting heirs as they age, but is

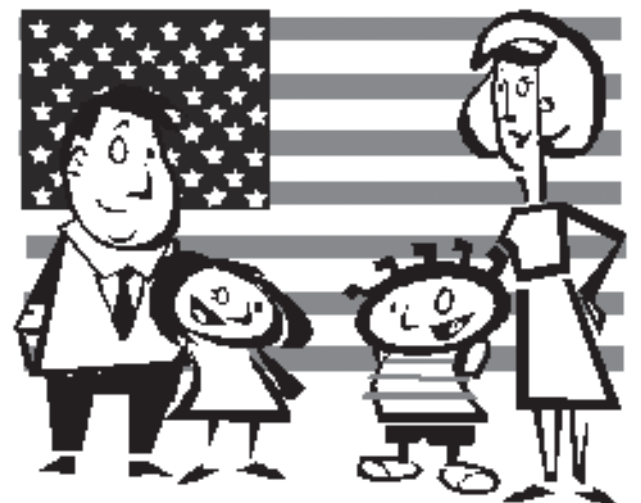
instead a strategy to provide access to inherited assets while maintaining the protective benefits provided by trusts for the long-term.

**In Sync:** While wills direct many assets, several others flow to heirs by way of direct beneficiary designation. It is important that all retirement plans, IRAs, life insurance and annuity products have beneficiary designations that align with your estate plan. In particular if your plan involves passing these assets in trust to your heirs, specific language within wills and on beneficiary forms may be needed to accomplish your goals.

Remember, leaving assets in trust doesn't mean you don't trust your heirs. Take some time to review your unique circumstances and the details of testamentary trusts with the help of a qualified estate planning attorney.

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

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# 12 THE TOWN CRIER COMMUNITY NEWS JULY 2018



## “May I Have This Dance?”

Submitted by MaryJo Timpano

On Saturday July 28 people of all ages will put their dancing shoes on to celebrate National Dance Day. Established in 2010 by Dizzy Feet co-founder, Nigel Lythgoe, National Dance Day encourages everyone to incorporate dance into their lives. We all know that regular exercise helps improve your mood, fight off a variety of diseases and helps maintain ideal body weight. As it turns out, dancing does all that and more!

Research articles on the health benefits of dance are showing up everywhere and not just for the physical benefits. More recent findings highlight stress reduction, relaxation, balance and coordination and social connection among the rewards of dancing. Recently another benefit is making headlines: “frequent dancing apparently makes us smarter”. (Powers, R. “Use It or Lose It: Dancing Makes You Smarter, Longer”, Stanford Dance). The New England Journal of Medicine published a report on the effects of recreational activities on memory, focus, concentration and understanding. The 21-year study of older adults 75 and older funded by the National Institute on Aging looked at the effects of different activities on mental acuity. The findings revealed that some activities had a significant benefit while others had none. You guessed it; frequent dancing may offer protection against dementia and improve cognitive acuity!

At Community Wellness Partners we are committed to creating opportunities for our team members and residents to grow Socially, Intellectually, Physically and Spiritually; to take SIPS out of life. This month let’s look for opportunities to make a new friend, learn something new, engage in a different type of physical activity and do it with meaning and purpose. A great

place to start is on the dance floor!

As I shared with you last month Community Wellness Partners is planning a first of its kind Senior Speed Dating Event in August at Preswick Glen. For more information or to pre-register for Summer Love; “It’s Never Too Late To Date” please contact Sari at (315) 734-9586. You might just find a new dance partner!

Combining nearly 150 years of service, Community Wellness Partners is a faith-based 501 © (3) nonprofit affiliation of Lutheran Care 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 dream another dream” C.S. Lewis

*MaryJo Timpano is 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.*



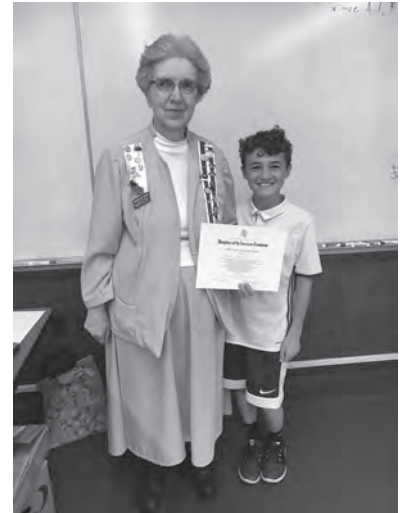
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Barbara Yates of New York Mills, the chapter’s Youth Citizenship chairman, and Conner Grates.

## Grates Presented with DAR Award

Conner Grates a fifth grader at Frankfort-Schuyler Central School was recently presented with the DAR Youth Citizenship Award by the Col. Marinus Willett- Mohawk Valley Chapter of the National Society Daughters of the American Revolution. Conner is the son of Scott and Kelly Grates of Frankfort. According to his teacher, he was chosen because he is an outstanding student who works hard in school and is a positive influence to all other students. He is always giving his best in everything he does. He is a leader who without a doubt will be doing great things in years to come. He truly cares about others and will go out of his way to include everyone to participate in school and community functions and is respectful to all.



**Cynthia Davis, LCSW-R**  
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~ Stephen Richards*

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**JULY  
2018**

## COMMUNITY NEWS

**THE TOWN CRIER 13**



### Harris, MD Will be Joining the Ophthalmology Department

Alexander R. Harris, MD will be joining the Ophthalmology Department of Slocum-Dickson Medical Group on August 6, 2018.

Dr. Harris specializes in all aspects of eye and vision care. He is skilled in cataract surgery with intraocular lens implantation, all forms of ophthalmic lasers and treatment of various eye diseases. He provides care for eye conditions including glaucoma, macular

degeneration, diabetic retinopathy, dry eye and more.

Dr. Harris completed his Ophthalmology Residency at SUNY Upstate University Hospital in Syracuse, NY. He earned his Medical Degree from the Commonwealth Medical College of Pennsylvania in Scranton, PA and completed post-graduate training at the Lehigh Valley Health Network in Allentown, PA. He is a member of the American Society of Cataract and Refractive Surgery, and the American Academy of Ophthalmology.

Having grown up in the Mohawk Valley, Dr. Harris is passionate about caring for patients in this community. "I am committed to remaining at the forefront of ophthalmology, providing the highest level of care for my patients and their families," said Dr. Harris. He is looking forward to joining his father, Ophthalmologist Alan D. Harris, MD, who has provided eye care to patients at Slocum-Dickson Medical Group for nearly 30 years.

The physicians and staff of Slocum-Dickson are pleased to welcome Dr. Alexander R. Harris to the Group. He is currently accepting new patients, to schedule an appointment please call the Eye Care Center at 315-798-1730.

### 3rd Annual JM Chubbuck Cancer Foundation Golf Tournament

The Joseph Michael Chubbuck Foundation (EIN: 46-3739937) cancer assistance charity will host its 3rd Annual Golf Tournament at the Rome Country Club on Saturday-August 4th, 2018.

Interested golfers can register themselves or teams online at [www.thejmcf.org](http://www.thejmcf.org) under the Events tab or call 315-339-5993. Registration the day of the event begins at 7:30am. There will be shot gun start at 8:30am. The registration fee is \$80 per player (teams of 4). Skins & Mulligans will be optional.

Breakfast (coffee, OJ, and donuts) will be served, brunch items at the turn, and a buffet at the conclusion. The top 3 teams will receive a Cash Prize & Awards will be presented for Longest Drive (male & female) and Closest to the Hole. A 55" HDTV for a Hole-in-One Prize donated by Walmart Distribution Center. Several nice door prizes as well! All golfers will be given a free custom commemorative shot glass, golf tees, and water bottle along with a team picture. REGISTRATION IS CURRENTLY OPEN. Event proceeds will be used to financially assist cancer patients living in or being treated in Oneida, Herkimer, Madison & Onondaga Counties.

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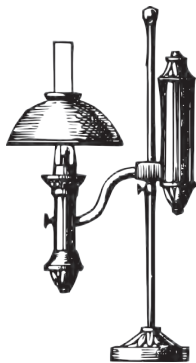
THE TOWN CRIER

ANTIQUE TALK

JULY 2018



Victor J. Fariello Jr.



Antique Talk

Christ Child Society Meeting

I had the pleasure of being the guest at a recent meeting of the Christ Child Society at Seton Hall in Utica. Some members brought in antiques to have me render an opinion about them. One of the best of the items was an opalescent glass pitcher with 4 tumblers. I valued it at \$250. All in all it was an enjoyable time and I look forward to returning in the future. This dedicated group does good work and my mother was a proud member for many years.

Antique Lighting Repairs

I was pleased to hear from Sandra Cirrincione who runs Solvay Electric Supply & Lighting in Syracuse who informed me that she has a highly skilled retired electrician who works with her to do repairs on antique

lamps and other electrical items. You can check out the business at [www.solvayelectricsupply.com](http://www.solvayelectricsupply.com). Sandra will offer readers of Antique Talk a 10% discount on your repairs if you bring in a copy of my column. So, if you have an antique lamp that needs to be rewired or some other repair, this is the place to go. Phone them at 315-488-3161.

Madison Bouckville Antique Week August 13-19

It won't be long before the Madison Bouckville Antique Show on Route 20. The dates for this year's event are August 13-19- a week long antiques extravaganza that features over 2,000 dealers. I know that for many of you this is an annual ritual that you never miss, but for those of you who have never been, you should make this the year you go. I guarantee you will be amazed at the variety and the sheer magnitude of seeing so many antiques in one place. For more information check out their website at [www.madison-bouckville.com](http://www.madison-bouckville.com).

Coming Next Month: The legal definition of an antique. What is the difference between the terms antique, vintage and collectible. Hopefully you will learn something you didn't know before. See you then!

Support the NH Historical Society

Dues are only \$12 for an individual and \$17 for a family. Send a check payable to New Hartford Historical Society, PO Box 238, and New Hartford, NY 13413.

Check out their new website at [www.newhartfordhistory.com](http://www.newhartfordhistory.com). Help keep New Hartford's history alive. Send your membership today!

*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](mailto:vjfariello@gmail.com). Any photos submitted will be returned upon request.*



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JULY  
2018

## COMMUNITY NEWS

THE TOWN CRIER 15



### Students Receive Elite 1<sup>st</sup> Degree Black Belt Certifications

Four Students of Tae Kwon Do and Fitness Arts with Master Fusco in New Hartford received elite 1<sup>st</sup>. degree black belt certifications in May in Chung Do Kwan Tae Kwon Do from the World TKD Headquarters and Chung Do Kwan TKD in Seoul Korea. Pictured L-R are Matt Shaw, Mathew Garrabrant, Master Daniel Fusco (master instructor), Grand Master Dong Hoon Kim (Master Fusco's Grand Master and 2<sup>nd</sup>. highest ranking Chung Do Kwan master in the world), Harrisen Fusco (instructor), Sarah Garrabrant, and Christian Shaw.

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# Stunning Displays of Annuals by Shelley Corey owner of the Mum Farm

Submitted by Shelley Corey, The Mum Farm

When you come across a stunning display of annuals, whether it's a beautiful mass planting at a local college, a carefully curated display at a local museum, a village filled with flowers or a stunning display outside a private home, you have to stop and realize that someone put a lot of thought behind that display. From the very beginning, decisions had to be made about which plants to grow. Would they need to be sun plants, or shade plants? How tall would the plants grow? What color combinations would be the showiest?

After the planning stage, the work of readying the soil, adding compost or potting soil, to "lighten" our native heavy soil was a must, as was the spacing of

the plants to allow each to reach their maximum size without overcrowding them. When planted too close, plants will have no option other than "grow upwards", giving a much taller display than normal, with the drawback of weak, thin stems that are more apt to be damaged in a summer storm. Planting the plants at their optimum spacing allows the plants to grow into sturdy, healthy plants, able to withstand winds, downpours and whatever else mother nature decides to throw at them!

When you see thriving annuals, you also know that someone is behind the scene; fertilizing, watering and generally caring for those plants. There are few plants that you can plant in the beginning of the season that will thrive on neglect and still perform optimally. They are geraniums (although they benefit from dead-heading) and begonias. I often recommend them for cemetery plantings due to their drought tolerance and lack of care necessary to produce a nice show of color throughout the growing season.

Dead-heading benefits many annuals, but you have to know which ones need it and which ones do not. I recently had a customer at my counter who was purchasing a petunia hanging basket and complaining that she has a terrible time with her petunias...she dead-heads them, fertilizes them, takes excellent care of them, and could not understand why they always looked terrible. I explained that NONE of my petunias

require dead-heading. Fertilizing them weekly is all they require to maintain constant blooms. She then proceeded to show me how she was dead-heading them. She was actually picking off new buds that were going to be opening and flowering! I couldn't believe it! So, learn from her mistake...pay attention and look closely at your plants...become very familiar with new buds and old, spent blossoms. It's true...they sometimes do look similar, but just think of how your plants will benefit once you know the difference!

The general feedback I have heard from last months' article is that everyone liked the comment on not being overly concerned about the numbers on your fertilizer, just use one! It's the truth. I was going to go into the scientific background about what each number stands for and all, but I realize that most of you don't care. Like I said...just fertilize...plants need proper nutrition as much as we do!

Stunning displays of annuals have someone behind them caring for them...hopefully you are the person behind yours! Have a wonderful summer. Enjoy those annuals and vegetables. Smile when you water and fertilize those plants! You're becoming an awesome gardener!



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Preswick Glen Executive Director Gary Holeck

**Preswick Glen Appoints New Executive Director**

Preswick Glen independent senior living community has appointed Gary Holeck as its new Executive Director. Holeck moves into the position after serving in sales, marketing, and various leadership positions at Preswick Glen for the last 6 years. Holeck will be responsible for meeting the needs of current residents and supporting their activities and lifestyles, maintaining and improving Preswick Glen, managing community services and budgets, and engaging new residents interested in moving to the community.

Preswick Glen provides luxury accommodations to residents of Central New York. Since their opening in November of 2007, the community has prided itself on having developed a vibrant neighborhood of active residents who regularly contribute to the community, giving of their time, money, and talents to improve the lives of others in the area.

Gary Holeck graduated from Clinton High School, and Hartwick College with dual Mathematics and Economics degrees. He has worked in independent living communities since he was 16 years old, including time at Brookdale Senior Living (The Villas)

in Clinton, NY, and in a variety of roles at Preswick Glen. He has held positions in sales and marketing, and led Housekeeping, Environmental, and Resident Services.

“I was very fortunate to have three sets of living grandparents throughout my childhood and adolescence,” Holeck said. “I maintained close relationships and would see all of them at least once a week. This has instilled in me a strong sense of respect and appreciation for seniors. It has helped me appreciate that this specific population still has a tremendous amount to offer to the community and their families.”

On his agenda for Preswick Glen going forward: making them “far and away the best independent living community in the area”. He plans to continue to focus on making Preswick Glen and Community Wellness Partners leaders in successful aging.

“I want our residents to be an example for other seniors in the area in maintaining their lifestyle throughout the aging process,” he added. “Our residents are vital, intelligent, active people, and they drive our ongoing efforts to make Preswick Glen an asset for our region, through public events and greater support of our community.”

Holeck resides in New Hartford with his fiancée Mary

and their dog Bismarck.

About Preswick Glen

Preswick Glen independent senior living community is a member of the Presbyterian Homes & Services’ family of services, which also includes the Presbyterian Residential Community, Presbyterian Home for Central New York, the Presbyterian Homes Foundation and The Meadows at Middle Settlement. Presbyterian Homes & Services, an affiliate of Community Wellness Partners, excels in providing health care, housing, and community services while promoting individual wellness and independence in a dignified manner.

About Community Wellness Partners

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


For more information, contact Gary Holeck, Executive Director, at [gholeck@preswickglen.com](mailto:gholeck@preswickglen.com) or 315-734-9586.



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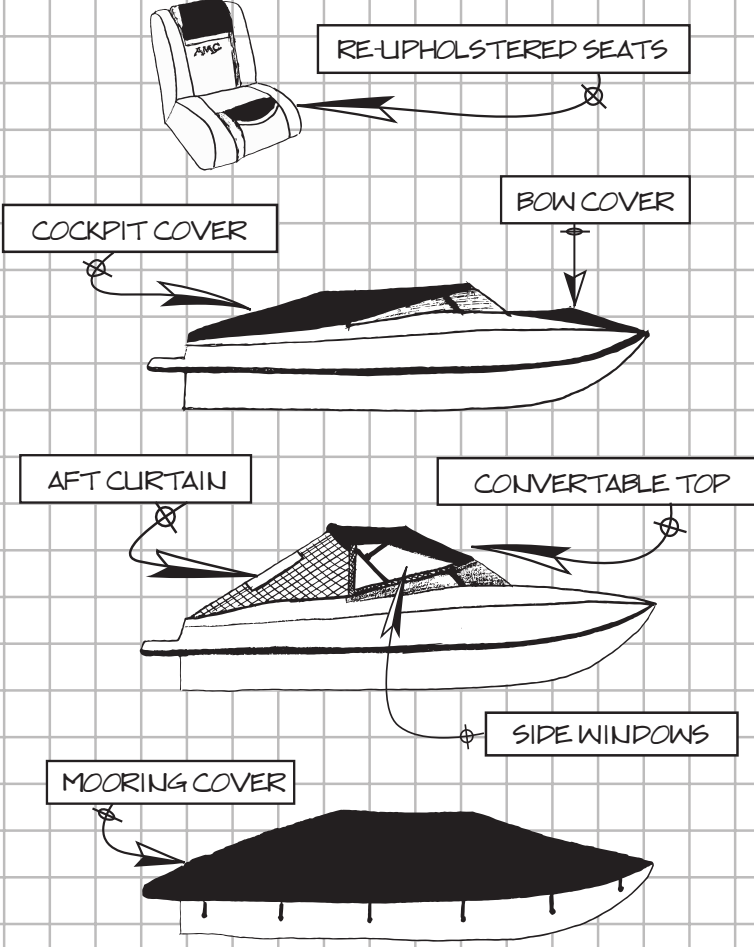
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THE TOWN CRIER

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JULY  
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**JULY  
2018**

## COMMUNITY NEWS

**THE TOWN CRIER 21**



### Recent Graduates of the Sitrin Child Care Center Class of 2018

**K**ash for Kids Raffle to Benefit Sitrin Child Care Center - One Lucky Ticketholder Will Win \$5,000!  
The Sitrin Child Care Center has launched a new fundraising initiative! Kash For Kids, a raffle to benefit programs and services at the Center, is now underway. Tickets are \$10 each, and only 1,000 will be sold. "This is an important fundraiser for the Child Care Center," said Heather Galinski, program director. "Monies raised will make a significant impact on the operations of the Center, the 64 children under our care, and families we serve throughout the community."

For 23 years, the Sitrin Child Care Center has been welcoming children to its nurturing and educational facility. Originally established in 1995 for 24 children, Sitrin built a new center in 2003 and expanded to accommodate 64 children, comprised of infants, waddlers, toddlers, rompers, and preschoolers.

Sitrin is one of only six child care centers in the Mohawk Valley region that offer day care to infants as young as six weeks, providing vital support to working parents. The Center offers specialized programs, including a Kindergarten-readiness curriculum, which includes learning Spanish, so that children are prepared to start

elementary school once they graduate. Children three to five years of age also enjoy activities with residents and tenants of Sitrin's Health Care Center and Cedarbrook Assisted Living Facility. This Intergenerational Program fosters relationships between the young and the young-at-heart.

Additionally, the Center promotes health and wellness with its "Get Up & Move" program, featuring yoga, dance, and fun movement-based activities. Therapeutic services are also available for children to receive physical, occupational, and speech therapy while enrolled.

Nearly 1,000 preschoolers have graduated from the Center during its tenure.

Anyone wishing to support Sitrin's Kash For Kids raffle can buy tickets at either Sitrin's Child Care Center or Health Care Center. Tickets can also be purchased securely and conveniently online via credit card at [www.sitrin.com/kash4kids](http://www.sitrin.com/kash4kids).

The drawing will take place on Wednesday, November 21, 2018 at the Sitrin Child Care Center. The grand prize winner will receive a \$5,000 cash prize, just in time for holiday shopping or a winter getaway! Entrants must be 18 years of age or older. The winning ticketholder need not be present to win.

All proceeds raised will support the Sitrin Child Care Center, a not-for-profit corporation.

About Sitrin: In addition to child care, 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), independent living (Georgian Court Estates), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day health care (OPAL Program), aquatic therapy, military rehabilitation, adaptive sports, concussion management, a dental clinic, wellness center, and specialized clinics.



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## Chubbuck Foundation Selected Again for Boilermaker Charity Bib Program

The Joseph Michael Chubbuck Foundation ([www.thejmc.org](http://www.thejmc.org)) has been selected once again to participate in the Boilermaker Charity Bib Program. The Foundation's Vice-President Barb Chubbuck stated, "This is a big honor for our Foundation as the Charity Bib Program is very competitive. Many worthy organizations apply and only a few are selected. Participation in the bib program heightens community awareness about our Foundation and allows us to build upon our assistance funds. We are very excited to have been chosen again." The Foundation was awarded (7) charity bibs for the 2018 Boilermaker and all the bibs have been

filled. This year's runners are: Scott Rutledge (*lead vocalist for CNY's band Classified*), Tony Kapps (*Five Star Bank Business Analyst*), David Roback (*CPA Roback Financial Services*), Alec Roback (*college student*), Stephanie Robinson (*Hospice Nurse*), Ankur Desai (*college student*), & Phil Lacelle (*OHM BOCES Conservation Teacher & FFA Advisor*). Each runner has agreed to raise a minimum of \$500 to receive their Charity Bib- and all the proceeds raised by these runners will be used to assist cancer patients in financial need. Anyone interested in sponsoring a Boilermaker Charity Bib runner can log on to [www.thejmc.org](http://www.thejmc.org) and click on the yellow Boilermaker Charity Bib tab. Checks can also be mailed to the JM Chubbuck Foundation PO Box 4917 Rome, NY 13440 (please write Charity Bib on the check memo). The Charity Bib sponsorships are tax-exempt so donors will receive a tax-exempt letter.

The Joseph Michael Chubbuck Foundation is a (501C3 ) cancer charity assists patients of all ages battling all types of cancer. To qualify for assistance the patient must be living in (or be receiving treatment in) Oneida, Herkimer, Madison, or Onondaga Counties & the patient must be undergoing cancer treatment such as chemo, cancer surgery, targeted therapy, stem cell transplant, or radiation. To avoid fraudulent claims, all applications must be signed by the patient (or guardian) & their attending oncologist, radiologist, or oncology LSW. The treating physician or LSW is contacted by the Foundation to confirm the patient's status. The Foundation has assisted hundreds of patients since its start in January of 2015.

The Foundation will be hosting its Annual Golf Tournament on Saturday, August 4<sup>th</sup>, 2018 at Rome Country Club. Shotgun start at 8:30AM. \$80/ golfer- teams of 4. Online Registration is now OPEN at [www.thejmc.org](http://www.thejmc.org) under Events OR call 315-339-5993.

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Call for times that work for you and your child

**JOIN US FOR  
FUNDRAISING NIGHT!**

**TEXAS ROADHOUSE**

**Monday, July 16<sup>th</sup> from 4pm - 10pm**  
10% of your total food purchases, dine in or take out, will be donated to  
Make-A-Wish for John.

At Texas Roadhouse, we are known for our hand-cut steaks, fall of the bone ribs,  
made from scratch sides, and fresh baked bread!

Come in for the Early Dine Special until 6 pm which consists of 11 different entrees  
with two made from scratch sides at \$9.99.

Call Ahead or use our Mobile App to get on the waitlist up to one hour before!

Please bring this flyer or tell your server that you are dining to support  
Make-A-Wish for John.

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Executive Proclamation

WHEREAS, In 1974, Carol Gubbins Ryan began her career to serve the people of the Village and Town of New Hartford, over a span of 44 years. Carol’s welcoming and kind spirit aided her success through 1 Village Mayor and six Town Supervisors, and

WHEREAS, as a single parent she raised three children, Tom, Karen, and Mike, as well as supporting her ten grandchildren and two great grandchildren, and

WHEREAS, Carol attended St. John’s Catholic School through elementary school, later graduating from New Hartford Central High School. Upon graduation she was employed at Utica Savings Bank. Carol assisted teachers at New Hartford High School until her appointment as Village Clerk for Mayor John Kazanjian in 1974. She served as Village Clerk for 10 years, until Mayor Mayor Kazanjian was elected as Supervisor of the Town of New Hartford in 1984, Carol was then appointed to the position of Executive Secretary. She held the post through 5 more Supervisors.

WHEREAS, Carol became the First Lady of the Village of New Hartford in 2003 when her husband Donald J. Ryan assumed the role of Mayor. Thus, Carol acquired roles pertaining to the service of both the Village and Town of New Hartford peoples, and

WHEREAS, throughout Carol’s tenure, the Town of New Harford has benefited greatly from her intelligence, energy and integrity, giving freely of her time and strength without thought of self, now therefore be it

RESOLVED: that the Village Board of Trustees, does hereby declare this day May 30, 2018 as

“CAROL RYAN DAY”

Throughout our community, and further, on behalf of all Village Officials and residents, we extend our deepest appreciation to the great and lasting contributions you have given to our community

Attest: IN WITNESS WHEREOF, We have hereunto set our hand and caused to be affixed the seal of the Village of New Hartford this 30<sup>th</sup> day of May, Two Thousand and Eighteen

Mayor Donald J. Ryan

Trustees

Andrew N. Alesia  
John J. Grygiel

David W. Butler  
Richard C. Sherman

Village Clerk Janet M. Durr



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**24 THE TOWN CRIER**

**HAPPY 4<sup>TH</sup> OF JULY!**

**JULY 2018**



**Good Luck  
Boilermaker  
Runners!**

7th Annual  
**One SMALL Step**  
for Prader-Willi Syndrome  
Layne Michael

Walk for the Foundation  
for Prader-Willi Research.

**AUGUST 11, 2018  
10AM - 1PM  
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August 5, 6, 7 and 8, 2018  
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6 one-week sessions

\*non-members must be 2

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Download form at www.jccutica.net



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

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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Reopening Aug 1<sup>st</sup>**

**JULY  
2018**

**COMMUNITY NEWS**

**THE TOWN CRIER 25**



**Free Smoking  
Cessation Classes**

The Oneida County Health Department, in collaboration with the Mohawk Valley Health System (MVHS), is offering a free, three-week series of Freshstart Smoking Cessation classes. Freshstart is an evidence-based program created by the American Cancer Society. The classes will be held from 5 p.m. to 6:30 p.m. on Wednesdays, July 11, 18 and 25, 2018, in the Sister Johanna Conference Room at the St. Elizabeth Campus, 2209 Genesee Street, Utica. Refreshments will be provided. Those who complete the program will receive a \$25 grocery gift card.

The Freshstart approach is geared toward helping participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt. The class provides essential information, skills for coping with cravings and group support. The program is open to all Oneida County residents 18 years and older.

For more information or to register, contact Joanne Ambrose at MVHS at 315-801-8269.

According to Oneida County Executive Anthony J. Picente, Jr., one of the focus areas in the Oneida County Health Department 2016-2018 Community Health Improvement Plan is to decrease adult smoking rates. Smoking remains the leading cause of preventable death in the United States, but for someone who quits, the health benefits can begin as soon as 20 minutes after a person's last cigarette.



**New Hartford Highway News**

*Submitted by Highway Superintendent, Richard Sherman*

I start July's newsletter by saying thank you for being patient for the last 2 months. The town highway crews have picked up 331 loads of brush. As of June 15<sup>th</sup> the brush is still coming out to the curb. If you have any more, please bring it out so that the crews can get it picked up, so that we can move on to other roadwork, pipe installs and catch basin repairs.

To date we have picked up half of the town's curb side. We still have areas C&D left. The pickup went very well and we have been finishing an area in 3.5 days. As of June 15<sup>th</sup>, as I write this letter, we have taken 118 loads of trash to the waste site. The crew is looking forward to picking up areas C&D in the next two weeks and getting this job done for this season.

The drop off at the highway garage will resume on July 2<sup>nd</sup> along with the tag program. On July 14<sup>th</sup> the Town Highway will again provide the CONFIDATA DESTRUCTION SERVICE at the highway garage from 8:00am to 12:00 Noon. Limit to 5 Boxes per person.

Thank you to the Library for having the highway department again this year for Touch the Truck. It was a big success for the children and parents to see our equipment and be able to sit in the drivers seat.

Just a reminder again from last month's letter, in the town of New Hartford we have 7 pump stations for pumping sewage to an upper level sewer main. We have 2 in Applewood Community, 1 on Homestead Ct, 1 on Concord Blvd, 1 in The Estates Dr., 1 on Arlington Terr. and 1 on Camden Way. The residents in these area's with pump stations need to know that handi wipes, mop heads, plug the pumps and stop pumping. These pumps have 35-40 hp motors and the pumps still will not dissolve these. So please check the items that you are flushing down the toilets.

In next month's newsletter, I will talk about how the Rt. 8 bridge that goes over Genesee Street in the village is going to be replaced. That will be taking place in the Month of August. Stand by as New York DOT will be hosting a public informational meeting on this project soon.

The month of July we will start our paving program for this year. The milling machine will come in and mill our streets and then paving will take place. Be patient with lane and road closures as we get this work done.

As always, if you need to get a hold of me, call at 315 534-2998 or email at rsherman@townofnewhartfordny.gov.



**Afternoon Adventurers After School Program**

**Monday through Friday  
3:00 – 5:30 p.m.**

**Choose a schedule that works for you!**

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

**NEW YORK STATE LICENSED PROGRAM**

We at St. John's Nursery School, located at 1 Sherman St., New Hartford, NY are very excited to bring you a new option for your family.

Beginning September 2018 we will be offering a positive, safe environment filled with many opportunities to grow, learn and make new friends. This program is offered to any child in the New Hartford school district. Limited transportation is available.

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.



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THE TOWN CRIER

HISTORICAL SOCIETY

JULY  
2018

# NEW HARTFORD PAST TIMES JULY 2018

NEW HARTFORD HISTORICAL SOCIETY

## THE HUGHES FARM

PART THREE OF A THREE-PART SERIES WILL BE CONTINUED NEXT MONTH  
AS WE INTERRUPT OUR SERIES WITH THIS SPECIAL ANNOUNCEMENT



## Special Recognition for a Very Special Lady



New Hartford Historical Society's very own Barb Couture is recognized for her dedication to local history.

On May 10, the Daughters of the American Revolution, Oneida Chapter hosted a Community Awards Dinner at Hart's Hill Inn, where Barb Couture, NH Historical Society Secretary and past President was presented the **Women in American History Award**.

In the Event Program Book, Suzanne Bellinger writes:

*"The Women in American History Award is presented to women both past and present who have made a difference in an empty seat on the New Hartford Historical Society Board. She wasn't a history buff, but she thought it might be enjoyable to learn more about the town where she lives. They met in the old NH Library (the old Point School) with no room for displays or storage. Everything was stored in a back room with no heat, air conditioning or indexing. In 2003, she mentioned how little information there was on farming and began to document the local farms which led to publishing 'Farmlands of New Hartford'. In 2005, she was elected president of the New Hartford Historical Society. Since then, the society has moved into the former library space and with the help of volunteers, a museum was set up and programs for the public were established. She has since written 'Images of New Hartford' with Brian Howard. Barb now laughs about liking history. She is addicted."*

We, at the Historical Society also recognize Barb for her hard work and dedication to our community and couldn't be more proud to have had her as our leader for so many years. Because it is for that addiction, for her love of New Hartford's history, that the New Hartford Historical Society has grown to be what it is today. Thank you Barb!

### DO YOU HAVE A STORY?

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.

Send your story and photos!

### HELP SUPPORT US!

The New Hartford Historical Society thrives on donations both monetary and items of interest that are relevant to the community. We are always looking for new interesting items, photos and documents to display in the museum or to assist in the illustration of our town's history.

### BECOME A MEMBER!

Please stop in to visit us and consider becoming a member. Membership fees are \$12 Individual, \$17 Family, \$2 Students and \$50 for Corporate members. The Historical Society is a non-profit, tax deductible organization.

### MUSEUM IS OPEN TO THE PUBLIC

Mondays: 1-3pm  
The 3rd Saturday of the  
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Or by appointment.

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NewHartfordHistory.com





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Andrew Wickline, MD, Total Joint medical director at the St. Elizabeth Campus of MVHS and one of the top orthopedic surgeons in New York State, is a leader in the use of the SwiftPath Program. Qualified patients may be discharged the same day after surgery for total knee or total hip replacement.

### The Accelerated Recovery Program includes:

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For information, call 315-738-5069 or visit us at [mvhealthsystem.org/swiftpath](http://mvhealthsystem.org/swiftpath) or [swiftpath.com](http://swiftpath.com).



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September 7, 2018

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# ***SELF DEFENSE SUMMER SCHOOL***

***AGES  
8-11***

**Mon, Wed, Fri • 10:15**

***AGES  
12-15***

**Mon, Wed, Fri • 11:00**

**July 6<sup>th</sup> - August 31<sup>st</sup>  
\$179**



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# Welcome To Clinton

Happy 4<sup>th</sup> of July





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Extended Hours  
6/21, 7/19, 8/16 and 9/20  
10:00 am - 6:00 pm

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NHFD News

Your New Hartford Volunteer Fire Department responded to 76 alarms during the month of May as indicated by the monthly call report listed below by category:

Fires/Overpressure	=	1
EMS	=	43
Hazardous	=	3
Service Type	=	9
Good Intent	=	8
Other Alarms	=	12
Weather Related	=	0
Other	=	0
Total Calls for the Month of May 2018 = 76.		
Total calls year-to-date through May 31, 2018 is 492.		



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.

Be safe this summer

Summertime has arrived and presents your New Hartford Volunteer Fire Department with calls for assistance, which are unique to warm weather conditions. Please keep these hazards in mind when enjoying a safe summer.

Lawn Mower:

Never allow a child to ride with the operator of a garden tractor mower. And, never allow anyone (especially children) to be present in the immediate area of any operating lawn mower. Flying stones or objects can injure or kill bystanders. Always wear substantial footwear when operating any lawn equipment. Never be barefoot!

Swimming Pools:

If you have a backyard swimming pool, always secure the access gate to the pool. Keep all electrical devices well away from the edge of the pool at all times. A ground fault detector is required by New York State Electrical codes for all outdoor electrical receptacles. And, do not allow children’s 4-wheeled walkers in the patio or deck area as children may walk them into the pool.

Safe storage of pool chemicals is always a must. Chemicals should be stored in a dry, cool, well ventilated, location and preferably not within the residence. Keep them away from heat or an open flame, especially burning cigarettes. Keep all containers tightly closed. Flush out empty containers with water and do not reuse them. Prohibit children from administering pool chemicals. Do not allow chemicals to contact garbage, dirt, organic matter, other pool chemicals, soap products, household products, paint products, solvents, acids, vinegar, beverages, oil products, pine oil, dirty rags or any foreign matter. Dispose of all empty containers properly.

Outdoor Grills:

According to the National Fire Protection Association (NFPA) three out of five households own a gas grill. And, each year, an average of 8,800 home fires are caused by grilling and close to half of all injuries involving grills are due to thermal burns. While nearly half of the people grill year-round, July is the peak month followed by May, June and August.

When starting your outdoor grilling, there are a few safety tips we would like to pass along to ensure an enjoyable summer for everyone while reducing the risk of injury.

Propane and charcoal grills should only be used outdoors;

Keep items that could catch fire away from the grill area;

Use long handled utensils;

Placement of the grill should be well away from your home, deck railings, and out from under the eaves and overhanging branches;

Keep children and pets at least three feet away from the grill;

Keep clothing away from the flame;

Maintain keeping your grill clean at all times. Remove any grease or fat that builds up on grates and trays;

Never leave your grill unattended.

In addition, regarding gas grills, we recommend that you always check the major connection points between the gas (propane) tank and cylinder, and where the hose connects to the burners and tighten if necessary. To check for any propane leaks:

Apply a light soap and water solution to the hose using a brush or spray bottle;

Turn the tank on and if there is a gas leak, the propane will release bubbles around the hose and big enough to see;

If there are no bubbles, your grill is safe to use;

If there are bubbles, turn off the tank and check the connections. If the leak continues, have your grill serviced by a professional before using again.

If the leak doesn’t stop...call the fire department.

When the gas grill is on...

As you are cooking, if you smell gas, turn off the gas tank and burners;

If the leak stops immediately, get the grill serviced;

If the smell continues, move away from the grill and call the 911 and do not move the grill.

Regarding charcoal grills:

There are several ways to start a charcoal grill. Charcoal chimney starters allow you to start the grill using newspapers as fuel;

If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire;

Keep charcoal out of the reach of children and away from any heart source;

There are electric starters too. Be sure to use an extension cord for outdoor use if you use these devises;

When you finish grilling, be sure the coals are completely cool before disposing in a metal container.

We hope these few safety tips will provide you with a great and safe summer season!

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

New Hartford Volunteer Fire Department Schedules 15th Annual Fire Truck Spectacular on Thurs. July 19<sup>th</sup>

The New Hartford Volunteer Fire Department's 15th Annual Fire Truck Spectacular will take place on Thursday evening, July 19, 2018, from 6 to 9 p.m. in The New Hartford Shopping Center parking lot.

Fire and Emergency Medical Service apparatus from throughout Oneida and Herkimer counties and beyond are expected to participate. “The event is a great way to interact with emergency services personnel and to show the community what the emergency services are all about. Our show allows the public to see what equipment and technology we currently use in the fire service. It also provides them a chance to ask questions about membership and training requirements, and hopefully inspires them to join their local department. We have had fire and EMS services, both paid and volunteer, from Oneida, Herkimer, Madison, and even Onondaga County participate in previous years,” said Roy Schultz, Event Chairman

Various fire apparatus, both old and new, will be on display including new firefighting technology and equipment. Local ambulance services, fire equipment vendors, all area volunteer and paid fire departments have been invited. During the event, two popular contests, between the various departments represented will take place. These are the Fastest Gear Contest and Ice Cream Eating Contest. Prizes are also awarded in several categories. These include, Best Appearing Pump Engine, Tanker, Tower/Ladder, Rescue, Squad, Ambulance, Antique and the Department traveling the farthest distance.

A crowd estimated at over 3,700 attended last year’s event that featured 36 departments, 64 pieces of equipment and more than 10 vendors.

In addition, the New Hartford Police Department will host a “free” child safety seat inspection station during the event.

This event is made possible thanks to our sponsors that include, Tallman's Tire, Steet-Ponte Auto Group, Edwards Ambulance Service, Gates-Cole Insurance Agency, Nicky Doodles, The Travelers, A&P Master Images, JPJ Electronic Communications, Dippin Donuts, Churchville Fire Equipment and PJ Green. Admission is free and will be held rain or shine.

Visit the New Hartford Volunteer Fire Department's website for more details at: [www.nhfd.com](http://www.nhfd.com).

Rosary Walk with Chicken Barbecue

Please join us between 4:00 pm and 5:30 pm on Wednesday, August 8<sup>th</sup> at 10475 Cosby Manor Road, Utica for a chicken barbecue. Cost is \$10. Reservations required for barbecue. Call 315-735-6210. Then at 6:00 pm pray the Rosary with us along our beautiful outdoor trail led by Mike Dziura. There will also be a Rosary prayed on the Center lawn for those unable to walk the trail. Seating will be provided. Free refreshments to follow. All are welcome.



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



New Hartford Adult Dining & Activity Center  
1 Sherman St.  
(315) 724-8966



**24 Hour Notice**  
Required for reservations  
12:00 Noon is the deadline.  
Diabetic meal available

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Baked Chicken w/gravy 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga	<b>3</b> Rib-B-Que 10:00 Bridge / Canasta 11:00 Entertainment	<b>4</b>  CLOSED JULY 4TH	<b>5</b> Macaroni & Cheese 10:00 CANASTA	<b>6</b> Chicken Salad w/ Cranberries 10:00 Bridge 10:00 YOGA 11:00 Aerobics
<b>9</b> Ital. Sausage w/ Peppers and Onions 10:30 Knitting/Crocheting 11:00 Aerobics 12:00 Chair Yoga	<b>10</b> Baked Chicken with Supreme Sauce 10:00 Bridge 10:00 Canasta 11:00 Entertainment	<b>11</b> Veal Parmesan 10:00 Yoga 11:00 Chair Yoga 11:00 OUTREACH WORKER 11;15 NYS GRANT FOR HOUSE INSULATION	<b>12</b> Cold Plate /Egg Salad 10:00 Canasta	<b>13</b> Filet of Fish 10:00 Bridge 10:00 Yoga 11;00 Aerobics
<b>16</b> Salisbury Steak 10:30 Knitting/Crocheting 11:00 Aerobics 12 Chair Yoga	<b>17</b> Ham & Bean Soup 10:00 Bridge 11:00 Entertainment 10:00 Canasta	<b>18</b> Oriental Chicken 10:00 Yoga 11:00 Chair Yoga Community Wellness Partners	<b>19</b> Stuffed Peppers 10:00 Canasta	<b>20</b> Sliced Turkey 10:00 Bridge 10:00 YOGA 11:00 AEROBICS
<b>23</b> Egg Omelet w/cheese sauce 10:30 KNITTING/CROCHETING 11:00 AEROBICS 12:00 CHAIR YOGA	<b>24</b> Bar B Q Chicken 10:00 Bridge 11:00 Entertainment 10:00 Canasta	<b>25</b> Sliced Rst Pork/Gravy Birthday Party 10:00 Yoga 11:00 Chair Yoga SUMMER MENTORING PICNIC	<b>26</b> Tuna Salad Cold Plate 10:00 Canasta 11:00 Senior Band AARP DRIVERS CLASS 8:30 - 3:30	<b>27</b> Spaghetti & Meat-balls 10:00 Bridge 10:00 YOGA 11:00 AEROBICS
<b>30</b> Kielbasa 10:30 Knitting/ Crochet-ing 11:00 Aerobics 12 Chair Yoga	<b>31</b> Swedish Meatballs 10:00 Bridge / Canasta 11:00 Entertainment	<b>New Hartford Ice Cream Social</b> July 11 Wednesday 7:00 p.m. New Hartford Recreation Ctr.	<b>2018 and 2019 Smart Shopper</b>  Books For \$ 20.00	

## NH Senior Center News

Submitted by Eileen Spellman, director. 1 Sherman St. New Hartford, NY 13413 (315-724-8966) [espellman@townofnewhartfordny.gov](mailto:espellman@townofnewhartfordny.gov)

The Fourth of July! Fire Works, Parades and Picnics. Summer is here.

Munson Williams Art Show--- June 26 to July 1, 2018 10:00 a.m. to 9:00 pm and Antique car and motorcycle Show 9:00 to 4:00 p.m.

Ice Cream Social, July 11<sup>th</sup>, 7:00p.m. at the New Hartford Rec. Center, followed by the New Hartford Citizens Band at 7:30 p.m. This is a great time for the Community to meet friends and help a very worthwhile purpose. Raising Funds for the New Hartford Public Library.

Check out the free concerts. Here is a list of the upcoming concerts at the New Hartford Village Green: July 18, 25<sup>th</sup> and August 1, at 7:30 p.m. The rain site will be at the New Hartford Recreation Center.

Summer Band Festival hosted by the Citizens Band on Saturday, July 21<sup>st</sup> again at the Village Green.

Our famous Boilermaker, what a marvelous event that brings people from all over to come and run or cheer the runners on. Many people volunteer on Friday, Saturday, plus at the race itself to make sure this is the big success it always is. 5k starts at 7:15 a.m. and the 15 k 8:00 a.m. Good Luck to all and be safe. Drink plenty of water. Seniors stay hydrated all year long. Keep healthy and remember to keep moving.

This area offers so much and we are lucky to be here to enjoy it. Seniors will be volunteering their time to help others and you will see them at the above events.

Me, I love the Senior Center and all the people that come here, picnics, good music, books and grandchildren laughing and most of all being with my family and staying close to God.

Our Summer Mentoring Program is always a big success thanks to the many young men and woman who come and volunteer their time to help the younger students from grades 1 thru six with reading and math. This program starts June 25th and ends July 25<sup>th</sup>. Monday, Tuesday and Wednesday. You come when you can, it is not mandatory every day. This is for both the student and the volunteer. We ask for a \$10. donation to give a party to thank the volunteers and recognize them and the students at the end of the program.

Seniors, enjoy all the activities that are available to you.

Zumba, Yoga, Chair Yoga, Aerobics, Use of the All American Fitness Equipment under supervision.

Bridge, Canasta, knitting and crocheting class, computer

instruction, one to one. Socialization, Speakers, Senior Band and Keyboard entertainment, a hot delicious meal every day Monday thru Friday and a Library. Defensive Driving classes, Pharmacist providing the latest updated shots. Currently it is the Shingrex shot. This is a very important shot to have to avoid getting shingles. If you received a shingle shot, check with your doctor about this, it is more powerful and you need to get 2 shots within 6 months. Most insurance will cover this.

We had a special recognition of Veterans both past and present. I would like to do this again in November. We need to thank all our veterans and we will. Please contact me if you, or someone you know will attend our dedication Nov. 9, 2018. Dinner will be served at 11:45 a.m. Program will start at 11:15 a.m. 315-724-8966

On Friday, May 25, 2018 we had the following veterans attending our Recognition of past and present War Veterans:

Lewis Smith - World War 11 - Air Force  
Eugene Penner - World War 11 and the Korean War - Navy  
Dave Geiser - World Was 11 - Navy  
John Geiser - Army Reserve Viet Nam  
Christopher Geiser - Navy Desert Storm USS Teddy Roosevelt  
Bill Sarvey - Marines Viet Nam  
Roy Sarvey - Viet Nam - Army  
Kit Temple - Korean War - Army

We also had the American Legion Color Guard who presented this wonderful program led by Commander Rand Kennedy, American Legion Post 1376. A heart felt thank you to these men and women.

We also remembered our past  
Ed Baker Army  
Ed Masel Marines  
John Ruffrage Marines  
And Lewis Manuel Army

We had many World War 11 veterans who came to this Senior Center and their memories are cherished but these were the ones that passed away in the last 2 years.

Carol Ryan, New Hartford's First Lady retires after 43 years working for the Village and then the Town. Carol did an outstanding job and will be missed. What a great example she gave to others. She was and is kind and very thoughtful. Everyone will miss her, especially those who have worked with her. She has earned a well-deserved retirement. I called her the Heart of the Town of New Hartford as she loved what she did and it showed. Good Luck Carol and it was a honor to work

with you.

Smart Shopper Books are here. We have the books and they make great gifts. You get this years and next years for \$20.

We can always use donations of books provided they are in good condition. Seniors love to read. Thank you to all who have donated books to the senior center.

We lost 2 very prominent people who both worked for the Town of New Hartford. Nick Cerro and James Van Slyke.

Nick worked in public safety and law enforcement starting with the New York State Troopers and was the New Hartford Police Chief and then security director at National Grid that helped to make him so knowledgeable in his field. He will be missed. He always had a smile and hello for you.

Jim Van Slyke was a teacher. He was a war veteran serving in the Army. He taught math and science, was coach, guidance counselor and New Hartford Junior and Sr. High School teacher and then Principal. Jim also was Town and Village Justice and he helped many who were in need. Jim and his wife Ginny Van Slyke volunteered to bring down baked goods that had donated to our Senior Center and were left over and they were able to give them to Mother Marianne's Soup Kitchen and Hope House. They did this at least once a week for many years in all kinds of weather. Jim helped others and it showed in the path He took in his life. We will miss him.

Programs for July listed on menu.

We do have the Oneida County Office for the Aging Outreach worker come here once a month to help seniors fill out paperwork and answer their questions at 11:00 Wed. July 11th. If you need a new air conditioner and yours is over 10 yrs. old, see if you qualify for a new one. If you know of anyone who needs an air conditioner, they might qualify for a new one. It depends on their income. I do not want to see anyone who cannot afford an air conditioner be without one. They will come and install it for you.

On July 11<sup>th</sup>, there will be a representative from Standard Insulation here Wednesday at 11:15 a.m. telling you about a New York State Grant for House Insulation. If you need this information, come and see if you qualify for funding.

We will have a representative from the Community Wellness Partners( Presbyterian Home and Lutheran Home) come and do fun activities with you July 18, at 11:15 a.m.





*NH Senior Center Photos*  
*Left: New Hartford Jr. High School, Madeline Surace receives the Outstanding Award for Volunteers at the NH Senior Center May 23, 2018*

*Center Photo: Memorial Day recognition of past and present war veterans at NH senior center, 3 generations of war veterans Dave Geiser (Navy WW2), John Geiser, Son (Army Reserve, Vietnam) and Grandson, Christopher (Navy, Desert Storm).*

*Right: Mary Brunet receives recognition for all the nice things she does for Seniors.*



**JULY  
2018**

## FINANCIAL ADVICE

**THE TOWN CRIER 33**



### Financial Lessons You Can Learn from Retirees

Does this scenario sound familiar?

When the market is up, an investor feels good and buys stocks.

When the market is down, that same investor gets scared and sells.

Although reacting like this may feel right at the time, the problem is this scenario is unlikely to result in a profit. In fact, the goal should be just the opposite: buy low and sell high.

Why do investors make this mistake? The reason may have a lot to do with us making investment choices the same way we do many important decisions: using both our heads and our hearts (i.e., logic and emotion). When there's market volatility – including both market highs and market lows – our emotions tend to take over and we may make illogical choices going against our best interests.

To avoid having your emotions control your investment decisions, you may decide to get into the market when it's down and out of the market when prices are up. This is known as "market timing."

While this approach may sound rational, the problem is this strategy is extremely difficult, even for experienced investors, to employ consistently. There's an old saying: "No one rings a bell" when the market reaches the top of a peak or the bottom of a trough. Translated: Investors attempting to time the market usually find it tough to determine exactly when to make their move.

Give dollar cost averaging a look. Rather than using either of these approaches, consider a strategy called "dollar cost averaging."

Dollar cost averaging is the practice of putting a set amount into a particular investment on a regular basis (weekly, monthly, quarterly, etc.) no matter what's going on in the market. For example, you could invest \$500 each month. In a fluctuating market, this practice lets you purchase additional shares when prices are low and fewer shares when prices increase.

While you're mulling dollar cost averaging's potential merits, consider this: You may well be using the strategy already. If you participate in an employer-sponsored retirement plan, such as a 401(k) or 403(b), and contribute the same amount each payday, you're using dollar cost averaging.

Get help for when the going gets tough. One of dollar cost averaging's greatest challenges is you have to

stick with the strategy even when the market declines, and that can be difficult (see our previous discussion about letting emotions control your decision-making). However, during times like these, dollar cost averaging can be most useful by letting you purchase shares at lower prices.

Because dollar cost averaging can be simultaneously more difficult and advantageous when the going gets toughest, consider turning to a professional financial advisor for help. He or she should offer a voice of reason during these periods as you grapple with whether to adhere to the strategy.


*Like any investment strategy, dollar cost averaging doesn't guarantee a profit or protect against loss in a declining market. Because dollar cost averaging requires continuous investment regardless of fluctuating prices, you should consider your financial and emotional ability to continue the program through both rising and declining markets.*

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*- Lewis and Jane Smith celebrate 73 years married at New Hartford Senior Center*

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## Why a Family Photo with Paul Bunyan at Water Safari is Tradition

For more than a century, the giant lumberjack Paul Bunyan has been the subject of thousands of exploits that are treasured among generations in the United States. It is said that he once dragged his axe across the Southwest and created the Grand Canyon. Americans have created thousands of folk stories about Bunyan making him a national icon for the great outdoors and all it has to offer. Old Forge, New York sits right in the heart of the Adirondacks and it only makes sense to have their own personal take on Paul Bunyan.

At Enchanted Forest Water Safari, New York’s largest water theme park “Tall Paul” has been the subject of millions of snapshots that are treasured in family albums and now countless social media posts. The much-photographed Paul is the 19 foot high statue that has greeted visitors to the Enchanted Forest since its opening in 1956. 62 years of memories have been created by the larger than life rendition of Paul. By the way, did you know that phonetically “Bunyan” is similar to the *Québécois* expression, "bon yenne!" expressing surprise or astonishment.

Though the park has changed considerably over the years, Paul Bunyan is the one constant and most popular attraction. He is practically impossible to miss, as visitors enter the gates he is there to welcome one and all. Generations of people have been photographed with Paul. Those who were first photographed as children now proudly pose with their grandkids, and even great-grandkids.

“We have guests come to the park with their kids and even their grand kids because their parents posed with them when they were kids. We've seen photos that include at least four generations of families creating this wonderful family tradition,” said Katie Wojdyla Vice President and Director of Marketing.

Continue the tradition or start one this year. Have your photo taken by one of our Safari Snapshot park photographers or take your own (Paul loves selfies). Pack in as many family and friends as you can, don’t worry Paul has plenty of room for all to take part in making memories.

Water Safari Resort is a family fun Adirondack Vacation Destination in Old Forge, NY featuring Enchanted Forest Water Safari, New York’s largest water theme park, Calypso’s Cove Family Fun Park featuring Arcade, Mini-Golf, Go Karts and more, Old Forge Camping Resort, a year-round campground featuring heated cabins and cottages, plus RV and tent sites, and Water’s Edge Inn, a lakefront hotel with guest rooms and luxury suites. Discounted weekday Stay ‘N Play packages are available. Visit [www.WaterSafari.com](http://www.WaterSafari.com) for details.

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## Is Your Crawlspace, Basement or Attic Making You Sick

Crawlspaces and attics are dark, dingy and sometimes damp, all ideal conditions for mold, fungus, and other germs to flourish. If your attic is not ventilated properly, mold spores could be congregating. Mold in crawlspaces is extremely common, and may impact one in three crawlspaces in the United States. It's usually the result of increased humidity and moisture in the crawlspace, typically from the ground in the crawlspace, a leak, or inadequate ventilation. In attics, meanwhile, mold often forms as the result of inadequate ventilation or even the smallest roof leak. Warm moist air, created from the people living below, rises toward the ceiling and enters the attic around light fixtures and other openings. If the attic is well-ventilated, the moisture will pass outside, but if the warm air has nowhere to go, the moisture will accumulate on various surfaces. Basement mold growth is often a result of ground water infiltration, trapped moisture in between finished walls, lack of overall dehumidification or tightly packed contents with restricted air flow just to name a few. Both attics and crawlspaces are also rich in the organic materials that molds, fungi and other microbes need to feed on. According to the Centers for Disease Control and Prevention (CDC), "Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery." In short, it can grow almost anywhere, as long as moisture is present. In fact, according to the U.S. Environmental Protection Agency (EPA), 30 percent to 50 percent of all structures have damp conditions that could encourage the growth and spread of biological pollutants like mold. And that's just for average climates; in warm, moist climates, this percentage is likely much higher.

### What's Dangerous About Mold?

Mold is a microscopic, living organism whose purpose is to break down dead materials. This is why, over time, it will destroy whatever it is growing on, including your carpets, furniture and cabinets, and even structural elements of your home. However, this is only a part of what makes mold dangerous. Molds release thousands of microscopic spores into the air, and they are easily carried around your home, where you may breathe them in. It is through this inhalation that mold can cause health problems to you and your family.

### What Types of Health Problems do Molds Cause?

"All molds have the potential to cause health effects," says the EPA. "Molds can produce allergens that can trigger allergic reactions or even asthma attacks in people allergic to mold. Others are known to produce potent toxins and/or irritants." In fact, people who live in homes with mold often report: Respiratory problems, such as wheezing, difficulty breathing, and shortness of breath sneezing and/or nasal congestion, headaches, skin rashes, fatigue, eye irritation (itching, burning, watery, or reddened eyes) coughing or throat irritation. Among people who have existing respiratory conditions (such as allergies or asthma) or weakened immune systems, as well as children and the elderly, molds can be particularly dangerous. People in this group may experience more severe reactions or even serious lung infections when exposed to mold.

I May Have Mold In My Crawlspace, Attic or Basement.

If you suspect mold is in your home (some indications include stained ceilings, a musty or earthy smell, discoloration ranging from black, pink, orange, green or white spots on walls. Attics will typically present with a discoloration on the underside of the roof sheathing and rafters. Basements will typically present with either affected ceiling rafters or discoloration showing mainly at the base of the wall rising up a couple of feet. If you suspect a problem or concern, a professional licensed remediation specialist should be contacted.

For more information on any concerns, please feel free to call Disaster Services. We are a licensed NYS mold contractor and when in need of emergency services, Disaster Services LLC. offers immediate response to damage caused by water, fire, smoke and mold. We are recognized by all insurance carriers and work closely with both the home owner and insurance carrier. When calling our office, you will always speak to a certified technician not an answering machine. We realize that in your time of need you should be speaking to a live voice, not a machine. When your emergency arises, call us at 315 797-1128 day or night.

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**JULY 2018** **COMMUNITY NEWS** **THE TOWN CRIER** **35**



Children at New Hartford Presbyterian Church presented a program entitled "Emo Gee, the Magnificent" during Celebration Sunday on June 10th.

### NH Presbyterian Church Emo Gee Celebration

New Hartford Presbyterian Church, 45 Genesee Street, will offer worship services at 9:30 a.m. each Sunday during the summer months, led by the Rev. Dr. Sue A. Riggle. Communion will be offered on Sunday, July 1st to all who wish to receive it. Church members will prepare and serve the evening meal at Hope House in Utica on Sunday, July 22nd. "Noisy Sunday" will be observed on Sunday, July 29th, when children collect coins for the pastor's discretionary fund. Vacation Bible School is scheduled for July 30th-August 3rd, for children from age four through sixth grade, and is open free of charge to community children. Information is available by calling the church office at 732-1139.

### View's 46th Annual Forge Arts and Crafts Fair

Come take a break from the baking sun and visit View's annual Forge Festival of Arts and Crafts on July 4<sup>th</sup>, 2018. Stop by from 9 AM to 6 PM at Adirondack Bank's parking lot at 108 Codling Street, located across from the Old Forge Public Beach.

Over 40 talented vendors will showcase handcrafted items to food delicacies. Craft vendors include local jeweler Mary Blanchard, popular potter Greg Rudd, and more proficient artists. Once you find the perfect craft, awaken your taste buds with food vendors filling the air with more than 20 varieties of homemade fudge, savory roasted nuts, freshly squeezed lemonade and barbeque prepared on site.

Admission is \$3 and all proceeds will benefit View with free parking nearby.

View is located at 3273 State Route 28 in Old Forge, NY. For tickets or more information, visit ViewArts.org or call (315) 369-6411.

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### The Spirit of Josh and A&P Master Images Light Up Prom Night at The House of the Good Shepherd

The Tilton School children danced by The Light of the Moon on June 6th, 2018 at Harts Hill Inn on prom night. They arrived at the venue by limousine in their stylish dresses and tuxes where they enjoyed a buffet and incredible desserts from local bakeries such as Holland Farms, Heidelberg and even some chocolate covered strawberries from Edible Arrangements. The evening started pumping with the beats of DJ Ryan Misencik, which was a good distraction for the long line of kids at the photo booth by CR Images. Every prom attendee received party favors including a tumbler, a candy bar, a bracelet, and sunglasses.

Tilton School is special, and our prom is special – kids from 8<sup>th</sup> – 12<sup>th</sup> grade can attend. The kids ate, danced, and smiled all night long.

This could not have been possible without the support of **The Spirit of Josh Fund** and the **Kids' Future Bowl-a-Thon, sponsored by A & P Master Images**. The money from these programs helped create an evening of magic and fun, and a lifetime memory to cherish always. In addition, our gracious community answered our call for donations of prom gowns, jewelry, shoes, jackets, hair, and makeup services to make this a night to remember.

This is a great example of how our wonderful community comes together to help The House of the Good Shepherd and its many programs like the Tilton School, change children’s lives!



### Hospice Achieves Elite Status for 2017

Hospice & Palliative Care is proud to announce the achievement of Hospice Honors Elite Status for the 2017 calendar year. The Hospice Honors is a landmark compilation of hospices providing the best patient and caregiver experience. Established by HEALTHCAREfirst, this prestigious annual review recognizes hospices that continuously provide the highest level of quality as measured by the caregiver’s point of view.

Out of 358 who received Honors, Hospice & Palliative Care was one of 71 who received elite status. Elite status honors hospices scoring above the HEALTHCAREfirst national average on 100% of the evaluated questions. 92% of caregivers said they would recommend Hospice & Palliative Care services to others. This percentage is above the state and national scores. Shannon Cayea, Hospice & Palliative Care CEO explained, “This achievement is due to the commitment of our Board

of Directors, staff and volunteers to provide the best care possible to our patients and their families. We are very proud of the fact that we scored above both state and national scores, and are committed to continuing to provide this exemplary care.”

Hospice & Palliative Care provides comfort, care and support for those with life-limiting illnesses, and their families residing in Oneida, Herkimer and Eastern Madison Counties. In 2017, 789 patients and their families received hospice care and services. For more information contact Hospice at 315-735-6484 or visit them at [www.hospicecareinc.org](http://www.hospicecareinc.org).

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THE HOUSE of the Good Shepherd



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JULY  
2018

FAITH IN NEW HARTFORD

THE TOWN CRIER

37



### FIRST UNITED METHODIST CHURCH

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office@firstumconline.org

www.firstumconline.org

We are also the home of the Family Nursery School!

Rev. Brad Chesebro, Senior Pastor

Deacon Becky Guthrie, Congregational Care Coordinator

Worship Schedule

10:00 am Coffee Hour

10:30 am Worship Service

Communion offered 1st Sunday of each month

Child care provided for all Church activities

We are handicapped accessible!

Visit our website to view recent sermons.

### CLINTON ROAD BAPTIST CHURCH SBC

dba Crosspoint Church

Senior Pastor, Samuel Macri

Youth Minister, Bobby Allen

140 Clinton Road, New Hartford

Sunday Morning Worship Service at 8:00

317 Oriskany Blvd, Whitesboro, 797-4520

Sunday Morning schedule:

Sunday School Small Groups, 9:00

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

Website: crosspointchurconline.org

Sunday Morning Services streamed live

Pastor Sam's messages available at our website

We are Handicapped Accessible

**Handicapped accessible!**

### ST. JOHN THE EVANGELIST CHURCH

66 Oxford Road - 732-8521

Rev. Kevin Bunger, Pastor

Cheryl Smith Dir. of Faith Formation

Saturday: 8:30am; Vigil, 5:15 p.m. Confessions 4:15-5pm

Sunday Masses: 8am & 11am

Mon-Fri Masses: 6:45am, 9:10am

**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 10:30 a.m., led by the

Rev. Dr. Sue A. Riggle.

We welcomes all to worship each Sunday at 10:30 a.m. Sunday

School programs for children and adults begin at 9:30 a.m.

Child care is available.

Worship at 10:30 a.m. each Sunday, led by the Rev. Dr. Sue A.

Riggle. Communion is available on the first Sunday of each

month.

Sunday school programs for adults and children begin each

Sunday at 9:30 a.m.

### 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

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### 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 Harriff, 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

July 1: Randy Becker. "Half-times" On this mid-point in the calendar year, it is a good occasion to reflect on what it means to be mid-way along on any journey. Is it a matter of time? Is it a matter of attitude? Is it a matter of courage? How do we find the perspective through which mid-points are more way-markers than deciding lines?

The Rev. Dr. Randolph W.B. Becker (Randy) grew up in Utica and in this congregation. He is now retired from formal ministry having served since 1970 in various congregational and regional settlements. He lives in Key West where, in retirement, he is often asked to preach, often in historic Black churches. He is a candidate for mayor of Key West, a rail fan, an author of mystery novels, and a summer resident at Cedar Lake.

July 8: Harp & Harmony are Rev. Timothy Hume Behrendt and Peg Spencer Behrendt. The duo will present music and reflections on the theme, "World Religions' Greatest Hope." What is the moral state of being that all the world religions aspire to? Hope for this reality encourages the music they will present from the Classical, Celtic, Folk & Ancient Music traditions.

July 15: A special outdoor service focused on nature. This is

being prepared by Barb Freeman and the Climate Action sub-committee.

July 22: A special musical service is being planned by Bob Ford.

July 29: No service in Utica. Four times a year the Unitarian Universalist Churches of the Mohawk Valley worship together. This musical service is at the Salisbury Universalist Church. In attendance will be the Barneveld Unitarian Church, St. Paul's Universalist Church of Little Falls, a the Unitarian Universalist Church of Utica. Lunch will follow. Please bring a dish to share.

### 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.

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### NORWICH CORNERS CHRISTIAN CHURCH

10233 Roberts Road, Sauquoit - 737-0757

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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

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**Handicapped accessible.**

### FIRST PRESBYTERIAN CHURCH

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Reverend Jeanne M. Kumbalek

Sundays - 10:30 Worship



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Register in person: First United Methodist  
Church, 105 Genesee Street, New Hartford, NY

# 38 THE TOWN CRIER

## FAITH IN NEW HARTFORD

JULY  
2018

10:45 - Sunday School for Elementary Ages  
Faith Enrichment for all ages  
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Saturday 5:00 pm, in English  
confessions before Mass  
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25 Robinson Rd. Clinton - 315-853-1582. [www.licfc.org](http://www.licfc.org)  
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Sunday Service 10 AM  
(Nursery & Sunday school provided)  
Wednesday Prayer Mtg 7 PM  
Monday night Bible study (every 3rd Mon.) 7 PM  
Operating in all of the gifts of the Holy  
Spirit including 'healing'  
Go on line and check out our school!  
4/1 - The Joy of the Resurrection (Easter) Sunday 10am

### 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  
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. Bunger  
Deacon Gil Nadeau  
Weekday Mass: Tues.-Thurs. 8am Mass  
Fri. 8 am Communion Mass  
Weekend Mass: Sat. 4pm Vigil, Sun. 8am & 10am  
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](http://www.stonepres.org)  
E-mail: [stonepres@verizon.net](mailto: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](http://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](http://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](http://www.cornerstoneutica.com)

### CHRIST CHURCH (REFORMED PRESBYTERIAN)

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

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Wednesday Night Prayer: 7:00-8:00 p.m.  
Thursday Evening Bible Study: 7:00 p.m.

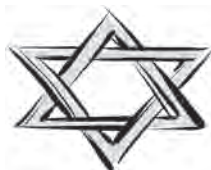
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**315.736.1161**

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### BEIT SHALOM

48 Franklin Square, Utica, NY 733-2867  
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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](mailto: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](http://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  
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LtoR: Barbara Yates, Chapter's Youth Citizenship chairman  
and Emile Almond.

## DAR Youth Citizenship Award Presentation

Recently Emily Almond an eighth grader at CVA was presented with the DAR Youth Citizenship award and pin by the Col. Marinus Willett-Mohawk Valley Chapter NSDAR of Frankfort. She is the daughter of Jessica and Donald Almond of Ilion. The school had this to say about Emily: Out of approximately 160 students, Emily's teachers recommended her based on her characteristics as a student but also for her interaction with her peers. Emily is always smiling and hardworking while being involved in many clubs as well as student council. All the teachers and staff are proud of the work she does as a student and the respectful young adult she is becoming. She truly embodies what youth citizenship represents.

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*"I've weaned myself off of over  
10 years on Zoloft with this"*

*"Relieved me of several years of  
debilitating back pain"*

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